

January 2020

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# Annual Report 2019 from The Danish Center for ICDP

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## The Danish Center for ICDP

This year has been quite special because we have been approved by the Danish Ministry of Social Affairs. ICDP has now been approved as a method by the Danish state to work with professional relational competence. It has also been possible to seek central funding from the state to disseminate and assure the quality of the ICDP program.

We still work with families, teachers, social-workers, pedagogues, educators, managers, and a wide range of psychologists and therapists. All of them acknowledge the ICDP as the interpersonal engine room. When relationships are good – anything is possible.

In 2019 we have certified 349 persons who have participated in our 21 educational classes all over Denmark including the Faroe Islands, and we have educated 3

new trainers and inherited 3 trainers from the 2 other providers. All in all, the total number of trainers are now 29 active professionals – and about 8 “sleeping partners” in Denmark and the Faroes Island.

### ICDP level 1

We have trained 314 persons to ICDP level 1

### ICDP level 2

We have trained 35 persons to ICDP level 2

### ICDP level 3

We have trained 3 persons at level 3 but inherited 3. Thus, our group of trainers has grown by 6 persons.



New trainers r Danish Center for ICDP. Sanne Stengård Fusager and Lone Nielsen, between them Anne Linder.

### New ICDP certified trainers from the other ICDP providers

After attending their first training meeting, the new trainers Sanne Stengård Fusager and Lone Nielsen, both employed as Assistants professors at a University College, (UCL) wrote: "On the way home on the train from our first ICDP trainer meeting, we are now excited to have become part of an inspiring and warm ICDP community. As two ICDP trainers who have been certified for approx. 8 years, it has been enriching to have become part of a larger ICDP community of colleagues who represent new perspectives on working with ICDP in practice. We have seen the diversity of ways, areas and audiences that are being worked on throughout the country. Prior to the meeting, we worked on several ideas and visions about ICDP under the auspices of UCL. For example, we have a vision that our students receive a Level 1 ICDP-certified education upon completing their education. This education is conceived across the Teacher and Educator program in The University College in Jelling. We have got plenty of inspiration and new ideas with us for future work with ICDP under UCL. For example, we have seen how we can work with involuntary school absenteeism using ICDP coupled with newer family systemic theories and approaches. Furthermore, we got the idea that ICDP can enrich and qualify interactions and relationships between our students in the study groups.

However, the greatest experience has been meeting talented and committed colleagues who have welcomed two enthusiastic trainers from Jelling.



New trainer under the auspices of Danish Center for ICDP: Allan Stevn Bach

#### New trainer under the auspices of Danish Center for ICDP

An experienced ICDP trainer has chosen to join the Danish Center for ICDP after many years with another provider. A big welcome to Allan Stevn Bach. We look forward to drawing on his vast experience.

#### 2 new trainers trained

Just before Christmas, teacher and family care consultant Michala Carlsen and musician, artist, teacher and student of psychology Oliver Nani finished their education as ICDP trainers by Jesper Gregersen, who was also trained as a Master Trainer - congratulations to all 3 of them.

#### Trainer Anniversary



ICDP Master trainer Jesper Gregersen

Psychologist Jesper Gregersen was able to celebrate his 10-year anniversary as ICDP trainer in 2019, and later in the year he was trained as a master trainer. He writes: And it's still just as meaningful and energizing as when I was first introduced to ICDP back in 2009.

### ICDP and Faroe Islands

Ugur Kevioglu who is the coordinator of ICDP Faroe Islands has now also been trained as ICDP trainer. The Danish Center for ICDP has made a cooperation agreement with Barnabati where Ugur Kevioglu has become an internal trainer. Barnabati is the only NGO in the Faroe Islands that works for children's conditions in the country. In addition to this, an agreement has been made with Torshavn Municipality, which is the largest municipality in the country, to teach eight ICDP level 1 teams semiannually the next two years.



Søren Nielsen, principal, and Rita Crecelius, ICDP-Germany

### ICDP and Germany

For a few days in early November, we had a visit from German ICDP Chief Rita Crecelius, who followed our work for two days. We visited schools, day care

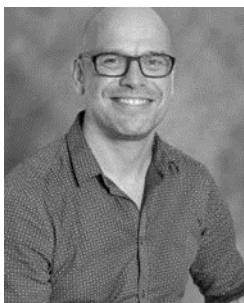
centers, and treatment homes. And we shared our materials and our experience, allowing them to get off to a good start in Germany. Among other things, they have translated our short introductory booklet "The good interaction" which is now part of the German introductory materials.

### ICDP and interdisciplinary educational teams

Coordinator and manager of Dragør Municipality Mie Schaltz writes for the annual report: We have had 5 ICDP teams at Level 1. This year we have interdisciplinary participation from the entire municipality. This means that more professional groups are acquainted with ICDP - they are people from day care centers, day care, health care, schools, school day care centers, social workers, psychologists and consultants, children's libraries, etc.

In the day care area, we work with multidisciplinary resource teams. These teams provide psychological, social and educational sparring in the day care centers every 6 weeks as a preventative effort.

In these resource teams, work is based on ICDP sensitization principles and 'the 8 themes of good interaction', as a common language in the guidance and sparring provided for day care. As more educators and educator assistants become certified, this common language becomes more widespread and educational sparring and counseling become more of a resource-oriented approach to the issues addressed at the meetings.



ICDP trainer Frank Krogh

### ICDP and a strengthened pedagogical curriculum

Frank Krogh, a very experienced trainer and head of several pedagogical institutions wrote in his annual report 2019, that this year, work has been focusing on how visible it is to work with ICDP in relation to the strengthened educational curriculum. The ICDP is valid all the way from the value set behind the legislation to the relationship work, pedagogy / didactics - because without professional relationship skills and the technical language in place, the sensitive professional does not develop completely in relation to the implementation of the strengthened pedagogical curriculum. He has worked massively to support institutions at the pedagogical level in their professional development and work on their relational skills and strengthening sensitivity in the pedagogical work. And as a new way of supporting the implementation of the program, he has worked to create and formulate the educational foundation through the work on the level 1 education. An education that contributes to the educational staff's self-esteem and qualification of their contribution to the interdisciplinary work with the schoolteacher, as well as other collaborative partners.

### ICDP and action learning

Head of pedagogical institutions and trainer Janne Rosenborg writes: "We have initiated a development journey in the day care area with emphasis on being a learning organization where reflection and feedback are key words in the development of educational work and we are considering how we can work as closely as possible with this. Therefore, we have also decided to use action learning as a tool to develop this culture of reflection and feedback. It corresponds nicely with ICDP and our sensitization principles, relationships, resources, and reflection. I have therefore been considering how to integrate ICDP into the work with action learning.

The schedule is clearly helpful for the employees to utilize an approach in which ICDP becomes part of the mindset and thus gets a place as a foundation in the educational work. Employees say that they now do remember using the



interaction themes, even when they are busy working to initiate new actions. It is a small implementation tool that has a really good effect."

### ICDP and BUBL (Pedagogues' Union)

In the fall of 2019, the ICDP program was included as part of a work struggle in the educators' union. In the union magazine, a critical article was written about the large prevalence of ICDP in the Danish institutions. The problem, as highlighted by the journalist, was: That ICDP blocked the employment of graduates because many of the vacancies stated that the applicant was expected to have knowledge of ICDP. And, moreover, the journalist felt that one should rather spend the money on hiring more educators in the institutions. The article dealt with a topic that was hot politically at that time. We sent a reply to the union magazine and had a good dialogue. We also began a debate on Facebook and the social media.

### ICDP and students of pedagogy

In Høje Tåstrup Municipality, they have experienced that they can create an attractive day care area for the pedagogic , so they are able to recruit the most talented people. They have decided to offer their 3rd year students who are practicing in the municipality an ICDP certification course. In addition to the students acquiring knowledge and experience with the ICDP program, the hope is that the students who have been certified will return to the municipality and apply for a job with us after completing their studies.

### ICDP and schools

Master trainer Jesper Gregersen and trainer Martin Tage Hansen have both taught teachers at different schools. Jesper has been teaching the teachers at a primary school and Martin has been teaching the teachers at a private school.

They wrote: We have worked with ICDP in a school with approx. 1200 students.

Here 16 supervisors have been certified and the rest of the school's staff (120

teachers) has been introduced to ICDP. They especially benefitted from the video analysis — seeing how many child initiatives that exist in a classroom. And the teachers also realized how helpful and gratifying feedback can be when delivered in a detailed and positive manner.



*ICDP trainer Martin Tage Hansen*

### **ICDP and Internal Family System**

Martin Tage Hansen, who also works as a therapist, writes I can see that there are great similarities between the principles of sensitization in ICDP and the principles of the Internal Family System. Personally, I have spent time combining ICDP with a therapeutic method called Internal Family System. This is an approach that offers concrete answers to show when we as grownups can be the best caretaker possible. A state of inner awareness called being in Self.

### **ICDP and parenting groups**

Trainer Anne Søgård and Lene Bendtsen have started parenting groups in Dragør Municipality. The offer is for all families; from parents with newborns to parents with teenagers, or to families in need of extra support and guidance. The age of the children does not matter. As a general principle, families are invited to join a group where the other children are the same age as their own, if possible. The groups are formed with children of the same age and consist of approx. 5 families.

The entire course is digitally supported – among other things we use video analysis. Parents get a booklet written by Anne Linder and a postcard with the 8 interaction themes.

The course consists of 5 sessions of 2 1/2 hours, and it is expected that the participants are active between the sessions and collect stellar moments and record photos or video clips of the interaction with their own children. The group is offered a single follow-up.

We have now complete our work with 10 families. It is a huge success, with a waiting list.

## ICDP and dementia

ICDP trainer Lene-Theresa Hansen

This year, our ICDP work at UC Syd has, again, been concentrated on marketing. Specifically, the three form of dialogs and eight themes of good interaction are continuously included in academic modules and diploma modules in pedagogy, healthcare, and social work. Lene-Theresa have a continuous focus on healthcare professionals, as the national action plan for dementia, the legislation on dignified elder care and the recently published National Research Strategy for Dementia until the year 2025 is still focusing on the nonpharmacological. Specifically, I have introduced ICDP to several South Jutland municipalities, held theme days in municipal healthcare departments, sold numerous booklets, and provided support to diploma students whose task has been to introduce ICDP in their own field of practice.

In the research unit at UC Syd, working with three colleagues, Lene-Theresa is setting up a knowledge center for dementia, with ICDP being one of the current research topics. Due to organizational changes and vacant positions, a call with ICDP as a research field has not yet been prepared.

## ICDP and nurses

The Danish Center for ICDP has this year entered into a new cooperation agreement with 2 universities. The agreement means that all health care providers will be offered a briefing on ICDP in their continuing education. In the photo, a group of dedicated health care professionals are introduced to the 8 themes for good interaction.



Healthcare workers being trained in ICDP

## ICDP and healthcare workers

At the Danish Center for ICDP, we have two skilled health care professionals who work diligently to disseminate and quality-assure ICDP in the health sector. They write: In September 2019, we were to have started a new ICDP for educators and pedagogues employed in Lolland Municipality. Because of restructuring in the day care area the course was postponed to the fall of 2020. In the meantime, we continue to follow the professional sparring with our colleagues in Danish Center for ICDP.

## ICDP and Yoga

Friendship Yoga communicates the eight themes of good interaction through yoga exercises and strengthens the children's community at the same time. Trainer Trine Lund, who invented the concept of "friendship yoga" and wrote a book about it with Anne Linder, writes:

In 2019 I have held one course in Friendship yoga with the German minority in Denmark. I also have participated with Friendship yoga for pupils in grades 1 and 6 at some schools in Lolland Municipality. With the smallest children, 72 children did friendship yoga for 2,5 hours. 3 teams from the 6th grade came to try Friendship yoga for 45 minutes.

## ICDP and the Prison Service

Twice during the year, I have held lectures at conferences in the prison service for the staff. Here I presented the 8 themes for good interaction and the sensitization principles. The staff welcomed both and felt that ICDP was useful in strengthening their relationship skills. The hope is that they will return and want a full certification course.

## New ICDP Materials

### **New Videos**

Lene Bendtsen, Dragør Municipality and Henriette Flændsdal, Høje Tåstrup Municipality — both trained as trainers in 2018 — have collaborated on this new video that has been shared on social media and used in our education. The film briefly describes what ICDP is, while showing movie clips from the day care center. It talks about the resource-oriented approach we as professionals need to have to the people with whom we want something.

The film is called 'ICDP and Professional Relationship Competence - Stellar Times in the Relational Universe' and the movie can be found on YouTube for everyone to see.

Video link: [https://www.youtube.com/channel/UCXJZ\\_YLv\\_364ip7OmeA5dsq](https://www.youtube.com/channel/UCXJZ_YLv_364ip7OmeA5dsq)

Master trainer Jesper Gregersen and trainer Martin Tage Hansen created an information video about ICDP and management.

Video link:



### **Happy ICDP-trainers with the new toolbox**

#### **Material toolbox**

For the fall trainer meeting, all the trainers were given a new toolbox containing materials for Level 1 teaching.

In the toolbox were, among other things, the new sensitization dashboard which strengthens the learning and memory of ICDP's models.

## ICDP SENSITIVERINGS DASHBOARD

**DIALOGMODEL**

Professionel relationskompetence er evnen til at indgå i en følelsesmæssig dialog, og ud fra denne dialog at skabe et lærende og opdragende/guidende samspil samspil.

**ZONEN FOR INTIMITET**

Hundeide (2004)

**VERA**

**SAMSPILSTEMAER**

**TAXONOMI**

Efter inspiration fra Collis og Biggs (1982)

**LIVSDUELIGHED**

**STJERNESTUNDER**

Fredrickson, (2010, s.31)

**SENSITIVERINGSTREKANT**

### New poster

The new poster, created by a skilled Danish poster artist, contains the eight interaction themes. Plus, the words Self-Esteem, Confidence and Self-Control which are linked to the three dialogues.

**SELYKONTROL** SKAB RAMMERNE  
 TAG DEN ANDEN VED HÅNDEN  
 OG GUID TRIN FOR TRIN  
**FANG**  
 OPMÆRKSOMHEDEN  
**VIS GLÆDE**  
 OG POSITIVE  
**FØLELSER**  
 SE KONTAKT  
 INITIATIVET  
**JUSTÉR DIG**

**SELVÆRD**

**FASTHOLD**  
 OPMÆRKSOMHEDEN  
**VIS FØLELSE**  
 OG ENTUSIASME  
**FOLD**  
 OPLEVELSEN UD  
 UDDYB & FORKLAR  
**INVITÉR**  
 TIL SAMTALE  
 LYT OG SVAR  
**SELYVTILLID**  
**ANERKEND**  
 DET DEN ANDEN  
**MAGTER**

[www.danskcenterfor-icdp.dk](http://www.danskcenterfor-icdp.dk)



## New ICDP booklet for parents



### Concluding comments on the Annual Report

It has been a busy year. We have come up with many projects and still have many new ideas on how to disseminate, and quality-assure ICDP.

We have started many new projects and received a professional approval from the Danish Ministry of Social Affairs. It makes me especially proud and happy. And although the educators' union believes that it is a problem that ICDP is so integrated into the Danish educational culture - it must also be mentioned that from our point of view it is a success story - since I am working on disseminating and quality assuring ICDP.

Furthermore, it is a great pleasure that former trainers from the GR psychologists and UCN feel welcomed in the Danish Center for ICDP.

A Happy New Year.

On behalf of the Danish Center for ICDP.

January 2020

A handwritten signature in black ink that reads "Anne Linder". The script is cursive and fluid.

Anne Linder

Psychologist and Center Manager, Danish Center for ICDP

We have just started a cooperation with a University College (UCL) in order to make a research of effect of our ICDP educations for the professionals. I will get back to this in my next annual report.