

## About DDP Network

DDP Network provides information about DDP from across the regions.

It aims to keep therapists, practitioners and parents up to date with information about the therapy, the parenting approach, research developments, training courses, study days and conferences.

It aims to enable practitioners to share their ideas and work with others. One way it does this is by freely sharing unpublished papers, practice ideas, articles written about all aspects of Dyadic Developmental Psychotherapy, Parenting and Practice via the Resource Library which is available for all to download.

[www.ddpnetwork.org](http://www.ddpnetwork.org)

Email: [ddpi.info@gmail.com](mailto:ddpi.info@gmail.com)

South West DDP  
Study Day in  
Taunton,  
Somerset



Date: Wednesday 7<sup>th</sup> March  
2018

Time: 10.00 a.m. – 4.00 p.m.

Ticket Price: £50.00

Venue: The Master Thatcher  
Pub and Restaurant, Severn  
Drive, Taunton TA1 2PD



 [facebook.com/ddpnetwork](https://facebook.com/ddpnetwork)

 [ddpi.info@gmail.com](mailto:ddpi.info@gmail.com)

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## Dyadic Developmental Practice and Psychotherapy (DDP)

Facilitators: Julie Hudson and Vicky Sutton

Presenters:

Carly Barrett-Greening is a specialist Adoption Social Worker, also trained in Theraplay and DDP Level One and Two, about to begin her practicum, offering DDP informed practice with families.

Ali Simmons is a Humanistic and Integrative Counsellor.

Anna Binnie-Dawson is an Occupational Therapist, Adult Counsellor, DDP Practitioner and is also completing the practicum to become a Consultant.

### Event Information

Carly Barrett-Greening  
"Mindfulness and Yoga for Young People's  
Emotional Health"

'Mindfulness and Yoga for Young People's Emotional Health and Mindfulness Movement For Adult Emotional Health Programs are underpinned by neuroscience, trauma and attachment based theories. Carly Trained as a Children's Yoga teacher in 2010. She specialised in delivering an 8 week stress reduction Mindfulness program for Young People's Mental Health. Emerson and Van Der Kolk developed the model 'Trauma Centre Trauma Sensitive Yoga (TCTSY) an evidence based intervention for trauma. Carly has undertaken the first module of TCTSY Therapy Training to contribute towards becoming a TCTSY Yoga Therapist with the aim of helping children on their road to recovery. Her presentation focuses on Mindfulness Yoga strategies, anatomic nervous system, breathing techniques for emotional regulation and shared language for parent and child with links to parenting with PACE. Sensitively Working with the body and integrating body & mind naturally lend itself to play, curiosity, compassion and empathy for self and others and most of all have a common link in acceptance.

#### Programme

9.30 - 10.00	Coffee and Registration
10.00 - 10.15	DDP Updates
10.15 - 11.15	Carly Barrett-Greening
11.15 - 11.30	Break
11.30 - 12.30	Carly Barrett-Greening
12.30 - 1.15	Lunch
1.15 - 2.15	Ali Simmons and Anna Binnie-Dawson
2.15 - 2.30	Break
2.30 - 3.30	Ali Simmons and Anna Binnie-Dawson
3.30 - 4.00	Feedback Exercise

Please pay on the day, preferably by cash or with a cheque for £50.00 (payable to Vicky Sutton). Receipts will be available on the day

If you would like to attend, please email Vicky Sutton at:  
[vicky@drvickysutton.co.uk](mailto:vicky@drvickysutton.co.uk)

Ali Simmons  
Humanistic and Integrative Counsellor  
Anna Binnie Dawson  
Occupational Therapist, Counsellor and  
DDP practitioner  
"Psychodrama – Deepening Empathy  
Experiential Workshop"

Following on from the previous study day, Ali Simmons and Anna Binnie-Dawson will offer an afternoon workshop in which delegates can experience the power of psychodrama. Ali and Anna integrate psychodrama and DDP principles. The workshop will offer participants interventions that will help them, and those they work with, to further develop insight and empathy into the world of these very complex children we work with and care for using psychodrama and action methods.