



DDP

Parents / carers act as co-therapists, working together with the therapist to;

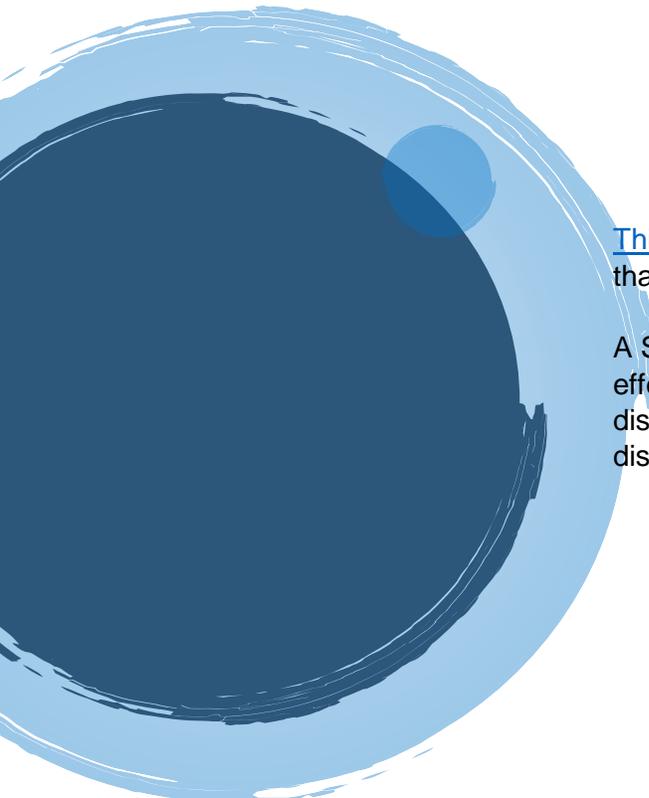
- ❖ be attuned to the child's subjective experience
- ❖ accept these experiences as the child's reality
- ❖ understand and in turn help the child make sense of them in the context of their history
- ❖ communicate them back to the child in a contained manner

Dyadic Developmental Psychotherapy (DDP) helps adoptive parents / carers build secure attachment relationships with their children. DDP works to help adoptive parents / carers understand the impact of their child's early care-giving experiences on their child's beliefs about themselves and others, and consequently on their ability to accept care and respond positively to the care they are receiving. It is hoped that in experiencing more secure relationships the child begins to develop a more positive view of themselves, others and the world. In turn this facilitates progress in all areas of the child's development, helping them learn to understand and manage their feelings, increase their capacity for empathy and become more able to cope with stress.

DDP works to develop trust between the child and their parent / carer. It aims to help the child to begin to feel safe in their relationships, to help them begin to explore and understand their past experiences and to express emotions such as sadness, loss and fear, which are connected with their past. The child's avoidance and controlling behaviours are viewed as survival skills developed under conditions of overwhelming trauma. As a sense of safety increases, difficult behaviours may need to be addressed. DDP does not avoid talking about difficult behaviours, but talks about behaviour in a different way from some more familiar forms of parenting. The DDP approach or Dyadic Developmental Practice is sometimes called, 'therapeutic parenting'.

Click [here](#) for more information about DDP.

And [here](#) for more information about whether is right for your family.



[This link](#) has some info about how DDP works and the process that is used

A Study by Arthur Becker-Weidman (2006) looking into the effectiveness of DDP for children with diagnosed attachment disorders found significant decreases in symptoms of attachment disorder, anxiety, aggression etc (compared to control group).

- Full paper reference: Becker-Weidman, A. Child Adolesc Soc Work J (2006) 23: 147.
<https://doi.org/10.1007/s10560-005-0039-0>

