

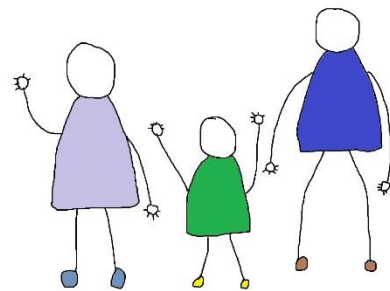
Dyadic Developmental Psychotherapy (DDP)

What is DDP?

Children who have had tricky experiences of being parented often are unable to develop a secure or positive relationship with an adult. These children often learn strategies to meet their needs that in turn teach them what to expect from the world and how the world views them. These strategies and information about the world and themselves stays with them and can present itself as challenging behaviour when they come to live with new families or there is a change in parenting style, this can often make parenting feel tricky. DDP is typically used with parents or caregivers and their child; it focuses on improving the relationship between two or more people to help the child feel closer to their parent and vice versa. The aim of DDP is to help create deeper emotional connections in the relationship to encourage the child to feel safe to share their inner world with the parent and to help the parent to respond appropriately if the child does so.

Who is it for?

DDP aims to help children who are living with adoptive families, who are in foster care or residential homes and those living with biological families in which the parenting has become safe and nurturing. The work will focus on both the child and parent or carer and how they interact.



What are the aims of DDP?

It aims to:

- Improve the relationship between a parent/carer and their child
- Help the parent/carer to make sense of difficult or confusing behaviour
- Help parent/carer and child to make sense of the child's feelings in the past and present and the link between them
- Help the child to understand that the parent/carers motive are different to those previously experienced.

What is involved?

Sessions will begin by parents or carers meeting with the therapist alone, this is a chance for you to get to know each other and for your therapist to learn about your child and family from you; this can vary in time depending on your circumstances and the therapist you are meeting with. The first sessions will aim to prepare the parents and caregivers for the child to join sessions, an understanding of using PACE in their parenting will be discussed to help the parent or carer feel equipped in later sessions.

Once the child joins sessions the main focus primarily will be on creating a sense of safety for the child, once this has been established the therapist will begin to explore with the child events they have experienced and their thoughts and feelings about them. The parent or carer will also be assisted by the therapist to support the child in this exploration and to guide the conversation to remain open and engaged.

More information

For more information please visit: <https://ddpnetwork.org>