

Dyadic Developmental Practice and Psychotherapy (DDP) Level 1 training

November 20 - 23, 2018 **9 am - 4 pm**

Trainer: Betty J.B. Brouwer

Location: St. Cuthberts Church, 2 Bond Street North
Hamilton, ON L8S 3W1

Fee: \$750

includes training materials and coffee breaks
Space is available for 24 participants and a minimum
of 12 participants.



To register call
866.347.0041
or visit
shalemnetwork.org/events



This is an introductory four-day training course on Dyadic Developmental Practice, Psychotherapy and Parenting (DDP), an intervention model developed by Dr. Daniel Hughes, Clinical Psychologist, USA. DDP is based on attachment theory and interpersonal neurobiology and is consistent with the needs of children and young people who have experienced developmental trauma.

This approach assists therapists and professionals to understand and effectively support children, young people and their families. In this model, theory and research in the areas of developmental trauma, attachment theory, intersubjectivity and child development are integrated to produce a therapeutic approach used for relationship development and trauma resolution. DDP recognizes the vital role which parents and residential workers play as primary attachment figures in the recovery of traumatized, attachment-resistant children. It provides clinicians ways of creating safety for both parents and children who are struggling in their relationships.

The principles and interventions are presented through formal presentations, discussion, recordings of treatment sessions, role-play and handouts. Participants are referred to the AFFT workbook, which underpins this training: Attachment-Focused Family Therapy Workbook by Daniel A. Hughes, Norton, 2011.

Participants will:

- understand how toxic levels of stress impacts on brain development,
- understand insecure and disorganized attachment patterns and the relevance for ongoing development,
- understand the vulnerability behind challenging behaviour and how that behaviour might be adaptive,
- how to use Playfulness, Acceptance, Curiosity and Empathy (P.A.C.E.) and other principles of DDP to help a child regulate their emotions, make sense of their world in less shame-based ways and to learn how to trust relationships

This training is relevant to professionals and therapists who work with children and young people with trauma-attachment problems and their foster, adoptive or birth families and who want to increase their skill set of attachment focused treatment. This is phase one of becoming certified as a DDP practitioner. For more information on certification, visit ddpnetwork.org

Betty J.B. Brouwer has more than 25 years of clinical experience working with children, adolescents and their families who have experienced trauma and loss in their lives. Betty works for the Shalem Mental Health Network, based in Hamilton, Ontario, where she serves as the Attachment Director. Betty is a certified DDP practitioner, consultant and trainer. Betty is currently chair of the DDPI board. Betty is a registered psychotherapist and she is also a registered art therapist and play therapist.

