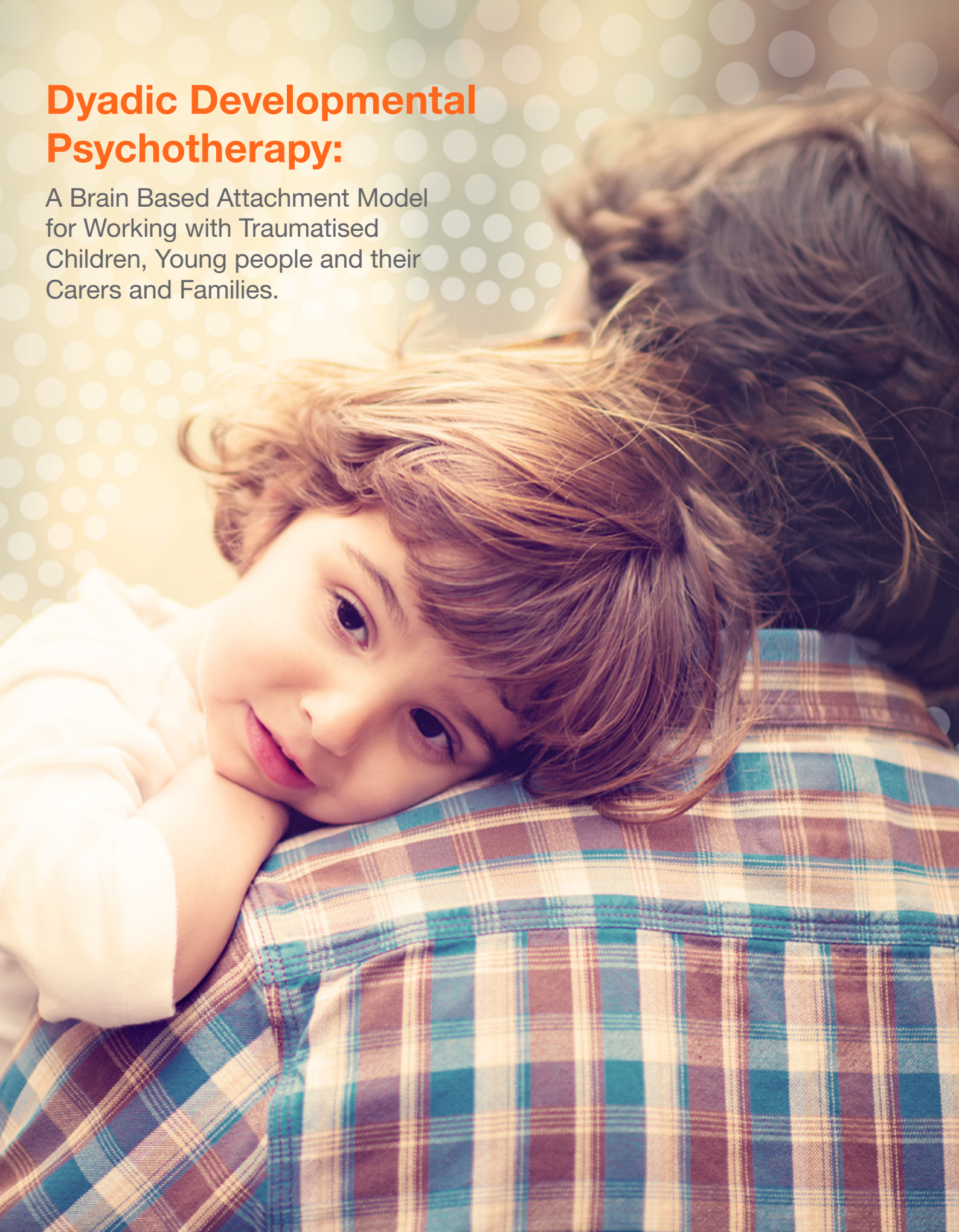


# Dyadic Developmental Psychotherapy:

A Brain Based Attachment Model for Working with Traumatised Children, Young people and their Carers and Families.



Australian  
Childhood  
Foundation

**Specialist Training Course Information  
Level 1 and Level 2 Courses**





# Advanced training with the Dyadic Developmental Psychotherapy Institute (USA)

As an emerging knowledge base, the neuroscience of caregiving is critical to responding to the needs of traumatised and at-risk children and young people. An in-depth understanding of attachment and the process of therapeutic parenting has been used as the basis for the development of therapeutic foster care, residential and family group home programs. It is also at the heart of family support services that aim to strengthen parenting capacity through enhancing attunement and self-reflection.

Dr Dan Hughes and his Dyadic Developmental Psychotherapy Institute have been at the forefront of using attachment and neuroscience in resourcing adaptive and positive connections between traumatised children and their parents or caregivers. His approach is family centred and offers very practical strategies for a wide range of professionals who work with vulnerable children and their relationship contexts.

***“Children are forced by poor care to develop what we call blocked trust: the suppression of inherent relational needs for comfort and companionship to survive abuse and neglect. How do infants, who are not aware of learning anything, learn to trust or mistrust adults? Once young children develop blocked trust, is this learned defensiveness reversible? Can their blocked potential for trusting in the care of a trustworthy adult be reawakened after years of loving defensively? Can these children learn to feel the social emotions – separation pain, remorse, empathy, the joy of connection – that they had to suppress to be asocial earlier in life? If so, how do they make the journey from mistrust to trust, and what needs to happen in their relationships with caring adults to facilitate this shift?”***

*(Hughes and Baylin, The Neurobiology of Attachment Focused Therapy: Enhancing Connection and Trust in the Treatment of Children and Adolescents, 2016.)*



### **A continuing partnership between the Australian Childhood Foundation and Dan Hughes and the Dyadic Developmental Psychotherapy Institute (DDPI)**

In June 2013, Dan Hughes ran a series of universally acclaimed national two-day seminars. Since then, the Australian Childhood Foundation has formed a partnership with the Dyadic Developmental Psychotherapy Institute to be able to offer a range of training opportunities and certification for professionals who work with traumatised children, young people and their carers and families. This has included introductory and advanced training in DDP and a further highly acclaimed two-day seminar series 'From Mistrust to Trust' delivered by Dan with John Baylin in 2017. Dan and John will be returning to Australia for the International Childhood trauma conference in May 2021.

### **Dyadic Developmental Psychotherapy (DDP) is the model of intervention developed by Dan Hughes over the past three decades.**

DDP is a treatment approach to trauma, loss, and/or other dysregulating experiences, that is based on principles derived from the theories and research of attachment, intersubjectivity, and trauma. DDP involves creating a safe setting in which the child can begin to explore, resolve, and integrate a wide range of memories, emotions, and current experiences, that are frightening, shameful, avoided or denied. Safety is created by ensuring that this exploration occurs within a relational context characterised by nonverbal attunement, reflective dialogue, acceptance, curiosity, and empathy. As the process unfolds, the child is creating a coherent life-story which is crucial for attachment security and is a strong protective factor against psychopathology.

Therapeutic progress occurs within the joint activities of co-regulating affect and co-creating meaning. The child's caregivers, in so far as they are able and committed to providing safety for their child, are active participants in the process.

***“Young children are at the mercy of their caregivers’ states of mind toward them and have to adapt accordingly to survive. The ability of a parent to develop and sustain a compassionate state of mind or attitude toward the child – embracing the whole child- is in our clinical experience, the most important factor contributing to a child’s recovery from blocked trust. Parents who can resist the natural tendency to respond defensively to a child’s defensiveness and can recover effectively from inevitable moments of losing empathy with a mistrusting child are the trust builders these children need to have.”***

*(Hughes and Baylin, The Neurobiology of Attachment Focused Therapy: Enhancing Connection and Trust in the Treatment of Children and Adolescents, 2016.)*





### **Training courses in Dyadic Developmental Psychotherapy (Level 1 and Level 2)**

The training courses in DDP provide the core knowledge of theory, principles, and interventions that are central in developing the skills necessary to practising DDP successfully.

Level 1 and Level 2 courses each involve 4 days (28 hours) of in depth learning with Dyadic Developmental Psychotherapy Institute accredited trainers, such as Dr Sian Phillips or Dr Hannah Sun-Reid. Courses are available online facilitated over 5 days with groups of maximum 15 participants. The small group approach ensures maximum participation, relevant case discussion and opportunities for real skill building. During the courses, the DDP trainer will provide extended presentations about the knowledge base underpinning DDP including how to:

- support children and carers to start to resolve traumatic experiences through
  - shame interruption
  - interactive repair
  - co-regulation of arousal and affect
  - shared meaning making,

- involve parents and/or caregivers in a rhythmic dialogue with children that is effective and reflective,
- resource parents and caregivers to reach out to the parts of their children that feel vulnerable, lost and insecure,
- position an understanding of the neurobiology of attachment and concepts of blocked parenting to know how to prepare for and carry out therapeutic engagement with children, young people and the caregivers;
- present and collaboratively analyse videos of her therapeutic sessions with children and carers as a way of understanding how DDP is put into practice;
- use role-play to develop specific skills relevant to the practice of DDP;
- examine how the attachment history of practitioners shapes and influence their way of undertaking DDP.



The training courses in DPP are both theoretical and practical. They provide real strategies that enable practitioners who work with relationships to know what to say, when and why, so as to orient children and caregivers to each other's reciprocal needs in a way that opens up a rapport, trust and a receptiveness to growth and development.

The training is thought-provoking and moving. The DDP framework respects the insights offered by the neurobiology of trauma and attachment. However, DDP also integrates into therapeutic responses to children a much wider appreciation of the importance of metaphor, play and intersubjectivity when working with families as a whole. DDP trainers are very generous with their ideas and experience. Practitioners will leave with the knowledge that they have fully examined this seminal therapeutic model.

This course is essential for child protection, out of home care, family support and mental health professionals who are interested in more centrally engaging with the power of relationships to heal and transform the trauma associated with abuse, violence and neglect.

### Masterclasses

For students who have completed DDP Level 1 or Level 2, enhanced practice study days offer the opportunity to continue to enhance your skills and knowledge through small group study days that focus on experiential learning, reviewing practice videos, and direct feedback on your practice from the DDP trainer.

[childhood.org.au](http://childhood.org.au)

Study days also offer the opportunity to focus on particular themes or specific areas of practice in an in depth way.

### Certification in Dyadic Developmental Psychotherapy

Whilst completion of Level 1 and Level 2 training will provide you with an advanced understanding of the DDP principles and the opportunity to practice your developing skills, some students seek to further extend their skills and knowledge by completing Certification in Dyadic Developmental Psychotherapy. This is an opportunity that is available to students who successfully complete levels 1 and 2, but is not a requirement.

After the supervised practicum, you will be a certified DDP practitioner related to your qualifications. For example, you will be a certified DDP therapist, caseworker, parent mentor.

The Australian Childhood Foundation is one of two organisers of all DDP courses and training in Australia.

**There are only limited opportunities to undertake these courses each year. Places fill quickly. Register early to avoid disappointment.**



# Structure of the Courses



## Level 1 Course

Review of basic principles and interventions of Attachment-Focused Treatment.

- Exploration of utilisation of interventions learned in Beginning Level
- Successes and challenges of early practice utilisation
- Presentation of the importance of attachment history of therapist when treating families with attachment-related challenges
- Exploration of particularly challenging treatment cases, including the following: multi-problem families, dual diagnosis, severe developmental trauma symptoms
- Small group work around attachment histories of therapists (2)
- Role-play with feedback from the trainer
- Discussion of particularly challenging treatment cases of Dan Hughes, the trainer and participants

- Small group role-play
- Small group work around attachment histories of therapists (1)
- DVDs of therapeutic sessions of Dan Hughes and participants are utilised, as well as case discussions.
- Review of specific care-giving principles for children with trauma/attachment problems
- Discussion of particularly challenging behavioural problems manifested in the home and school.
- Small group work around attachment histories of therapists (1)
- DVDs of therapeutic sessions of Dan Hughes, the trainer and participants are utilised, as well as case discussions
- Review of specific care-giving principles for children with trauma/attachment problems
- Discussion of particularly challenging behavioural problems manifested in the home and school



## Level 2 Course

- Presentation of complexities of developing and maintaining the therapist-patient alliance
- Neuropsychological research regarding attachment and care-giving behaviours
- Role-play examples of challenges of working with parents
- Small group work around attachment histories of therapists (review)
- Exploration of similarities and differences between attachment-focused treatment and other treatment models
- Case discussions focusing on treatment and care-giving
- Role-play with feedback from the trainer
- DVDs of therapeutic sessions of participants are utilised
- Evidence Base for attachment and DDP
- Further focus on working with parents as early stage of attachment-focused treatment (Advanced Level)
- DVDs of therapeutic sessions with the trainer and participants are utilised
- Further focus on establishing and maintaining the therapeutic alliance with parents, caregivers and teachers
- Exploration of attachment-focused supervision and training: core components
- Final review of the practice of DDP



# The Trainers

## Dr Sian Phillips

## Hannah Sun-Reid



**Dr. Sian Phillips** is a psychologist in private practice in Kingston. She received her Ph.D. from University of Toronto in 1996 and has been working with children and families in Kingston since that time. She specialises in the assessment of trauma and attachment difficulties and works with children, foster parents and adoptive parents

using Daniel Hughes model of Dyadic Developmental Psychotherapy®©. This exciting way of working helps the parent understand what lies behind difficult behaviour and to provide a safe, empathic relationship in which

the child can begin to explore traumatic, hurtful and shameful experiences and importantly learn to experience themselves differently.

Sian is a certified DDP therapist, consultant and trainer. She is also an adjunct professor at Queens, supervising students in their clinical placements. Currently she is trying to help the education system better understand children who have experienced chronic stress and has developed a specialised school program to work with children who cannot manage the regular school system due to their trauma and attachment difficulties. She is also consulting with local school boards to develop trauma informed schools and completing research examining the efficacy of a DDP approach in schools. She has two chapters in Art Becker Weidman's book *The Dyadic Developmental Psychotherapy Case Book* (2011).



**Hannah Sun-Reid**, a Registered Psychotherapist, Certified Play Therapist, Supervisor and Trainer. She is a Certified DDP practitioner, consultant and trainer. Hannah is one of the first group of people trained by Dan Hughes in Cobourg Ontario Canada in 2004. She is also certified or trained in Therapy,

Trauma Therapy, Sandtray Worldplay, EMDR, and TIR. Hannah has 30 years' experience working with children and families who experience life challenges including developmental and emotional difficulties, trauma and loss. Hannah provides supervision and consultation to therapists and organizations; and conducts training workshops nationally and internationally. Hannah is also an author of children's books and therapeutic games. Hannah lives and works in Ontario Canada.

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# Course Dates and Details

Places in the course will be provided on a first come, first serve basis and there is a strict limit of 15 places per course. Please apply as soon as possible to avoid disappointment.

Please note that other dates may come available for the future for other locations. If you would like to register your details for updates, email us at [courses@childhood.org.au](mailto:courses@childhood.org.au). It is a prerequisite that individuals enrolling for Level 2 course must have completed Level 1 course.

Early-bird discounted fees may be available upon registration.

## Register Online

To register for the Dyadic Developmental Psychotherapy course, please visit:

<https://professionals.childhood.org.au/course/dyadic-developmental-psychotherapy/>

For further information please contact the team at [courses@childhood.org.au](mailto:courses@childhood.org.au) or **1300 381 581**.

This information booklet is available at [www.professionals.childhood.org.au](http://www.professionals.childhood.org.au)

