DDP Explainer

Understanding your Dyadic Developmental Psychotherapy sessions at Gateway Psychology

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Dyadic Developmental Psychotherapy (DDP) is an intervention that can help children who have been hurt and/or neglected within their families in their early years. Children can be traumatised by these experiences and find it difficult to feel safe and secure within their new families. This is sometimes called developmental trauma.

DDP is based on a theoretical understanding of attachment and intersubjective relationships; and the impact of developmental trauma. It involves the child and parents working together with the clinician. The child gains relationship experience which helps them to grow and heal emotionally. Family members develop healthy patterns of relating and communicating.

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https://ddpnetwork.org/parents-carers/ddp-right-for-your-family/

What are DDP sessions like?

Usually, your clinician will work with you (the parents or carer) first. This is to help you actively prepare for your role in the therapeutic process.

After a while, the clinician may bring the child into these sessions. The sessions are not about discipline, lecturing or trying to change behaviour. Behaviour will often change during the process of therapy but this is not the main focus of the work.

There will be opportunities in the parent only sessions to get ideas about how to use appropriate discipline and boundaries.



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https://ddpnetwork.org/about-ddp/dyadic-developmental-psychotherapy/

Video and audio recording

DDP sessions sometimes need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Can I view my video recordings?

Your clinician will share sections of the videos with you but will not give you a copy of the videos.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

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How is progress monitored?



You and your clinician will meet regularly to review the DDP sessions and discuss how best to meet your family's needs.

We also undertake outcome measures to help monitor progress. You will need to fill out some questionnaires, usually at the beginning and end of the intervention.

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Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about your DDP sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

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Other documents to read

As well as this DDP Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc.

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Our contact information

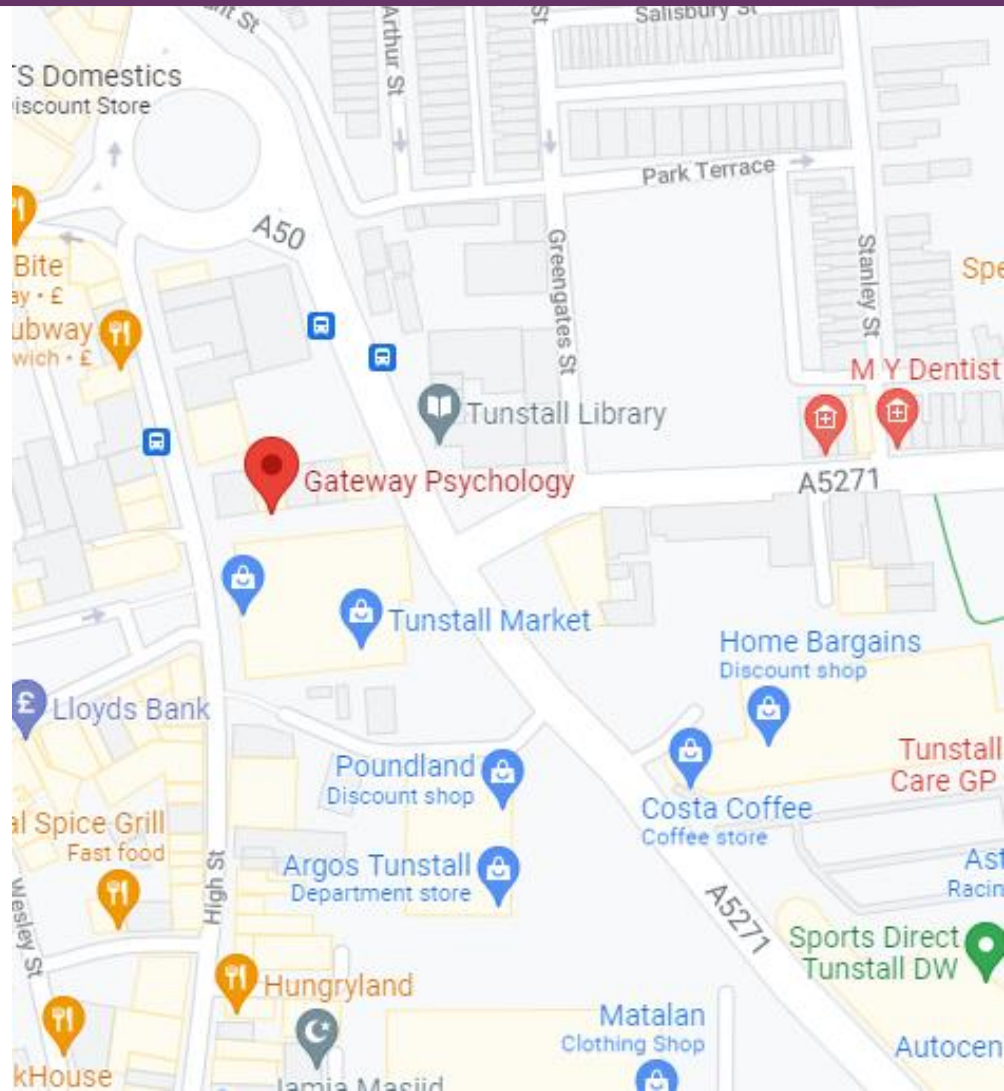
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