



**Haruv USA**  
at OU-Tulsa

## **Relationship Based Family Treatment for Adolescents Who Experienced Trauma and Abuse**

**With Daniel A. Hughes**

### **Course Description**

Adolescents (12 to 18) Children with serious psychological problems secondary to histories of abuse, neglect, and trauma provide a serious challenge to parents and therapists. In the current workshop Dr. Hughes will present his model for therapy with traumatized adolescents. This treatment model (DDP) actively communicates empathy and acceptance of the adolescent while providing him/her with the comforting and containment needed to explore and resolve past trauma and shame-related experiences, and at the same time, actively facilitating their ability to form positive, reciprocal attachment-based relationships with his/her parents. This modality blends various approaches in his treatment modality: family therapy, Ericksonian hypnotherapy, psychodynamic principles, interventions congruent with Theraplay, and narrative work. As the adolescent gradually develops a secure attachment with his/her caregivers, (s)he develops a positive and integrated sense of self.

### **Course Agenda**

Session 1: Therapeutic principles based on attachment, intersubjectivity, interpersonal neurobiology and trauma theories

Session 2: The therapeutic stance and interventions.

Session 3: Further Interventions including working with parents

**Time & Dates:** Wednesdays, 9:00 am - 12:00 pm CT. June 1<sup>st</sup>, June 8<sup>th</sup>, June 22<sup>nd</sup>.

**Location:** Virtually.

Zoom link for all three sessions:

<https://huji.zoom.us/j/88949591550?pwd=Q0ZJVU9Xd1pBY3NCMGIwWnpwWHF6dz09>

**Lecturer: Daniel A. Hughes, Ph.D.** is a clinical psychologist with a limited practice in South Portland, Maine. He founded and developed Dyadic Developmental Psychotherapy (DDP), the treatment of children who have experienced abuse and neglect and who demonstrate ongoing problems related to attachment and



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trauma. Dan has conducted seminars, workshops, spoken at conferences and guest lectured throughout the US, Europe, Canada, and Australia over the past 22 years. He is also engaged in extensive training and supervision in the certification of therapists in his treatment model, along with ongoing consultation to various agencies and professionals. He is a member of the American Psychological Association and the Dyadic Developmental Psychotherapy Institute (DDPI) which is responsible for the certification of professionals in DDP. Information about DDPI can be found on their website, [www.ddpnetwork.org](http://www.ddpnetwork.org).

Dr. Hughes has authored many books including Attachment-Focused Parenting (2009), Attachment-Focused Family Therapy Workbook (2011) and, with Jon Baylin, Brain-Based Parenting (2012) and The Neurobiology of Attachment-Focused Therapy (2016). He has also written or been featured in many articles, many of which can be found at [www.ddpnetwork.org/resources/library/authors/hughes-daniel-a/](http://www.ddpnetwork.org/resources/library/authors/hughes-daniel-a/).

For the past 25 years Dr. Hughes has specialized in the treatment of children who manifest serious deficits in their emotional, cognitive, and behavioral development, and at the same time demonstrate considerable difficulty establishing and maintaining secure attachment relationships.

### Recommended reading

All reading could be found at: <https://bit.ly/3yVMwqU>

Baylin, J., & Hughes, D. (2022). Moving from mistrust to trust: social buffering, brain whispering and PACE. *Foster, 13*, 5-13.

Hughes, D. (2021). Synchronizing Neurological States of Emotion in Family Therapy While Online. In: D. J. Siegel, A. N. Schore & L. Cozolino (Eds.), *Interpersonal Neurobiology and Clinical Practice* (pp. 267 – 285). Norton Professional Books

Hughes, D. (2017). Dyadic developmental psychotherapy (DDP): an attachment-focused family treatment for developmental trauma. *Australian and New Zealand Journal of Family Therapy, 38*(4), 595-605.

Hughes, D. (2016). *Building the bonds of attachment (3<sup>rd</sup> Ed)*. Northvale, NJ: Jason Aronson.



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Hughes, D. & Gurney-Smith, B. (2020). *The little book of attachment: theory to practice in child mental health with dyadic development psychotherapy*. New York: W.W.Norton.

Hughes, D., Golding, K.S., & Hudson, J. (2019). *Healing relational trauma with attachment-focused interventions: Dyadic Developmental Psychotherapy with children and families*. New York: W.W. Norton.