

**INTEGRATING THERAPLAY®
AND
DYADIC DEVELOPMENTAL
PSYCHOTHERAPY (DDP)**

Viv Norris

(ref Dafna Lender Theraplay Institute)

Theraplay

- Structure
 - Engagement
 - Nurture
 - Challenge
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- Focus on here and now, non-verbal connection

SIMILARITIES BETWEEN THERAPLAY AND DDP

- Matching of child's affect
- Staying attuned to the child
- Using playfulness to maintain connection and shared positive affect
- Surprise
- Physical touch
- Non-verbal communication
- Promoting parent-child interaction and communication

- Helping child accept nurturing from parents
- Maintaining optimal levels of arousal
- Modulating the ebb and flow of arousal
- Therapist and parent use whole self to help child feel “felt”
- Both repair breaks to the relationship without shaming
- SENC and PACE are congruent therapeutic guidelines

DIFFERENCES

THERAPLAY

- Plan
- Experiential and non-verbal
- Here and now
- Notice and acknowledge trauma but does not seek to explore
- Deliberately sets up nurture experiences

Blending theraplay and DDP

- Starting and ending sessions with Theraplay to provide play and nurturing
- Using theraplay as a framework within which other aspects can be introduced
- eg

- Moving from DDP to Theraplay – how this may impact on the way the child then uses the game
- eg

- Using DDP when the opportunity to process trauma comes up during Theraplay
- Interspersing Theraplay with DDP to relieve tension and reduce anxiety
- eg

- Moving between DDP and theraplay to help calm an angry child/support regulation
- eg

- Using Theraplay to show parents how to connect through joyful, exuberant activities
- support nurture
- provide more structure

- Starting with theraplay for a child who finds it hard to verbalise/ who needs support around regulation – move to DDP

eg

Concluding thoughts

- Session may be all DDP or all Theraplay
- Many possibilities for using the approaches in combination whatever age child or adult