

DDP

Restoring Hope to Hearts that Hurt

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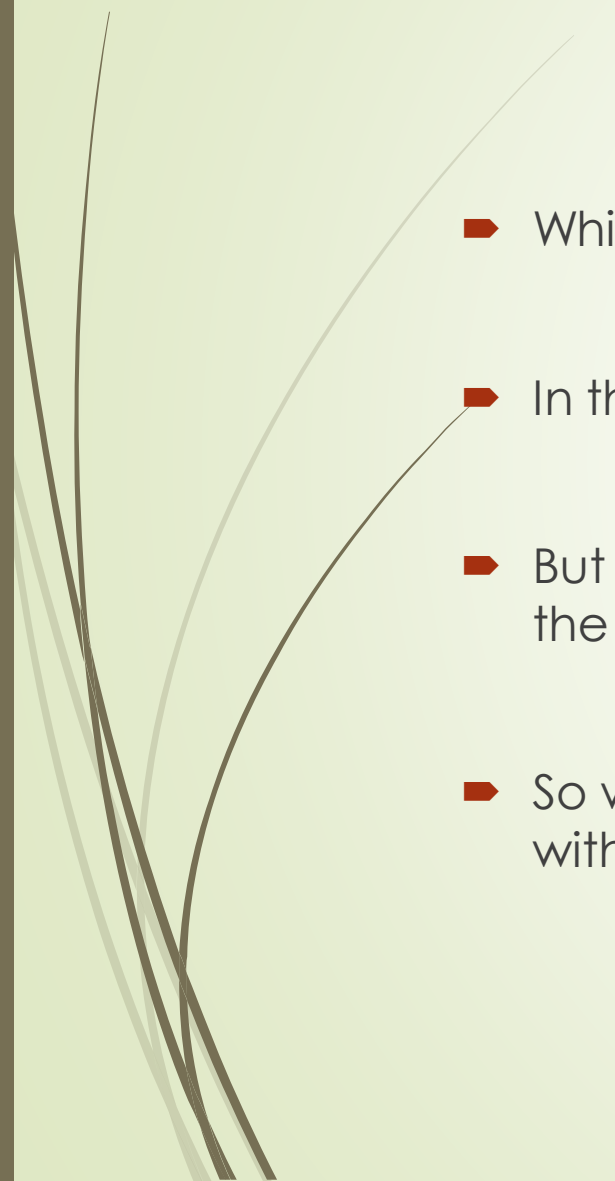
What does hurt do?

- Instills fear
- Makes it difficult to trust
- Creates the need to defend ourselves from further pain & hurt





Hear Our Song!

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- Which to choose? There could be so many!
 - In the many many different languages of the worldwide DDP Family!
 - But as two of the three certified DDP Practitioners in Ireland we have to fly the flag for home!!
 - So we have chosen a song written by an Omagh girl – that will resonate with us all.

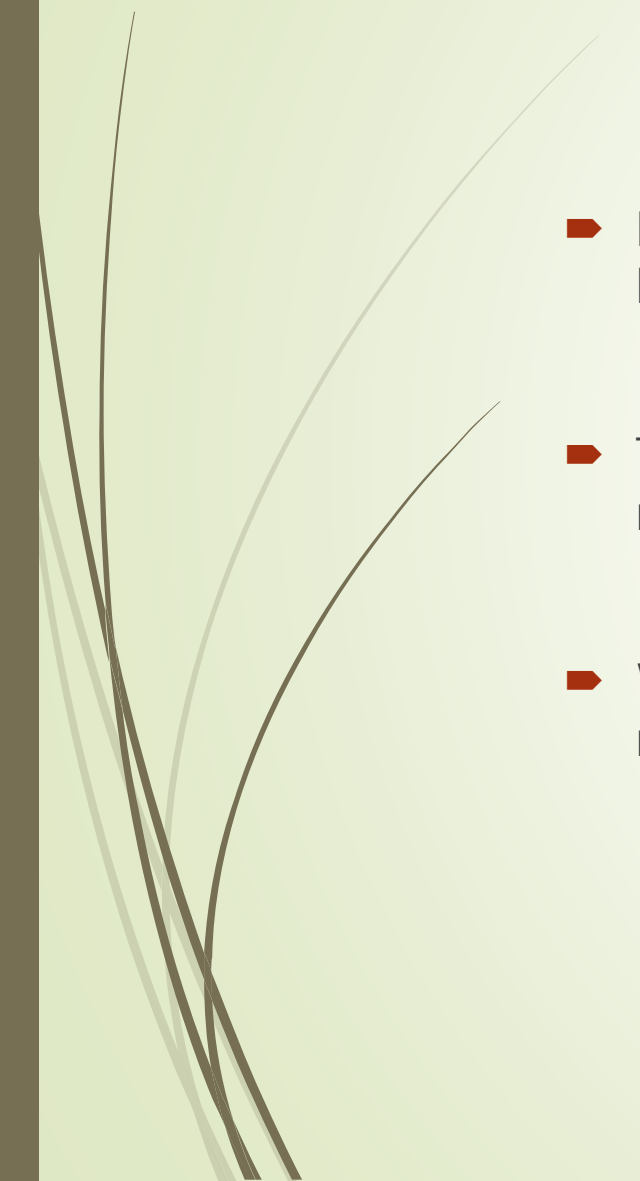


You Can Have My Heart






The DDP journey in a song!

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- ▶ How many times as therapists do we meet children, adults, families with broken, hurt hearts?
 - ▶ The journey of fostering, adoption involves the inheritance of hearts, they're not new, they've 'been down a long road and got dirty on the way'
 - ▶ We feel our task, as parents as therapists, when given these hearts is 'to make it clean, wash the pain all away'.



DDP as a vessel for hope

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- Then we find ourselves in a dark, sore place – feeling ‘beyond repair, trying to fix it myself, but it’s only worse when I get through’
 - Challenge of walking into darkness – what does that mean?
 - Frozen tears – how to bring about a gentle thaw?
 - What to do with experiences and relationships that have become fractured and broken?

Kintsugi – A Metaphor for Healing





From Trauma to Hope
Relationships are the key!



What is DDP?

- Dyadic Developmental Psychotherapy founded by Dr Dan Hughes, Consultant Clinical Psychologist back in the mid 1990s.
- Borne from Dan's frustration in his earlier career, his feelings of being unable to truly reach the children fostered and adopted who were coming to him in his practice.
- These children seemed more afraid of their carers in these new families who wanted to love them and care for them than they were of strangers.
- How could he make sense of that? After all these were not the parents that had hurt them?
- DDP marks a long journey, driven by a desire to connect, to understand and help.
- Requires as a first step connecting to ourselves.





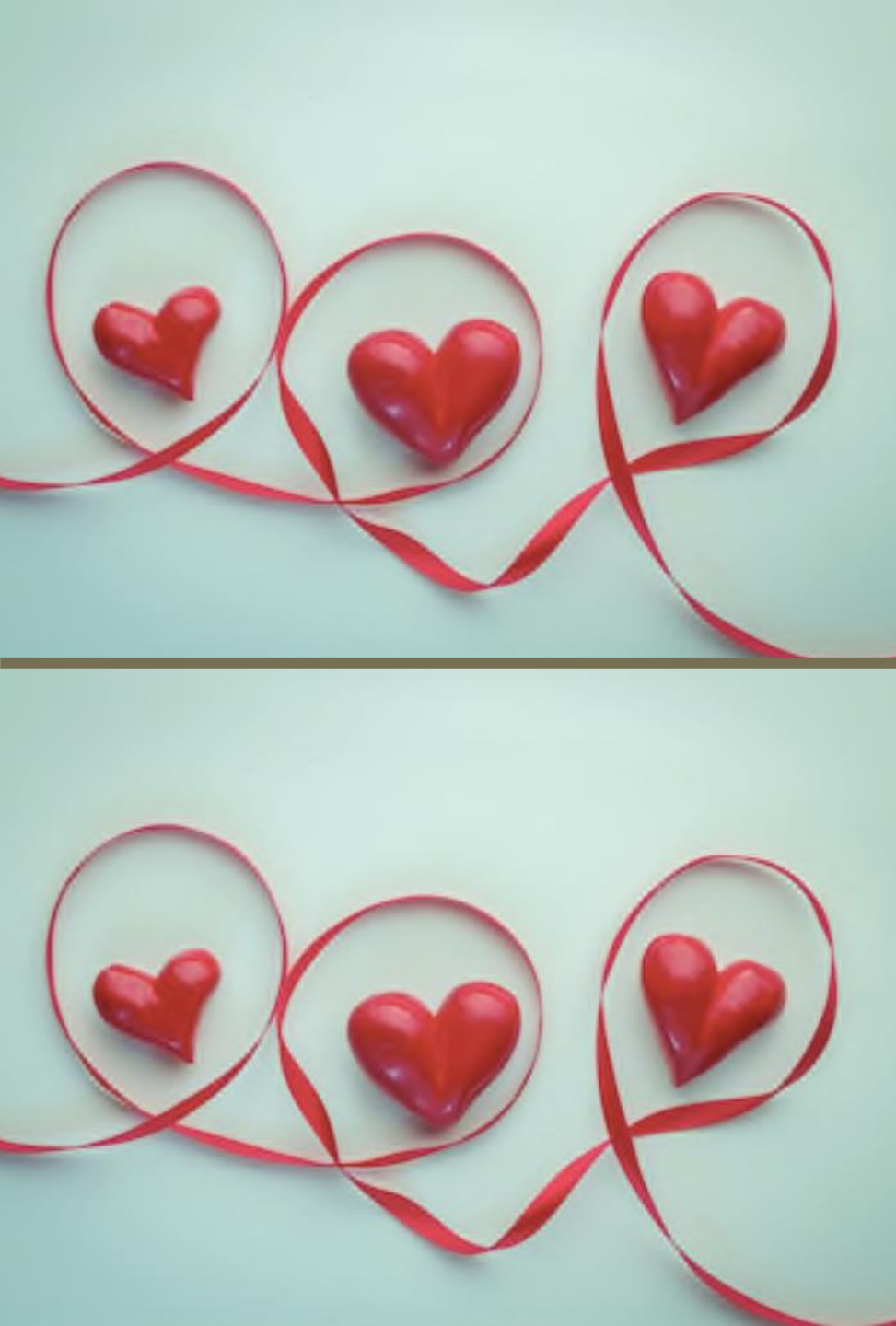
Knowing our story

Questions for Parental Self-Reflection

Siegel, D.J. & Hartzell, M. (2003).

- What was it like growing up? Who was in your family?
- How did you get along with your parents early in your childhood? How did your relationship evolve throughout your youth and into the present?
- How did your relationship with your mother and father differ? Were similar? Are there ways in which you try to be like/not like each parent?
- Did you feel rejected or threatened by your parents? Where there other experiences in your life that were overwhelming/traumatic?
- Are these experiences “still alive”? Continue to influence your life?

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- How did your parents discipline you? What impact did that have on your childhood? How does it impact your role as a parent now?
 - Do you recall your earliest separations from your parents? What was it like? Did you ever have prolonged separations from your parents?
 - Did anyone significant in your life die during your childhood or later? What was it like for you then and how does it affect you now?
 - How did your parents communicate with you when you were happy/excited? How did they communicate when you were unhappy/distressed? Did your father and mother respond differently during these times? How?
 - Was there anyone besides your parents who took care of you? What was that relationship like for you? What happened to them?
 - If you had difficult times during your childhood, were there positive relationships in or outside your home that you could depend on? How did those connections benefit you then and how might they help you now?

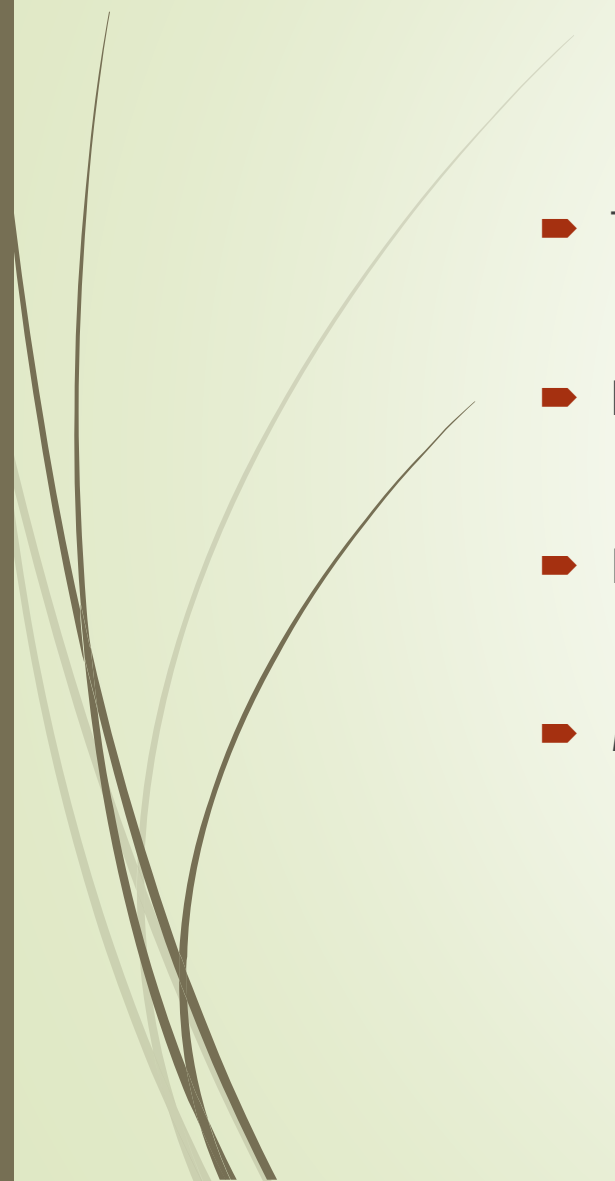


Child /Adult /Therapist

- Each has a story.
- There is a danger we pay attention to the child's as a the only or primary focus of attention.
- DDP always starts with the adults first.



My Story.....


- The accent might give you a clue.....
 - I come from 'the maiden city'.....
 - From 'the town I loved so well'.....
 - My mother is called Mary.....
- 

I'm a Derry Girl!





The Process of DDP

- We start with the caregivers - always!
 - The caregiver is always present in our therapy sessions
 - We want to point the child toward a relationship to their carer, not the therapist!
 - We build our relationship with the caregiver as a foundation to the intervention with the child.
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Core components of DDP

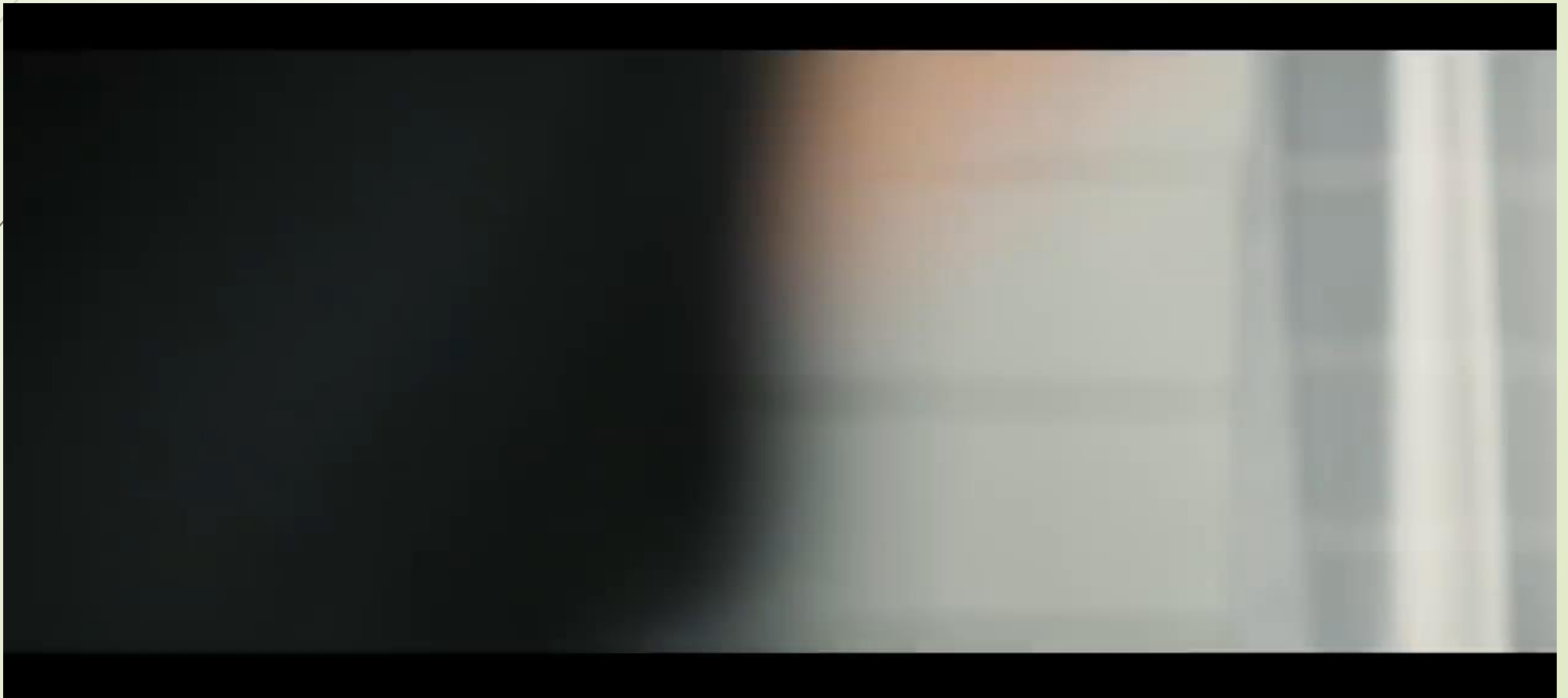
- Establishing Safety
 - Creating Intersubjectivity
 - Co Regulation of Affect
 - Use of PACE
 - Co – constructing a narrative
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The Importance of Establishing Safety



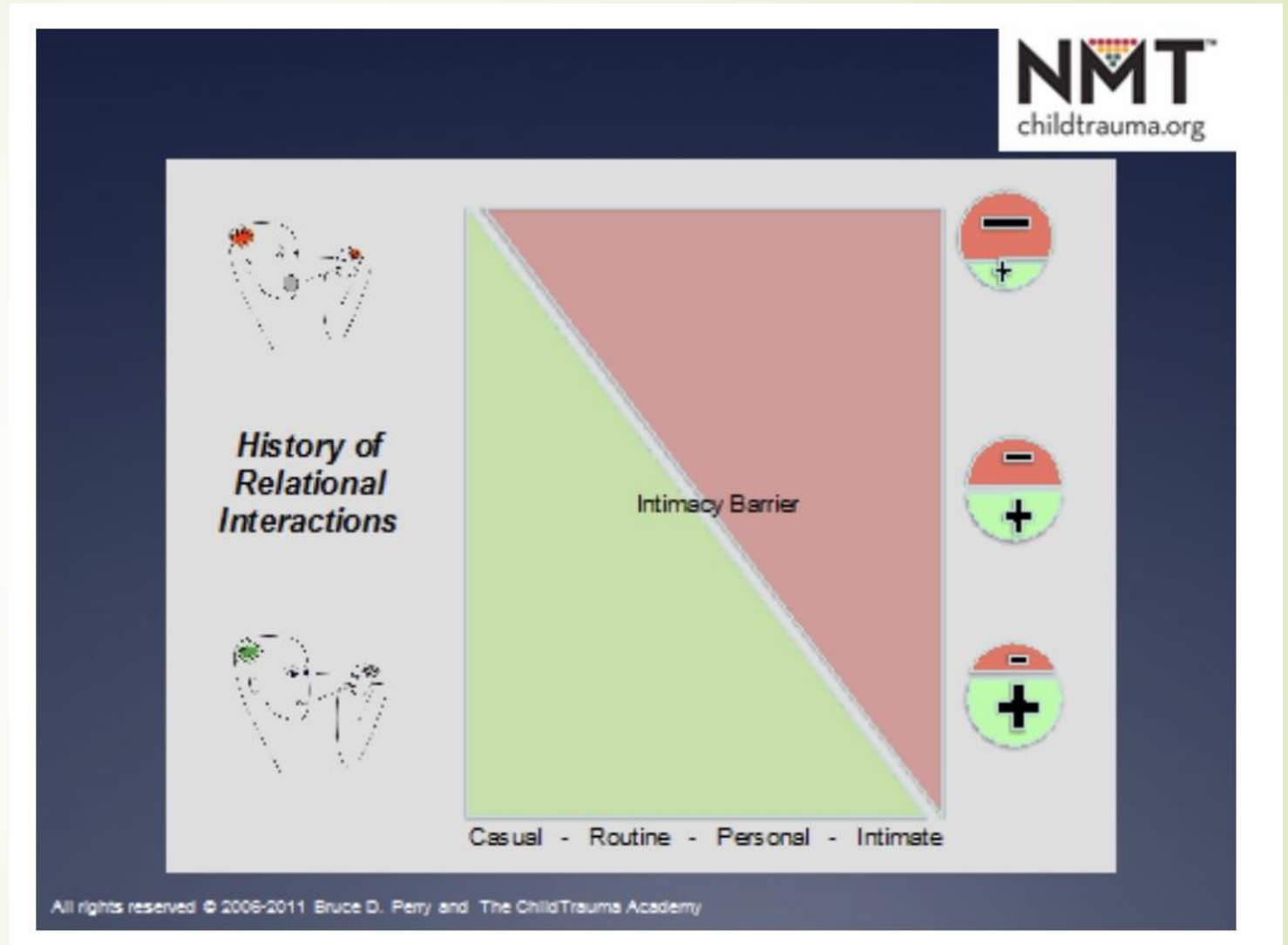


What happens when it feels unsafe?



The Intimacy Barrier & Safety

- Positive safe nurturing early experiences allow children to develop broader capacity for engaging in a range of interactions.
- Early experience marred by fear, threat & insecurity mean children prioritise safety and reduce the risks they will take in relational context.





Creating Intersubjectivity

- It's about the experience that gets created between people, the balance between them, the nature, the quality and the feel of the interaction.
- In DDP we bring particular focus to three key aspects
 - Affect – match in intensity, rhythm, tone, speed, pitch etc.
 - Attention – match in terms of bringing our attention to the same thing
 - Intention or Co-operation – are our intentions complementary?

Friends or Money?!





What to do with Feelings?

- Culturally what are the influences?
- How do we cope if someone is upset?
- What if they're angry?
- What if we worry that their mood will derail our plans?

Co – Regulation of Affect


Joy & Sadness try to help Bing Bong!





PACE

- ▶ Playfulness
 - ▶ With a small 'p'
- ▶ Acceptance
 - ▶ Accepting the child is not the same as accepting the behaviour
- ▶ Curiosity
 - ▶ Move gently into their world
- ▶ Empathy



PACE Juno tells her parents she is
pregnant




Empathy Vs Sympathy

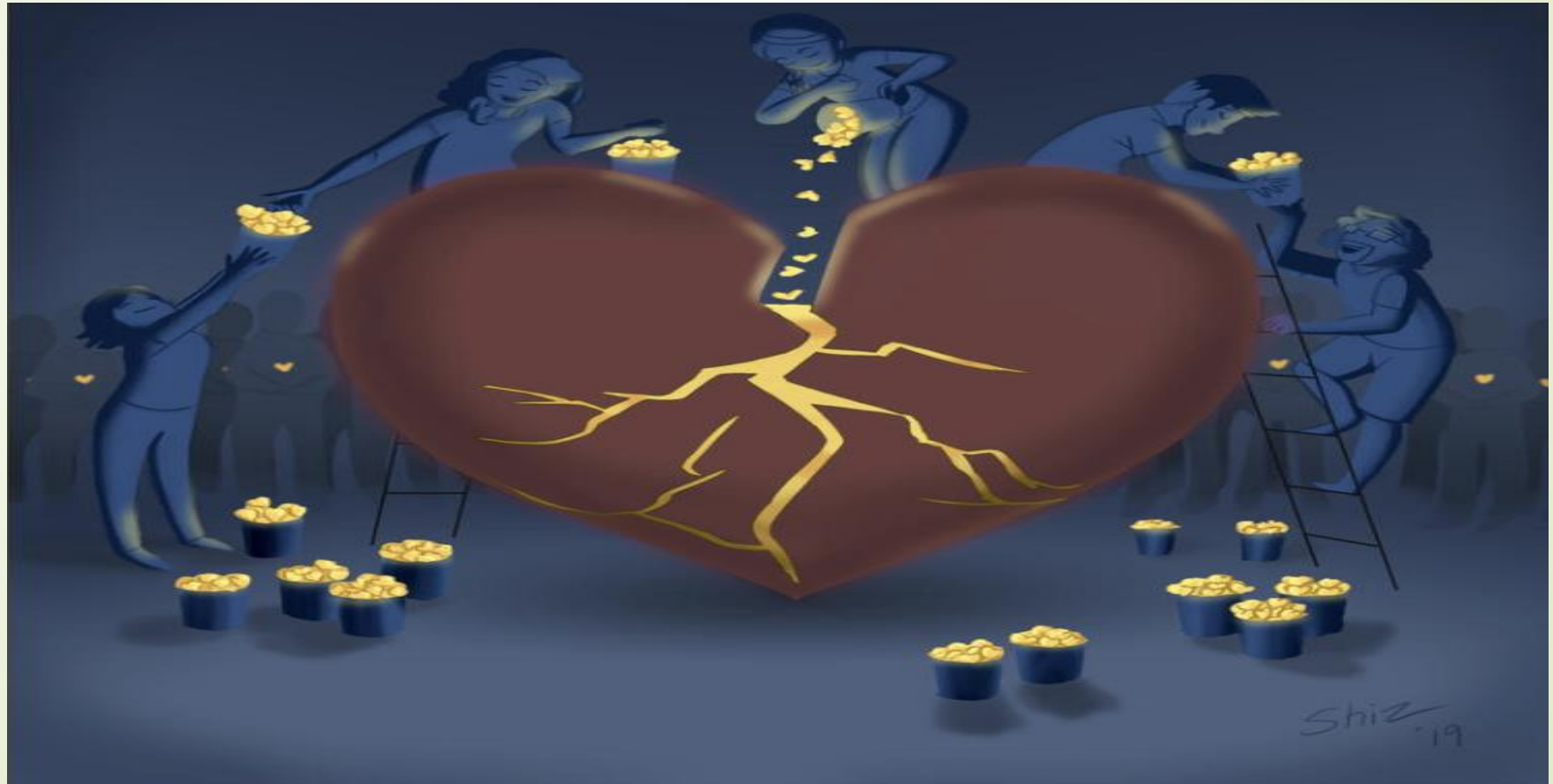




Empathy & Compassion

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- ▶ Empathy is a very visceral thing, which has its advantages and its disadvantages!
 - ▶ It can be difficult for it to 'kick in' if the child does not show their distress or when the child is hurtful
 - ▶ Compassion is the ability to still care about someone who continually gives you a hard time or causes you pain.
 - ▶ We can still think about them in a caring way. It's a state of wanting to understand, but not following the self defensive urge created by the hurt or pain directed towards us.

Co – constructing a coherent narrative



Lizzie's Mom's not Coming





Kintsugi – A Metaphor for Healing





Chiquitita

