



Dyadic developmental Psychotherapy(DDP) Level One

Presented by Dr Vicky Sutton
23rd - 26th November 2027

28 CPD
hours

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

This four-day training introduces Dyadic Developmental Psychotherapy (DDP) as a psychotherapeutic intervention, parenting model and practice framework for professionals supporting children, young people and families affected by developmental trauma. The core principles and processes of DDP will be explored through discussion, reflection and experiential exercises.

Level One training comprises 28 hours of DDP training and provides participants with a foundational understanding of DDP, from which they can begin to integrate DDP principles into their work with developmentally traumatised children, young people and their families. This training provides the starting point for those wishing to pursue certification as a DDP Therapist or DDP Practitioner. For further information, please visit ddpnetwork.org.

Participants are encouraged to read the Healing Relational Trauma Workbook (Hughes, Golding & Hudson), which complements and supports the learning from this training.

By the end of this training, participants will:

- Understand the DDP framework and its theoretical foundations.
- Explore the core principles and components of DDP, including PACE.
- Consider how DDP informs therapeutic work with children, young people, parents and carers.
- Apply DDP principles to support and strengthen parent-child relationships.
- Understand how DDP-informed parenting approaches can complement therapeutic intervention.
- Explore the application of DDP as a relationship-based practice model within organisations and systems of care.
- Reflect on how DDP can be integrated into their own practice.

*What are the
learning
objectives?*

This course is designed for professionals and carers who work with or support children, young people and families affected by developmental trauma, attachment difficulties and loss.

It will be of particular interest to:

- Social workers working in fostering, kinship, adoption, safeguarding and child protection services.
- Psychologists, psychotherapists, counsellors, psychiatrists and other mental health professionals.
- Family support workers, teachers, SENCOs, educational psychologists and school staff.
- Health, social care and youth justice professionals working with vulnerable children and young people.
- Team managers, service leads and organisational leaders interested in embedding DDP-informed, relationship-based practice within their services

*Who would
benefit from
this course?*

Who will be delivering the training?

Dr Vicky Sutton is a Consultant Clinical Psychologist registered with the Health and Care Professions Council (HCPC), with over 20 years' experience supporting children, families, carers, and professional networks affected by abuse, neglect, attachment disruption, and developmental trauma. She is also the Clinical Director for the Dyadic Developmental Psychotherapy Institute (DDPI), contributing to clinical leadership, ethical governance, and the ongoing development of DDP practice across training and service delivery.

Vicky is a certified Dyadic Developmental Psychotherapy (DDP) Practitioner, Consultant, and Trainer. She has presented at DDP conferences in both the UK and the USA, previously served on the DDPI Board, and was also a Director of DDP Connects UK. Across these roles, she is committed to creating safety through relationship within the networks that support the child.

Since qualifying in 2005, Vicky has specialised in working with traumatised children and the families, carers, and professional systems around them. She has held specialist looked-after children posts within both Social Services and the NHS, and has worked in independent practice since April 2012. Her work includes psychological assessment and formulation, expert witness assessments, therapeutic intervention, consultation, training, supervision, and reflective practice.

Her clinical work is grounded in trauma-informed, attachment-focused practice, with Dyadic Developmental Psychotherapy as her core therapeutic model. She also integrates Trauma-Informed Stabilisation Treatment (TIST) where this is helpful, particularly when working with children who experience dissociation or trauma-organised survival responses. Vicky's approach focuses on helping children feel safe enough to connect, supporting carers to understand behaviour through the lens of trauma and attachment, and strengthening the relationships in which healing can take place.

Vicky also provides consultation, supervision, and reflective practice to carers, professionals, leaders, and organisations seeking to embed DDP-informed practice within the wider networks around children and families.

What are the course details?

- Date: 23rd - 26th November 2027
- 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

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