

Annual report 2023

Institut for Relationspsykologi
By Annette Groot

Institute of Relational Psychology (Institut for Relationspsykologi) - www.ICDP.dk is a Danish 'House of Psychologists' who nurture a relational approach to our work.

We work with therapy, supervision, education of professionals like managers, teachers, pedagogues. We educate professionals in ICDP – professional caregivers who take care of children, the young and the older people.

We have been working with ICDP for nearly 25 years. We are concerned with the quality of the relationship that professionals create with every child, young persons, including the people they are taking care of or teaching, because we know that the quality of relation is of crucial importance for the well-being and development.

Participants of an ICDP education attend 36 lessons. They work with their own relational competence and at the end they must write a short assignment to get their certificate. We read many statements on how professionals develop their own competences and what huge impact it has for the children they take care of.

In Denmark, the relational competence of professionals in most kindergartens is evaluated. At a kindergarten placed in an exposed residential area, the professionals were measured on their relational competences when they were together with the children – and all together they had a score of 47 %. The whole institution then received education in ICDP and after this, the score was raised to 83 %. We do make a huge difference with our ICDP educations.