

# Dyadic Developmental Psychotherapy: Basic Principals

- Emphasis on the development of the reflective function. Directly address the inevitable misattunements and conflicts that arise in interpersonal relationships.
- Caregiver's use of attachment-facilitating interventions.

# DDP: Sound Casework Practices

- ✓ Respect and attention to client dignity and client experiences by ACCEPTANCE
- ✓ Starting where the client is.
- ✓ Focus on process and relationship
- ✓ Focus on there and then as alive in here and now.

# BASICS

- ☛ Two hour sessions
- ☛ Parents & Youth Workers central and involved in session or watch.
- ☛ PACE
- ☛ Coercion is not an aspect of treatment (see informed consent document)

# Attunement

- Attunement is an affective process in which two people are in emotional synchronicity.
- Connection is conveyed through verbal and nonverbal communication in a responsive and emotionally sensitive manner.

# Attunement

- The central therapeutic process of Dyadic Developmental Psychotherapy is empathic responsiveness.

# Emotional Proximity

- A secure base arises out of emotional proximity. The arousal of affect is *the essential* means by which emotional proximity is achieved and comes from your efforts at attunement.

# Reflective Function

- ☛ The thinking mind.
- ☛ Understanding and empathy to develop a new meaning that leads to new choices of action that lead to healthier functioning.



# Reflective Function

Promote the child's experience of existing in the heart and mind of the parent, thereby enhancing the reflective self-function, security of attachment and resilience.

Help the child to not feel alone in the face of intense emotions.





# Reflective Function

- The therapist actively demonstrates and models attunement with the parent, thereby helping the parent to develop empathic and reflective capabilities.

# Reflective Function

- Focus is given to both the caregiver's and the therapist's own attachment strategies, as they may affect the interpretation of the child's expressed (acted out) experience.

# Reflective Function

- Negative attributions to behavior are explored and new meaning is developed.

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# References

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