



# Dyadic Developmental Psychotherapy: Essential Practices and Methods

*Arthur Becker-Weidman*

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## **Dyadic Developmental Psychotherapy: Essential Practices and Methods** Arthur Becker-Weidman

Grounded in attachment theory and trauma, Dyadic Developmental Psychotherapy (DDP) is an evidence-based, effective, and empirically validated treatment for complex trauma and disorders of attachment. This manual for the practice of DDP will give therapists, educators, and child welfare and residential treatment professionals the tools necessary to help children who have a history of neglect, abuse, orphanage care, or other experiences that may interfere with the normal development of attachment between parent and child. Becker-Weidman looks at the importance of a comprehensive and thorough assessment as the basis for treatment planning and explains in detail the main elements of DDP, including intersubjectivity, emotionally based dialogues, narratives, and co-regulation of emotions and meaning, as well as illustrating these elements through detailed case examples and dialogue. Dr. Becker-Weidman then looks at how the various principles, methods, and techniques of DDP are differentially used in each stage of treatment. A section on parenting outlines how therapists can train caregivers in attachment-facilitating parenting approaches. This book will serve as a treatment manual for DDP and will provide directly useful material for practicing therapists. In addition, the text will be useful in graduate courses on treatment, child welfare, family therapy, and child psychology.

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