



Dan Hughes's popular Brain Based Attachment Model

Dyadic Developmental Psychotherapy (DDP) and Practice is a brain based attachment model for working with traumatised children, young people and their carers and families.

Dr. Dan Hughes and the 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. The approach is family centred and offers very practical strategies for a wide range of professionals who work with vulnerable children and their relationship contexts.

It is called Dyadic Developmental Practice both to focus attention on the importance of reciprocity in parenting, caregiving and therapy, and also to draw attention to the fact that abuse, neglect and trauma can seriously impact on the child's developmental age and stage. This intervention is theoretically based on the models of attachment theory and intersubjectivity, and is consistent with the needs of children and young people who have experienced developmental trauma.

It is an approach that:

- Integrates the areas of neurobiology of trauma, early child development and attachment theory, to produce a therapeutic and parenting approach that assists professionals to understand and effectively support children with trauma- attachment problems, and their families.
- Communicates playfulness, acceptance, curiosity and empathy (PACE) in order to help the child regulate their feelings (often fear, shame and anger) associated with past experiences and to create together new meanings to be integrated into the child's life story (autobiographical narrative).
- Recognises the vital role which adoptive parents, foster carers and residential workers play in the recovery of traumatised, attachment-resistant children.
- Provides a set of principles that can support networks; inform and enrich parenting; and can support the child outside of the home eg in residential settings and at school

Training courses in Dyadic Developmental Psychotherapy and Practice (Level 1 and Level 2) provide the core knowledge of theory, principles, and interventions that are central in developing the skills necessary to practising DDP successfully. Each four-day workshop covers the principles and interventions through formal discussion, case examples, videotape of therapy sessions, role-play, and hand-outs.