

Ellie's Story

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

In 2015, Ellie wrote the very moving story of her childhood, surviving significant early adversity and abuse in 'Haunted', [see Family Stories](#).

Now in 2018, she writes an inspiring account of her experience of DDP therapy and how she feels it helped her in her own experience of Motherhood.

On DDP Therapy

I wanted to write a few words about what my DDP therapy meant to me. I started DDP when I was 10 or 11. When I first started I was a young girl who didn't know how to express herself. I struggled to feel anything other than guilt and shame. I blamed myself for the things that happened in my life, yet I struggled to even talk about them. I spent my life growing up as a carer for my younger siblings and my mother and due to that I didn't have trust in anyone but myself. I couldn't rely on anyone, so I didn't.

I attended DDP therapy with my foster mother and with my therapist's help over the years I learned to trust again. I spent so much time when I was young being the perfect child. Trying hard not to make mistakes, I was more or less perfect. This is what I thought an adult wanted, and although I was told otherwise, it's only in recent years that I really understand it.

The therapeutic relationship I have built over the years with my therapist has been my saviour. Without her I wouldn't have the relationships I have today. She has been my light at the end of the tunnel. She made me trust because she made a promise, she has always told me "I'll be there no matter what". It didn't matter if it was a phone call or a text, she has always been there. She helped me build a relationship with my foster mother that I will have forever.

Without my therapist and all the work she's done, with not only me but my foster mum I would never have learned what being loved unconditionally was. Without the help, I wouldn't be the person I am today. I am doing great. I'm finishing college and preparing for university. I'm in a loving and healthy relationship, that I've been in for years. But the best thing, I am a Mum. I'm proud to say it. My child is smart, beautiful and is loved unconditionally. These milestones in my life I have found challenging, but that's normal, I couldn't imagine how I would cope or if I would have progressed in education without this support.