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# The ICDP Year rapport 2013

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This is the annual rapport from Psychologist Anne Linder, 2013.

## **Nordic conference**

In 2013 I (together with and UCN (University college North)) organized the ICDP Nordic network conference. The theme for the conference was ICDP and Slowness. The conference attracted 130 participants from a wide variety of disciplines mainly from the care and health professions.

The keynote speakers of the conference highlighted the different aspects of slowness and pensive that are related to the principles of ICDP.

The keynote speakers on the conference was among others,

- Nicoletta Armstrong (Chair of ICDP International) who how spoke of the history and current development of ICDP International.
- Susan Hart (Danish psychologist) who lectured about Nero affective psychology and the importance of good relationships for the development of the neural function of the brain.
- Colwyn Trevarthen (prof. emeritus) how made a very inspiring lecture about the importance of joint attention and the development of the musicality of interactions.

The evaluation showed that the participants found the conference inspirering. And the Danish Psychological Publishing published a journal from the conference.

## **Other conferences**

Roughly each month – I am invited to be the keynote speaker at conferences. Very often I speak about the importance of good relationship, but also about relationship and Inclusion or The importance of positive emotions when you work with people.

## **ICDP-east**

In 2013 I took the initiative to form the association ICDP-øst (ICDP-east) a part of ICDP Denmark.

The association ICDP-east aims to raise the awareness and use of the ICDP-program in all educational world and in health sectors. The founding members of the ICDP-east have all gone through ICDP training, are psychologists, and all have great educational experience in a variety of professions. ICDP-east consists of Anne Linder, Anne Therkildsen, Lena-Theresa Hansen and Jesper Gregersen. [www.ICDP-øst.dk](http://www.ICDP-øst.dk)

## **Certificated professionals**

In 2013, the ICDP-east trained ICDP to approximately 180 employees in the following sectors, day care, day care centers, schools, psychologists and family therapy, and Liberians.

## **Visiting ICDP in Sweden**

In my company, I have planned and carried out a 3 day study tour to neighboring Sweden for inspiration on how ICDP can be used in disability and the elderly. With the trip I had invited approx. 10 key management people and hope that the trip can be an inspiration for further work with ICDP in this sector.

## **Visiting Australia**

I have re-visiting Australia, and inspired a headmaster, telling her about so she'll visit Denmark in 2015.

## **New published books**

Together with Jesper Gregersen I have published the book - "Community education - inclusion with joy " where ICDP included .

Together with Lene-Therese Hansen I have published a booklet: " How to create a good relationship to our elderly and handicapped citizens" ICDP in the health sector.

## **Contact to ministry of social health and education**

Together with UCN we have succeeded to get a contact in the ministry trying to persuade the to recommend ICDP as a family program in Denmark. It is a slow process, but ICDP Norway support us.

## **ICDP and interdisciplinary cooperation**

In Halsnæs, a town in Denmark, they have decided that ICDP is the professional language/platform among a broad variety of interdisciplinary teams; social workers and employee in the educational world, care-sector and certified all are participating in a ICDP course. In the ICDP training there are up to 9 different professions represented: , teachers, educators , managers, healthcare , psychologists , therapists and social workers, school nurse.

## **Facebook**

The facebook group ICDP Denmark is rather active, and have more than 250 members. Here we share what happens in the ICDP world in Denmark. When new groups have finished we show photos of the participants. Here the term a ICDP pedagogue have emerged. As a special concept of competence

## **In general: ICDP and Positive Pedagogy**

In the pedagogical fields of Denmark the ICDP Programme is much appreciated and the demand on ICDP-training is increasing every year. The evaluation we have carried out shows that the ICDP-trained pedagogues experience that they are in fact able to approach children in a more positive and resourceful way having completed the ICDP Training Programme. The pedagogues experience

that they are able to understand, connect and see ways to relate to children in different and more positive ways. When we ask the pedagogues how this affect the everyday life in their institutions the report back is that the experience more positive interactions and a positive change of the pedagogical ambience, witch is beneficial for both pedagogues and children. Well known studies on child development tells us, that it is significant to the positive development of children, that they frequent environments characterized by warmth, care and empathy. (Rutter, 1997)

Considering the amount of hours the children in Denmark spent in the institutions it is of great importance that the pedagogues are able to maintain the emphasis on positive interactions in their work with children and it is very positive that the pedagogues in the ICDP Programme find ways to cultivate a positive pedagogical ambience. Furthermore the pedagogues report back that they have enhanced their ability to capture both the children's, their colleagues' and their own small successes. Sharing these small successes is experienced as an effective means to build and broaden a positive pedagogical ambience: "I have a much more positive and meaningful perspective on my work in general, I fell less stressful and I have much more energy – I'm simply have become a better version of myself, a better pedagogue!" states a pedagogue who attended the Training Programme this fall. This statement tells us that ICDP can help releasing the resources and add a more positivity into the pedagogical field. Research in the area of positive psychology has revealed the inherent power of a positive mind set has far-reaching potential to enhance not only psychological well-being, but the achievement of valued performance outcomes. (Seligman, 2002) According to the positivity theory, positive emotions expand cognition and behavioral tendencies in both children and adults. (Fredricksons, 2009) When the general picture of the evaluation on the ICDP Training Programme among pedagogues is, that they in fact experience more joy and positivity among themselves and in those around them, it points to the fact that ICDP can help increase the number of potential behavioral options. The bottom-line message is that the ICDP Programme can be seen as a means to cultivate positive emotions in the pedagogical field and taking note of the results from the science of positivity ICDP can be seen as a means to achieving psychological growth and improved psychological and physical well-being over time the pedagogues but certainly also for the children.

**Fredrickson, Barbara (2009), *Positivity*, Harmony**

Rutter, Marjorie & Rutter, Michael (1993) *'Developing Minds: Challenge and Continuity across the Life Span'*, Penguin Books

Seligman, M.E.P. (2002), *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, New York: Free Press

### **New Initiatives 2014**

- In 2014, ICDP-east will host a number of ICDP inspiration seminars – in the eastern part of Denmark
- In fall 2014 ICDP-east will host a large conference on the theme ICDP and resilience.
- Participate in a Nordic meeting in Finland