

## Annual report 2016

### Dansk Center for ICDP/ Anne Linder

At the beginning of the year, a study was conducted to highlight the prevalence of educational programmes in Denmark. ICDP was in the top 3. ICDP was described as an uncomplicated, highly effective programme. Our aim, at the Danish Center for ICDP, is to maintain this top-three position and continue our efforts to ensure the quality and expansion of the programme.

I have previously submitted the highlights in an email to Nicoletta, so this time I will instead submit an annual report in which I give a voice to some of my trainers. This Annual Report will reflect what some of my 12 skilled ICDP trainers have been occupied with during 2016. We work well in a wide range of organisations, but we meet 2 or 3 times a year to exchange knowledge, experiences and to develop new ideas.

### The annual report from ICDP trainer and supervisor and PhD student, Anne Therkildsen.



I gave a speech at the Nordic ICDP-conference in Stockholm in the spring. The subject presented was a short overview of our scientific curiosity on how the newest studies on neuroaffective psychology and studies on positive emotions can provide us with the 8 themes for resource-based communication and mediation. Interest in the subject was extremely high and the feedback from our Nordic ICDP-colleagues was overwhelmingly positive. Many ICDP-trainers reported back that they see it as extremely important that we apply the latest scientific studies and thus develop the theoretical and scientific foundation of ICDP. In the Scandinavian countries, governments focus intensely on applying scientific values when implementing programmes. All projects must be based on scientific studies in order to be financed. Therefore, it is of crucial importance for the continuing

work of ICDP in the Scandinavian countries that we ensure that there are ongoing scientific studies on ICDP and on the effects on and benefits to children and their carers.

This year my PhD project has been focused on raising money for the project. We see a great need for scientifically validated studies to be carried out on ICDP in a Danish context so that we can continue carrying out and qualifying our work with ICDP in Denmark. And, hopefully, the study can be of relevance to and assist the work with ICDP in other countries. The project will look into studies from positive psychology and neuroaffective development psychology for the purpose of enhancing the principles of ICDP with new scientific results. The subject matter will be digitally supported ICDP counselling for parents and the study will look at how digital media (Relatuz – developed by Anne Linder) can underpin and provide ICDP-training for parents and improve their ability to connect with and understand the child. My scientific project will be collaboration between The Danish University of Education (DPU), Danish Center for ICDP (Anne Linder) and other important players in the field.

As a part of my work as a PhD student, I have contributed with an article introducing the concept of ‘Relational Richness’ in the anthology “Relational welfare”. This article argued, on the basis of socio-economic studies conducted by Heckmann and studies of positive emotions and neuroaffective development psychology, that it is of great value to a society that we invest in the best possible care for children as early as possible. Positive resonance in interaction and emotional quality in the communication between the child and his or her carer are ways of imbuing the child with relational richness. This relational richness is the currency of a safe and sustainable society. In order to ensure the relational welfare of a country we must invest in strong institutions in which there is time and space for imbuing children with an internal relational richness so that they can grow up healthily and contribute to the relational welfare of the wider world.

In addition to preparing for my PhD, I teach ICDP on many of our open educational programmes. I will end my report by quoting three of my students:

- “ICDP clarifies for me what I can do to contribute to the positive development of the child – the little things I do every day make a much bigger difference than I ever imagined” (A teacher working with children with special needs).

- “When I know what is right, I can continue doing more of the same” (A special-needs teacher working with people with severe disabilities).
- “Now, I have a structure around all of my meetings with families and a mindset that helps me remember the positive and emotional aspect of my professional interactions with the child and its parents” (A nurse working in a children’s hospital).

So, ICDP mindset is of crucial importance if we want to maintain and develop the welfare and wellbeing of society. Finally, I will use the coming year to focus on quality assurance and disseminating ICDP through research.

#### **Annual report from ICDP trainer and nurse and senior healthcare worker, Trine Lund**



I have co-written a book called “Friendship-yoga” with Anne Linder. The book uses the 8 themes from ICDP as a basis for the yoga exercises. It will be published just after New Year by Dafolo – Denmark’s largest publisher.

The first part of the book describes how friendships need time to develop and that you, by focusing on the relationship between the child and physical exercise can help friendships grow and develop. The last chapter of the book describes 40 yoga exercises, five for each of the eight ICDP themes. In the first four themes, the focus is on synchronicity, touch and mirroring. The yoga in themes 5-7 focuses on the joint concentration of being silent together. Finally, the focus is on cooperation, and trusting and guiding each other.

## The annual report from ICDP trainer and Communications graduate, Martin Tage Hansen.



In the spring of 2016, I taught a level 1 training course in the municipality of Høje Tåstrup. The students were child care professionals in kindergartens and in after-school youth clubs. In addition to the ICDP training, we had some interesting debates and highly enlightening conversations about the different contexts in which relationships with children occur.

In the autumn of 2016 I, implemented positive feedback routines in the care of senior citizens in the municipality of Slagelse. Feedback from both management and my colleagues was overwhelmingly positive. A deeper understanding of the individual's life story is an integral part of the broader goal of increasing Dignity for every elderly person in a care home:

*Bill was formerly a successful automobile spare part sales manager and is aged 78. Following a stroke, he is paralyzed on his left side and also suffered a fall, fracturing his hip. His mood is low and he can be aggressive at times. The professional carers have developed an opinion of Bill as being dangerous and offensive. Two or three of the carers in the care ward in which Bill is a patient have been veering towards the use of force when toileting Bill.*

*The introduction of ICDP principles made a vast difference. In particular, the focus on Golden moments and the relationship between Bill and his carers rather than regarding Bill as a problematic person gave a voice to one carer who saw Bill as acting out his feelings of helplessness. When time is devoted to the emotional dialogue in the initial day-to-day contact with Bill, the aggression passes and he talks about his situation and even shows gratitude towards the carers who understand him. When approached in this manner, assisting Bill with his toileting is calm and he is helpful wherever he can be.*

Dignity is not implemented through the traditional courses. The ICDP training is carried out through participation in the day-to-day life of the care home.

### **The annual report from ICDP trainer, nurse and senior healthcare worker, Maibritt Nellemann**



I knew from the start – even before the doctor’s diagnosis. It was like the voices in my Sub-conscious mind had spoken. In April 2015, I was diagnosed with breast cancer, and for the last 18 months I have devoted all my energy and resources to getting better. However, the fact that I have an ICDP mindset has been an enormous help and comfort in my struggle.

Suddenly, many things in my life gained a new sense of purpose. I have had to define and redefine my personal strength. And find out just how strong and resourceful I actually was after all – How would I cope with a situation like this? Countless questions were swimming around my head and by the time I got the diagnosis, I attempted to give myself a shake and pick myself up again, telling myself – I will cope with this too! I MUST! Even now, when life show is showing its cruel side. Think positively and look for your inner strength – classic ICDP.

I decided to bring all my lovely great moment into play – all the good things I have to live for. The positive news, if you can call it that, was that the cancer had not spread to other parts of my body. This spring, I enjoyed my garden and my life suddenly gained new meaning. I become more aware of my presence, and I set out all my experiences, down to the slightest detail, and focused on day-to-day life. I decided that I was going to SURVIVE and LIVE.

I know that the next 9 months to a year, maybe longer, will be filled with lots of conflicting emotions.

Things will get tough! I decided to make my own circle of relationships. As Rikke Nissen (breast cancer patient) put it: “If you want to walk across a river dry shod, then you must choose the biggest and most reliable rocks to put your feet on”.

The lives of my own parents, my husband and my two lovely sons were, of course, turned upside-down with the diagnosis. However, we have all kept open minds at all times and have become very close.

However, I thought, in order to cope with my chemo and radiation treatment, I needed something more: fresh air and exercise have always been really important to me and my wellbeing. But, walking when your life and your body are in great pain it was very hard to find the motivation!! So, I needed a friend, and I found him. He was my son – even on the darkest days, he was my magic dust, and someone I could feel safe with, even though some days I felt grey and transparent. Of course, I have meditated and reflected on the past, as well as the future. I have tried to alter and change bad habits and actions and keep in harmony with my emotions at the given moment. I try to live for the moment and become a competent player in my own life.

Now a year has passed – and my treatment is over. I have changed and learned to cope with life's ups and downs.

But, with my strength and my positive spirit I have, hand-in-hand with ICDP, managed to cope with a very difficult but life-affirming chapter in my own personal book of life.

### **The annual report from ICDP trainer, teacher and therapist, Hildur Edelberg**



Teaching the ICDP has been absolutely fantastic for me because it is so meaningful to the participants. All students must, of course, get over the initial shyness of seeing themselves on video and the technical difficulties engendered in the new digital media. Once these obstacles have been overcome or accepted, ICDP can give them something special that enriches their professional lives. ICDP gives the participants a special feeling and a special knowledge. They become aware of just how important they are to the children. The combination of ICDP focusing on the participants' own relationship skills and providing them with the tools/awareness of how to use it as a way of ensuring the best possible development of the individual child means that they take responsibility for both the relationship and, at the same time, become aware of their own actions. ICDP succeeds,

in a simple way, in giving participants an understanding of and desire to work with how they can develop their own skills and those of the children in their care. ICDP is important for the children, their teachers and me.

**The annual report from ICDP trainer and supervisor, assistant professor in social work, Lene-Theresa Hansen, UC Syd**



In 2016 we have, at our University College, introduced ICDP into our Social and Special Pedagogy training course. Our students benefit greatly from the practical approach that ICDP represents. The analyses of their own video clips are inspiring, meaningful and educational.

One student used the ICDP during their overseas internship in Kenya, providing a great source of inspiration for local colleagues.

ICDP will remain part of our training in 2017.

**The (short) annual report from ICDP Head of the Danish Center for ICDP, psychologist and writer, Anne Linder.**

Looking back on last year's report, we can now give ourselves a "well-done" for all the plans we had for 2016.

- I have published a new book about ICDP - (Professional relationships). It was published in August 2016 and has already been translated into the other Nordic languages. The book is aimed at teachers and other educational staff.
- I have written another book "Friendship yoga", together with Trine Lund, – also based on ICDP. The focus in this book is to support children in their relationships with their peers.

- I am chief editor of a psychological magazine and have published an article – Relational welfare – along with a number of international writers. The article focuses on how good relationships are the building blocks of a healthy society.
- I have written several articles in a psychological journal about ICDP.
- We have started training the staff at a children's hospital – ICDP Vice
- I have completed the development of my ICDP WebApp and signed a contract with a treatment centre for children and adolescents with a variety of diagnoses. The app can help underpin their social interaction and the interaction between children and their parents.
- I have formed a partnership with a researcher which will help us document the effect of the ICDP.
- I, together with UCN, planned and held the ICDP conference "Touched and moved" - focusing on the principles of being sensitive. The conference was completely sold out.
- We have trained 295 people this year. (This number is lower than last year – however, public finances in Denmark had been under pressure due of the large number of refugees arriving. They have required the attention and resources of the county councils.)

### **New initiatives for 2017**

- New Conference – in the eastern part of Denmark.
- New releases. (Book: Educational engagement and magical learning moments).
- Pilot project **Relationship Based parental guidance supported by ICDP and Relatuz** - our newly developed WebApp. A researcher from a university will participate.
- Leadership training - Relation Based Management.
- Develop Nordic ICDP - see website [www.ICDP-norden.org](http://www.ICDP-norden.org)
- **Pilot project – a researcher will participate.** ICDP in the police intelligence service (PET/MI5).
- **Pilot project- a researcher will participate.** ICDP in hospitals.
- We are about to enter into a partnership with a large NGO organization which focuses on children's conditions. The collaboration will disseminate ICDP nationally and ensure that quality is maintained. As an offshoot of this project, one of my ICDP trainers will embark on a PhD project on ICDP and parental interaction.

- During 2017, I will train a German ICDP Trainee. She lives in Denmark but belongs to the German minority in the border area. She is translating our teaching material into German.

As with last year, we hope that this report has helped paint a picture of an ICDP which is full of vitality and pivotal to creating a better world for everyone – children and adults alike.

A Happy New Year to one and all!

On behalf of the Danish ICDP Center.

Anne Linder

Dec. 2016