



DDPI Conference Outline

MONDAY - OCTOBER 6th, 2014

- 11:00-11:30** Check In
- 11:30-12:45** Lunch
- 01:00-01:15** **Susan Schumacher:** Welcome
- 01:15-02:45** **Dan Hughes and Jon Baylin:** The brain develops with comfort and joy: How DDP and PACE promote reversal learning, new neuropsychological relational patterns, affect regulation, and then reawaken the child's capacity to feel the need for both comfort and joy from his or her parents or other caregivers.
- 02:45-03:00** Break
- 03:00-04:00** **George Thompson and Dan Hughes:** They will discuss the integration of Dr. Thompson's use of medication to facilitate a child's ability to form an attachment to his parent and make better use of DDP interventions. They will present one of George's cases for which Dan provided supervision and consultation. George is the Medical Director of KidsTLC, a residential program in Olathe, KS, which is in the process of becoming certified as a DDP Organization.
- 04:00-04:15** Break
- 04:15-05:00** **Julie Salverson:** How do we tell and listen to stories? Julie will talk about the importance of telling our stories and bearing witness to other's stories. She will explore the collaborative process of telling and hearing in preparation for an experiential workshop on Tuesday.
- 05:30-07:00** Dinner



TUESDAY - OCTOBER 7th, 2014

- 07:00-09:00** **Breakfast**
- 09:00-10:00** **Sian Phillips and Deni Mellim:** The Belong Program. Bringing PACE into a school environment.
- 10:00-10:45** **Robert Spottswood:** Challenging Kids, Struggling Caretakers -- success and difficulty with the longer, slower cases. "Not all our cases look like the successes in training tapes, and sometimes the harder cases seem to fill our case loads. This presentation will go over a brief video of a challenging case with a wounded caretaker and review some of the factors to remaining 'open and engaged' when conditions are less than ideal."
- 10:45-11:00** **Break**
- 11:00-12:15** **Julie Hudson:** Moving from "You're Weird!" to "How Come You're Weird?" The beginnings of curiosity in the shift from Mistrust to Trust in developmentally traumatised children. Jon Baylin and Dan Hughes have developed helpful concepts about how some children develop core constructs of Mistrust rather than Trust in their relationships with parents. Using examples of her work with families, Julie will show how children and adolescents begin to become interested in how other people think and feel.
- 12:15-01:15** **Lunch**
- 01:30-03:00** **Group A: Story telling with Julie Salverson.** An experiential workshop designed to encourage risk taking and vulnerability in the telling of stories. Julie offers practical examples and will lead us through basic exercises to promote resilience and expand the narrative possibilities. The creative arts can offer vocabularies for finding out what people's experiences are, giving them skills to share those experiences and tell others who they are, what they love, where they hurt and what they need. In this workshop we will learn introductory skills that build trust and connection and introduce a sense of playfulness and non-judgement in groups.
- Group B: Theraplay with Dafna Lender:** Achieving optimal arousal and enhancing affect regulation with Theraplay. This workshop will illustrate how Theraplay therapy can be a potent adjunctive therapy to DDP to initiate, amplify and solidify healthy attachment and reduce effects of complex trauma. The presentation will focus on how face-to-face, active play, combined with periods of restorative, nurturing activities between a caring adult and child can create a sense of well-being, trust, and optimal regulation in both participants. Dafna will illustrate this process by showing videos of Theraplay cases of clients from preschooler to adult. Throughout, Dafna will highlight opportunities for optimal arousal and affect regulation that can be integrated into DDP work to improve therapeutic outcomes.
- 03:00-03:15** **Break**
- 03:15-04:45** **Group A: Theraplay with Dafna Lender**
Group B: Story telling with Julie Salverson
- 04:45-05:00** Large group discussion of experiential experiences.
- 05:30-07:00** **Dinner**



WEDNESDAY - OCTOBER 8th, 2014

07:00-09:00 **Breakfast**

09:00-09:45 **Betty Brower:** Soft Heart – Fresh Start: the taming of the tornado. In this workshop Betty J.B. Brouwer, a certified DDP therapist and registered Art Therapist, will share how she weaves art therapy into DDP using case presentation, images, story and theory.

09:45-10:30 **Jon Baylin:** Mindfulness and DDP. Jon will talk about how mindfulness encourages better integration and differentiation in our brains and offer clinical examples of how mindfulness leads to better emotion regulation. Mindfulness practice appears to strengthen the ability to shift from defensiveness and taking things personally into seeing the bigger picture: from hyperfocus to broader awareness connected with "getting above" our immediate, self protective reactions to things. Jon will show how mindfulness practices could enhance parents' ability to be "PACEful" where the goal is exactly to "Get Above" defensive reactions to a defensive child and spend more time "embracing the HULK".

10:30-10:45 **Break**

10:45-12:15 **Sue Johnson:** Emotion Focused Therapy. Sue will provide the theoretical principles of EFT and use clinical examples to illustrate how healing can occur in the context of empathic and attuned relationships. EFT and DDP principles and concepts have many parallels. Sue will illustrate how caregiver self awareness of attachment style/issues is an important component of child's attachment healing process.

12:15-01:15 **Lunch**

01:15-02:30 **Sue Johnson:** Sue continues to present her model. Sue and Dan will comment on the similarities of EFT & DDP. There will be an opportunity to have Dan comment on similarities of two models at the end of her presentation.

02:30-02:45 **Break**

02:45-03:30 Integration of DDP into the Community Clinic of the George Hull Centre for Children and Families in Toronto, Ontario. Dan Hughes, Leticia Gracia, Director of the Community Clinic, and another clinician at the George Hull Centre for Children and Families will present an overview of the integration of DDP into the clinical practice at the Clinic. A case will be presented to demonstrate the use of DDP for the relationship challenges of a biological--not adoptive or foster--family.

03:45-04:30 **Sian Phillips:** clinical case. The beginning and end of treatment. How a young boy learns to trust and regulate his emotions over the course of DDP. This case illustrates the importance of co-regulation of affect and the co-creation of his story.

04:30-05:00 Dyadic Developmental Psychotherapy Institute, Members of our board will provide an overview of our current activities and future plans.