



# Parenting with PACE

## Workshop for Adoptive Parents

**Understanding how Playfulness, Acceptance, Curiosity and Empathy can help to build a closer relationship with your child**

**With Dr Kate Mason**

### **Course Information**

This one day workshop will introduce the principles of PACE and allow parents the opportunity to practice using PACE and to explore it's role in parenting as well as reflecting on their own personal experiences.

The different elements of PACE will be discussed and how they can work together as a parenting attitude; this will include how to combine PACE with behaviour management skills, becoming a more mind-minded parent, exploration of why children are insecure, attachment patterns, developmental trauma and therapeutic parenting. The course will provide parenting principles to enable parenting of insecure children.

### **About PACE**

PACE is part of the DDP (Dyadic Developmental Psychotherapy) model developed by Clinical Psychologist Dr Dan Hughes. PACE (playfulness, acceptance, curiosity and empathy) is a successful approach to working with children who have experienced trauma. This therapeutic parenting approach is widely used in helping children with attachment and trauma related difficulties. The PACE model is family based and focuses on the facilitation of the children's ability to establish a secure attachment with their carer/s.

Parenting with PACE provides appropriate boundaries, together with warmth and nurture, the connection that PACE creates means that this parenting is received as fully unconditional.

The parenting that comes naturally to us can carry with it expectations and sometimes we may express our unconditional love as conditional. PACE represents a different way of parenting, one where unconditional love is expressed through playfulness, acceptance, curiosity and empathy. This approach doesn't change what we want as parents or what we expect from our children, but it suggests a different way of conveying this; by stopping to be curious, accepting the inner life of the child and understanding how this influences the more externally revealed behaviour we get a deeper level of empathy for our children. When we strive for connection we develop more emotionally resonant relationships where it is also natural to be playful. Trust and security is increased when we connect emotionally with the children.

### **Suitable For**

This course is aimed at parents who are parenting a child who has insecure attachments. This includes adoptive parents, foster carers and professionals who support these groups. Approved adopters are also welcome to attend.

## Workshop Objectives

- To explore PACE and its role in parenting and understand why traditional behaviour management strategies may not help the child to feel secure
- To understand the behaviour displayed by the child and how this links to their internal experience
- To establish how PACE can be integrated into a parenting attitude
- To have the opportunity to practice PACE in conversations
- To explore the eases and challenges for adopting a PACE led approach
- To encourage a deeper, intersubjective relationship with child/ren in your care
- To consider the connections between experience, feelings and behaviour and relate this to the concept of PACE

## About the Trainer

Presented by **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. She was trained by Dr Kim Golding in Dyadic Developmental Psychotherapy (DDP) and is a UK approved trainer in PACE 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.

**Date:** Wednesday 22 May 2019 or Thursday 10 October 2019

**Time:** 9.30am – 4.30pm

**Venue:** Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes, MK16 0FJ

**Price:** £110.00 + VAT (£132.00 inc VAT) - Lunch and refreshments are included

**Booking:** For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact Alice Hollingdale on 01908 218251 or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)

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