



# 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 Ann Laight**

### **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.

Ann will discuss the different elements of PACE 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 Ann Laight**

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 Dyadic Developmental Psychotherapy. Ann continues to use the DDP principles in all areas of clinical work and continues to receive supervision from Kim Golding. She will work towards full accreditation in the near future.

**Monday 8 October 2018**

**9.30am – 4.30pm**

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

**£95 + VAT (£114 Inc VAT)**

**Lunch and Refreshments are included**

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

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