



PACE for Practitioners

- a DDP informed approach

Discovering the power of Playfulness, Acceptance, Curiosity and Empathy in our interventions with children and families

Course Information:

DDP (Dyadic Developmental Psychotherapy) is increasingly recognised as one of the most helpful therapeutic approaches to support adoptive families. PACE (Playfulness, Acceptance, Curiosity and Empathy) is a central element within DDP and works to facilitate interactions with others which are open and engaged and convey acceptance, curiosity and empathy for them and their internal experience. This one day training will introduce the principles of PACE allowing you the opportunity to practice this approach in interventions with children and families.

About PACE:

PACE is part of the DDP model developed by renowned Clinical Psychologist Dr Dan Hughes. PACE is a successful approach to working with children who have experienced trauma. This therapeutic approach has become increasingly used in helping children with attachment and trauma related experiences. The PACE model is family based and focuses on the facilitation of the children's ability to establish a secure attachment with the parents or carers. PACE provides a connection within which we can engage in reciprocal interactions which allows each to be open to the influence of the other. This provides a safe base from which we can explore shared experiences and more difficult issues.

Objectives:

- To provide an introduction to the attitude of PACE and its use by practitioners in their interventions and supportive relationships.
- Increase understanding of the practice model of DDP and the role of PACE within this model
- Understand the importance of a relational focus to support interventions with children and families affected by developmental trauma.
- Understand PACE and explore its helpfulness with children and adults
- Explore using PACE in the moment in our practice

Suitable For:

This course is aimed at social workers, therapists and other professionals supporting families who are parenting a child who has insecure attachments.

About the Presenters:

Dr Kate Mason - Bsc (Hons), DClin.Psy, Chartered Clinical Psychologist, HCPC Registered, Member of the British Psychological Society.

Kate is a Chartered Clinical Psychologist with over 10 years experience working for the NHS in the Child and Adolescent Mental Health Services (CAMHS) and prior to that within the private sector. Kate

specialises in attachment and developmental trauma supporting foster carers and social care staff in their care of children in the looked after system. Kate has completed Level two DDP and uses DDP principles in her work. She is also a DDP PACE trainer (supported by DDP Connects UK). Alongside Dr Ann Laight, they run a successful national training group in the use of PACE in collaboration with and under the supervision of Dr Kim Golding.

Kate also offers clinical assessment and psychological therapy to children, young people (up to the age of 25) and their families. She has an eclectic approach to her work drawing upon evidence-based models such as Cognitive Behaviour Therapy (CBT), Systemic and Narrative approaches and has recently trained in Acceptance and Commitment Therapy (Thriving Adolescent). Her areas of clinical interests lie in depression, self-harm and anxiety in adolescents, and formal assessment of Autism Spectrum Conditions.

Dr Ann Laight is a practising Clinical Psychologist registered with the HCPC and The British Psychological Society.

After 6 years working with a wide range of ages and presentations in the field of Clinical Psychology, she was awarded her Clinical Psychology Doctorate in 2006. At this time Ann went on to specialise in working with children, adolescents and families within a Child and Adolescent Mental Health Service in the NHS. This enabled her to pursue her interest in Attachment focused work, which she had begun whilst working in the Integrated service for Looked After Children (ISL), supervised by Kim Golding.

Amongst her specialist areas of training Ann has completed Level 1 and Level 2 Dyadic Developmental Psychotherapy (DDP). Ann continues to use DDP principles in her clinical work with adoptive families as well as provide PACE training around the country, supervised by Dr Kim Golding.

- Date:** TBC – if you would like to express interest in this course and receive an update as soon as we have confirmed a new date please email trainingwithus@adoptionplus.co.uk
- Location:** Adoptionplus, Moulsoe Business Centre, Cranfield Road, Moulsoe MK16 0FJ (near Milton Keynes)
- Time:** 9.30am – 4.30pm
- Price:** £150.00 + VAT (£180.00 inc VAT)
- Booking:** For further information please visit www.adoptionplus.co.uk or email trainingwithus@adoptionplus.co.uk

www.adoptionplus.co.uk



Adoptionplus is a registered Adoption Agency
OFSTED Registration Number: SC384160