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.
Reflective Function

The thinking mind.

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Reflective Function

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References


References


Perry, B., & Szalavitz, M., (2006), The Boy who was raised as a dog, NY: Basic Books.