



Dyadic Developmental Psychotherapy (DDP) – level II (online)

Trainer : **Dan Hughes**
Dates : February 15th, 16th, 17th, 18th and 19th 2021
Time : daily 12:30 – 18:00
Effective hours : 22,5 hours
Location : online

Content

The treatment model of Dan Hughes, Dyadic Developmental Psychotherapy, is family-based and focused on facilitating the child's ability to establish a secure attachment with his/her caregivers. Level 1 covers the theories and research of Attachment, Intersubjectivity, and Trauma along with the therapeutic principles and interventions that are used for relationship development and trauma resolution. Dan Hughes blends various approaches into his treatment modality. These include Family Therapy, Ericksonian Hypno-therapy, Psychodynamic Principles and interventions congruent with Theraplay and narrative work. He actively communicates PACE (playfulness, acceptance, curiosity, and empathy) in order to co-regulate the affect associated with past experiences and to co-construct new meanings of these experiences.

Learning goals

More experience in practicing DDP and researching the influence of someone's own attachment history to the treatment process.

Qualifications trainer

For most of his professional life, Dan Hughes, Ph.D. has been a clinician specializing in the treatment of children and youth with severe emotional and behavioural problems. His treatment is family-centered, with the parents actively involved in their child's treatment, as well as addressing the need to resolve their own attachment histories. Many of his clients had histories of abuse, neglect and multiple losses, and were extremely unwilling and unable to form a relationship with a therapist or with a caregiver. Working primarily with foster and adopted children and their parents, Dan Hughes borrowed heavily from attachment, intersubjectivity and trauma theories and research to develop a model of treatment that he calls Dyadic Developmental Psychotherapy. DDP gradually became applied to less severe problems between parent and child as well as to marital and family relationships.

Dan Hughes is the author of a number of books and articles. These include: *Building the Bonds of Attachment*, 3rd.-Ed.(2017), *Attachment-Focused Parenting* and *Attachment-Focused Family Therapy Workbook*, (2011, translated in Dutch, see below). He has published a book of poetry, *It was that one moment*. . . (2011, Worth Publishing) focusing on the children and families that he has treated. In 2012 he has written *Brain-Based Parenting* with Jon Baylin (translated as *Opvoeden doe je met je brein*) and *Creating Loving Connections*, with Kim Golding. In 2019 he published *Healing relational trauma with attachment-focused intervention*.



Dan's current passion is the training of therapists in his treatment model. He has provided therapist training throughout the US, UK, Canada and other countries for the past 20 years. He also provides ongoing supervision and consultation to various clinicians and agencies. Dan Hughes has initiated a certification program for therapists interested in become proficient in his model of treatment.

Methods

The following training methods will be used:

- discussion of the obligatory literature;
- PowerPoint presentation;
- practicing DDP with role plays;
- video material;
- personal exercises, observation of fellow students and feedback.

Time schedule, daily:

Session 1: 12:30 - 14:00

Break: 14:00 - 14:30

Session 2: 14:30 - 16:00

Break: 16:00 - 16:30

Session 3: 16:30 - 18:00

Expected from the participants is:

- the possibility to use the treatment model and family therapy in his/her own work (practical experiences from the participants will be used during the training);
- active participation and input.

Literature

Hughes, D., Golding, K, & Hudson, J. (2019) Healing relational trauma with attachment-focused interventions: Dyadic Developmental Psychotherapy with children and families. New York: W.W. Norton.
The Neurobiology of Attachment-Focused Therapy by Daniel A Hughes and Jonathan Baylin. Norton Professional Books.

Optional:

Hughes, D.A. (2018). *Hechtingsgerichte gezinstherapie Werkboek*. Amsterdam: Uitgeverij SWP OR
Hughes, D.A., 2011, *Attachment-Focused Family Therapy Workbook*, New York: W.W. Norton