Dyadic Developmental Psychotherapy (DDP) L1

Organised by:

Counselling and Care Centre

This evidence-based, attachment-based course is part of a formal certification pathway:

L1 → L2 → Practitioner

Be a certified DDP clinician today!

1, 2, 5, 6 October 2026

$1,800 / pax* (Before GST)

*PCG FUNDING: $840

PCG-ELIGIBLE PAY $1,122 WITH GST

Register Now!

Course Synopsis

DDP is a therapeutic intervention model developed by Dr. Dan Hughes, Clinical Psychologist and celebrated author from Pennsylvania, U.S.A. Dan created DDP as a treatment for families with adopted or fostered children who had experienced early life trauma. It has now expanded to working with children and families in a variety of settings.

DDP is an **evidence-based, attachment-based and family-based approach**, focused on facilitating the child's readiness and ability to establish a secure attachment with their caregivers.

It **integrates recent research in neurobiology of trauma, early child development and attachment theory** to produce a therapeutic and parenting approach that assists professionals to understand and effectively support children with trauma-attachment problems and their families.

Who Should Attend

This course is for social workers, educators, therapists or **anyone who works with children with developmental trauma** and children that show attachment and relational difficulties.

Topics Explored

- Theory, research and links between attachment, the impact of trauma and interpersonal neurobiology
- Intersubjectivity theory
- PACE (Playfulness, Acceptance, Curiosity and Empathy)
- Affective-Reflective dialogue
- Making sense of behaviour and understanding shame, fear and rage
- Steps toward parent-child communication
- Assessing, engaging and working with parents and caregivers
- The importance of understanding and addressing Blocked Care
- Day-to-Day Parenting: a framework for parenting
- Application of DDP to different circumstances

Learning Objectives

DDP Level One training introduces the DDP model, the core components of DDP, and explores working with parents and caregivers and in different workplace environments.

Participants would also gain an understanding of the impact of secure attachment on aspects of development and how developmental trauma impedes normal development.

Please see ddpnetwork.org for more details of this model, its trainings and certification structure.

Our Trainer

Dilip Balu

Dilip is a passionate and proud Clinical Social Worker and Psychotherapist who started his journey as a practitioner twenty years ago in Child Protection and Out of Home Care (foster, kinship, and residential/institutional care) practice. Since that time, he has grown his passion and interest in working with vulnerable people and their support systems through public and private Child and Adolescent Mental Health practice, Team Leadership, as well as Psychotherapy across the lifespan.

Dilip has deep experience individual and group supervision that he has developed across many years and contexts. In addition to this, he has provided training to practitioners across various sectors in various topics over the past decade, including Dialectical Behaviour Therapy (DBT), complex trauma, and sustaining relational approaches to direct service work.

Dilip has embraced a relationally and systems informed leadership role within the Clinical Social Work profession, mental health, and Out of Home Care practice settings. This leadership has developed from research into formal collective practice and advocacy with other relational practitioners to help reform a care system that too often do not understand and promote access to safe and healing relationships for its most vulnerable members.

As an accredited DDP Practitioner, Consultant & Trainer, Dilip adds to the depth and breadth of the DDP landscape in Australia and the Asia Pacific Region. As a male of South Asian (Indian) cultural background and a Social Worker by background and orientation, he brings a unique perspective to practice informed by cultural, systemic, collective, political, and relational perspectives (amongst others).

Day & Session	Session Overview	Intended Learning Outcome
May 21, 2026 Thursday	**AM Session:** • DDP Overview • DDP Principles **PM Session:** • Neuroscience, Attachment, Relational Trauma, Blocked Trust and Shame • Intersubjectivity	**AM Session:** Understanding the DDP framework and the theoretical foundations to DDP **PM Session:** Understand the impact of secure attachment on aspects of development and how developmental trauma impedes normal development
May 22, 2026 Friday	**AM Session:** • Affective Reflective (A-R) Dialogue **PM Session:** • All Components of A-R Dialogue	**AM Session:** Learn about and practice using the core components of DDP **PM Session:** Further learn and practice how to conduct A-R dialogue, such as *follow-lead-follow*, *creating joint attention*, *speaking for and about*
May 25, 2026 Monday	**AM Session:** • Working with Parents/Caregivers **PM Session:** • Parenting Brain and Blocked Care	**AM Session:** Understand how the caregiver's attachment history and attachment patterns can be important factors when providing care for children who have experienced developmental trauma **PM Session:** Learn and practise how to work with parents who are experiencing blocked care
May 26, 2026 Tuesday	**AM Session:** • DDP Parenting **PM Session:** • DDP in Education and Residential Care	**AM Session:** Apply this framework as a therapeutic approach for children and parents and also as a parenting approach that can complement the therapeutic approach **PM Session:** Learn to apply this framework when working in educational settings and residential care settings