



Dyadic developmental Psychotherapy(DDP) Level One

Presented by Dr Vicky Sutton
10 - 13th November 2026

28 CPD
hours

*What is this
course about
and what are
the benefits?*

This four day training introduces DDP and the broader framework of Dyadic Developmental Practice within which the therapy is applied. This provides a model of parenting and support as well as a therapeutic approach to helping the children. The core components of DDP will be presented and explored through discussion and experiential exercises. Level one training represents 28 hours of DDP training and will provide the knowledge and practice necessary for attendees to apply DDP principles to their work with developmentally traumatised children and their families. This level one training is the starting point for certification as a DDP therapist or practitioner For more information see: www.ddpnetwork.org Participants are referred to the Attachment-Focused Family Therapy Workbook (Hughes, D.A. Norton, 2011) which underpins this training.

*What are the
learning
objectives?*

- To understand the DDP framework
- To understand the theoretical foundations of DDP
- To apply this framework to a therapeutic and practice approach for children and parents & parents alone
- To explore the central components of DDP
- To apply the framework to a parenting approach which can complement the therapeutic approach

*Who would
benefit from
this course?*

Professionals who support children and young people who have experienced developmental trauma (social workers working in fostering and adoption services. Residential workers and other interested professionals). Therapists who work with developmentally traumatised children and their families or substitute families.

Who will be delivering the training?

Vicky is a certified DDP Practitioner, Consultant and Trainer and has presented at DDP Conferences both in the UK and USA. Vicky previously sat on the DDPI Board and was also a Director for DDP Connects UK. She continues to support the growth and development of DDP by working on committees and with other charitable organisations. Dr. Vicky Sutton is a Chartered Clinical Psychologist who is also registered with the Health Professionals Council (HPC). Since qualifying in 2005, she has specialised in working with traumatised children, their families, and professional networks. Dr. Sutton has held specialist 'looked after children' posts in both Social Services and the NHS. Since April 2012, Dr. Sutton has worked exclusively in the private sector providing psychological assessments of children's needs (including attachment / impact of trauma); expert witness assessments and reports for Court; therapeutic interventions; consultation (parents, carers, residential workers, social workers); training and supervision. Dr. Sutton strongly believes that when children (due to their early experiences of abuse and neglect) struggle to feel safe within their placements, therapeutic approaches that focus on strengthening the child's attachment to his or her Carers are the most effective in achieving placement stability. For this reason, she has specialised in the therapeutic approach Dyadic Developmental Psychotherapy. This is Dr. Sutton's core treatment approach when working with children and their families.

What are the course details?

- Date: 10 - 13th November 2026
- Time: 9.30am - 4.30pm
- Venue: Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr Milton Keynes, MK16 0FJ
- Price: £920 - Lunch and Refreshments are included
- Payment plans available on request
- Booking: To book your place click [here](#) or email us at trainingwithus@adoptionplus.co.uk

Follow us

