

Dyadic Developmental Psychotherapy (DDP)

DDP is a form of 'talking' therapy for children and young people who have behavioural, emotional, social or cognitive problems associated with early trauma. These children and young people may have significant difficulty with forming stable relationships and may struggle to regulate themselves in social situations.

DDP derives from theories and research related to psychological trauma and attachment. Research states that children are highly influenced by their parent/child relationships.

Children who have experienced trauma may have developed patterns of behavior that enable them to survive in the past; such as being self-reliant or trying to control others. The goal of therapy is to help children to recover from their traumatic experiences and to help build a more secure attachment and 'safe base.' This enables the child to make progress in all areas of development.

The therapist adopts the attitude of PACE (playfulness, acceptance, curiosity and empathy) to show understanding of the child's difficulties. Parents will be given support on how to 'parent with PACE.' Wherever possible, schools will be given methods to use and offered training on the attitude of PACE, alongside knowledge of how trauma affects children and the impacts of this on the classroom (details and costings on request.) Sessions take place weekly with both the parent(s) and the child.



Out of the Box
Play and Creative Arts Therapy



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BA (hons) Music, PGCE Secondary Music, Post Graduate Diploma in Play Therapy, CTABRSM, Theraplay practitioner, DDP level 2 and PAMS 4 Assessor.

Family Therapy using Theraplay and Dyadic Developmental principles.

How to make a Referral

Please contact 'Out of the Box' Play and Creative Arts Therapy to make a referral on:

outoftheboxplaytherapy@gmail.com
or call Esther on **07710 239757**

Alternatively, see our website:
www.outoftheboxtherapy.co.uk

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Out of the Box Therapy



Out of the Box
Play and Creative Arts Therapy

Family Therapy

**Providing Intervention
Through Creative
Therapeutic Play**

What is theraplay?

Theraplay is a form of focused therapy between parents and children, using playful games which are designed to enhance attachments and relationships. Theraplay activities are playful, fun and developmentally enhancing. The activities are designed to be practiced with a therapist as well as at home with parents.

Theraplay theorists have identified four essential elements for secure attachment:

- Appropriate level of structure
- Nurture
- Engagement
- Developmental challenge

Theraplay sessions incorporate activities around each of these elements, depending upon the outcome of the initial assessment.

What type of theraplay sessions do I offer?

- Parent and child
- Theraplay nurture groups (small nurture groups or whole class, depending on the aims.)
- Parenting groups (parent education type groups, utilizing dyadic developmental principles.)
- Parent and child theraplay groups.

I provide a versatile approach to meet the needs of the individual child.



What issues does theraplay address?

Theraplay has been proven to be a beneficial and effective approach for treating children who are experiencing or have been affected by a range of issues and challenges. While services are typically offered to one family at a time, theraplay can be adapted and utilised by multiple families in a group setting.

Theraplay has been used to help children with conduct disorders, post traumatic stress, and attachment issues, among others. The method can also aid behavioural and emotional issues; some of which (such as shyness, fearfulness, and withdrawal) that aren't typically addressed. This approach can also address communication issues, social issues, developmental delays, grief and loss, foster care and adoption issues. It is also an effective method to help reduce school exclusions. Also addressed in theraplay, are parenting concerns and other caregiver issues; particularly those occurring when the parent experiences behavioural or relationship challenges with the child at home and maybe also at school. All in all, theraplay aids positive relationships and ensures that the child is accepted and feels special. The child will experience a positive view of themselves, others and the world around them. They will develop a capacity to regulate emotions and develop trust in positive relationships.

What are Theraplay nurture groups?

Nurture groups are 99% interactive and create an atmosphere of fun, caring, acceptance and encouragement. In turn, this leads to better social, emotional and cognitive development. Theraplay can be used with a whole class or with smaller 'nurture type' groups (most effective in groups of up to four children.) The sessions are therapist directed and structured with activities that aid the social/emotional development of the group. Smaller 'nurture' type groups aid vulnerable children to feel part of a group. Whole class sessions can be effective when the therapist leads the group, but then supports staff to integrate the games and activities into the classroom. This works best when theraplay activities are imbedded into the school day; so all children feel socially included and nurtured.

Children generally embrace the three rules of nurture groups... No Hurts, Stick Together and Have Fun!... Theraplay nurture groups can very quickly and dramatically improve the quality of learning in the classroom and provide teachers and support staff with resources to maintain an emotionally positive and cognitively enriched environment. Support staff will learn how to adopt theraplay principles to use throughout the school, which can prove to be cost effective. Schools that have used theraplay have notably become more nurturing and adopted a more caring and inclusive ethos.

**Play and Creative Arts
Therapy can help all of the
issues above and more.**