

**Handout #6.4 Key Components of Dyadic Developmental Psychotherapy**

The following features of DDP are common to central components of much empirically-based psychotherapy:

1. **Therapeutic Relationship:** (Primary non-specific factor in most effective psychotherapies)
2. **Empathy:** Central factor in relationship development and maintenance
3. **Acceptance:** Increasingly emphasized relationship trait
4. **Curiosity:** central in psychodynamic, narrative, person-centered.
5. **Gradual Exposure:** within A/R Dialogue: co-regulation of affect, co-creation of meaning
6. **Self-Soothing:** co-regulation of affect, breathing, sensate-focusing
7. **Coping Skills:** practice, self-talk, identifying attributions, narrative development
8. **Emotional Processing:** A-R Dialogue, matched and leading affect
9. **Communication Skills:** Expression of experience through practice, coaching, role-playing
10. **Social Skills:** Nonverbal communication; social cues for attributions
11. **Parent Consultation:** Active listening, safety, matched affect, discipline with empathy, success/strength focused, structure and supervision.

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