

# ATTACHMENT DISORDER TRAINING

May 25 - 28, 2015 | 214 Concession St., Kingston, ON

## Training Information

Dyadic Developmental Psychotherapy ( DDP) is an intervention model developed by Dan Hughes, Clinical Psychologist from Pennsylvania U.S.A. DDP is family-based and is focused on facilitating the child's readiness and ability to establish a secure attachment with his/her caregivers. It is an approach that:

- Integrates recent research in 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.



This training is relevant for therapists and clinicians who want to increase their skill set of attachment focused treatment. The model is relevant for those working with children aged four through adult years. This is phase one of certification in DDP Training and is limited to 24 participants. This particular workshop will be tailored to help Occupational Therapists and other health care professionals who already have some knowledge of sensory integration theory. Participants will learn to understand how the body communicates traumatic experiences and how to combine DDP principles to help children regulate and make sense of their experiences.



## Four Day Training

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### Day 1

#### Establishing Safe Connections: Helping Children Who Have Experienced Trauma and Loss

Healthy relationships in the early years facilitate optimal brain integration and development and are correlated with mental health. However, when children experience abuse, neglect, or multiple caregivers, the high level of stress associated with these experiences changes the architecture of their brain and makes it difficult for them to establish relationships. In the absence of good enough relationships, children are at risk for neurological, cognitive, emotional and behavioural challenges that take them away from the pathway towards mental health.

Many children, when placed in a setting that provides attuned, and sensitive responsiveness, are able to learn how to engage in and benefit from the dyadic experiences provided by a foster or adoptive parent or a different family member. Other children who have been much more traumatized and compromised in those aspects of their development have much greater difficulty responding to their new caregiver.

This workshop introduces basic theory and understanding of brain development and the principles of Dyadic Developmental Psychotherapy (DDP). The principles of DDP will guide case examples for the purposes of learning how an adult can support a child who cannot trust relationships.

#### 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.) to help a child regulate their emotions, make sense of their world in less shame-based ways and to learn how to trust relationships.

### Days 2, 3, and 4

Dyadic Developmental Psychotherapy—is family-based and focused on facilitating the child’s ability to establish a secure attachment. Caregivers are present and engaged in the therapy process. DDP is based on attachment theory and interpersonal neurobiology and provides clinicians ways of creating safety for both parents and children who are struggling in their relationships. DDP helps parents understand the vulnerability beneath their child’s difficult behaviour and provides tools to help parents respond in ways that co-regulate their child and help them make sense of their experiences. This then helps the child to feel understood and accepted and more open to new experiences in relationships.

Participants build on the information presented in the one day workshop to further understand how to use DDP principles to increase emotional safety, facilitate attachment and help the child resolve traumatic memories and experiences. The principles and interventions are presented through formal presentations, discussion, videotapes of treatment sessions, role-play, and handouts.

## *Instructors*

Dr. Sian Phillips & Dr. Dan Hughes

**Sian Phillips** is a psychologist in private practice in Kingston. She received her Ph.D. from University of Toronto in 1996 and has been working with children and families in Kingston since that time. She specializes in the assessment of trauma and attachment difficulties and works with children, foster parents and adoptive parents using Daniel Hughes model of Dyadic Developmental Psychotherapy ®©. This exciting way of working helps the parent understand what lies behind difficult behaviour and to provide a safe, empathic relationship in which the child can begin to explore traumatic, hurtful and shameful experiences and importantly learn to experience themselves differently. Sian is a certified DDP therapist, consultant and trainer. She has two clinical chapters in Art Becker Weidman's book *The Dyadic Developmental Psychotherapy Case Book* published in 2011. She has recently been involved in starting a school classroom for children with trauma and attachment difficulties using the PACE model. She is also an adjunct professor at Queens, supervising students in their clinical placements.

**Dan Hughes** is a clinical psychologist who resides in Lebanon, PA, with an office in nearby Annville. After receiving his Ph.D. in Clinical Psychology from Ohio University he fairly quickly began specializing in the treatment of children and youth who had experienced abuse and neglect and for the most part now manifested serious psychological problems secondary to childhood trauma and attachment disorganization. Not having much success helping these children with traditional treatments, he developed an attachment-focused treatment that relied heavily on the theories and research of attachment and intersubjectivity to guide his model of treatment and parenting.

Dan resided for 30 years in Maine until moving to Lebanon. He is the author of three books including *Building the Bonds of Attachment*, 2nd edition, (2006), and *Attachment-Focused Family Therapy* (2007). He has provided training and consultations to therapists, social workers and parents throughout the US, Canada, UK, and Australia and provides regular training's at Colby College in Maine, Annville, PA, and London, UK. He also is a visiting tutor for a graduate program in London.

Dan was born in Pittsburgh and has three daughters and one granddaughter.

## Registration Information

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Hosted by: Make Way For Me! Occupational Therapy For Children

Chris Everdell, Occupational Therapist

The training will take place at the Make Way For Me! therapy clinic at **214 Concession Street in Kingston, Ontario.**

### *Your Information*

Name:			
Profession:			
Organization:			
Address:			
Phone:			
Email:			
Payment method:	cheque:	email transfer:	credit card:
Credit Card #		Expiry:	Name on Card:

### *Fee*

\$700.00 until April 30, 2015

\$750.00 after April 30, 2015

Includes 4 day workshop, 4 lunches and refreshment each day

Payment: cheque, email transfer, Visa, Mastercard

**Please include payment with registration.**

Cheques to be made out to "Everdell Occupational Therapy Professional Corporation".

Email transfers accepted at [info@makewayforme.com](mailto:info@makewayforme.com)

Please return this form along with payment to:

Make Way For Me! Occupational Therapy for Children

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