



Family Stories

Cathy's Story

All names have been changed to protect the identity of the family



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We met our therapist at a time when our lives were desperately spiraling out of control. In fact, we were heading toward something quite awful. As the adoptive parents of two young siblings, we were eager to have a normal functioning home life with our children. But despite our best efforts, the more love shown to the kids, the more they pushed us away. Behaviours escalated at a frantic pace. We were seriously at our wits end. We were becoming afraid in our own home.

Thankfully, we met our therapist. Finally, someone believed what we were living. She immediately gave us counsel, and better yet, hope. She gave us tools to deescalate behaviours outside her sessions. She was accessible, kind and understanding.

This therapy is taxing. It takes up every waking minute of every day. The sessions are emotional. You feel spent, irritable. It is difficult sometimes to be a very sincerely empathetic person when a raging maniac is stomping on your foot (literally). BUT it works.

The progress is slow, gradual. Sometimes it was hard to see that we were making progress at all. But others could see it. Patterns of behaviour began to change. Small changes to routine caused relapses, but as we moved onward in our therapy, these were of shorter duration and severity.

Our kids started to look to us for guidance and love. The dynamic in our family has gradually turned full circle.

We are now the proud parents of two well-adjusted and truly attached children. It is possible. But without this therapy model and the expertise of our therapist, we would have failed. All things happen for a reason. We just don't always know what that reason is. We are ever grateful to our therapist for her care and support. We are enjoying every day together as a family.

Looking forward, we can't wait for our therapist to dance at our children's wedding!

Cathy



About DDP Network

DDP Network is a worldwide body that promotes DDP and supports professionals, parents and caregivers in finding out about the therapy and the parenting approach. We provide information about the therapy, how to become certified in DDP, the parenting approach, resources, training courses and conferences.

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