



Parenting with PACE

- a DDP informed approach

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

Online Training

About the Training

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. This one day training will introduce the principles of PACE allowing you the opportunity to practice this approach within your parenting. The course will provide strategies and techniques to support parenting of children who have experienced developmental and relational trauma. The different elements of PACE will be explored and how they work together as a parenting attitude. This will include combining PACE with behavioural approaches, understanding attachment patterns and the impact of developmental trauma. The focus of the course will be to support a more therapeutic approach to parenting.

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 parenting 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 their parents or carer/s. "Parenting with PACE" provides appropriate boundaries, together with warmth and nurture, and the connection that PACE creates.

Objectives:

- To explore PACE and its role in parenting and understand why traditional behavioural approaches and strategies may not help a child to feel secure
- To understand the behaviour displayed by a 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 what is easy and what is more challenging for adopting a PACE led approach
- To encourage a deeper understanding of relationship and how we all impact on each other
- To consider the connections between experience, feelings and behaviour and relate this to the concept of PACE

Suitable For:

This course is aimed at parents who are parenting a child who has experience of trauma. This includes adoptive parents, foster carers and prospective/approved adopters are also welcome to attend.

About the Presenters:

The course will be presented by Dr Kate Mason and / or Dr Ann Laight

Dr Kate Mason is a Chartered Clinical Psychologist 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 uses DDP principles in her work and is a DDP PACE trainer. 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, she uses 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).

Dr Ann Laight is a Clinical Psychologist, specialising in working with children, adolescents and families within a Child and Adolescent Mental Health Service in the NHS with an 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.

Details:

- Date:** TBC – please email trainingwithus@adoptionplus.co.uk if you would like to register interest and be notified of the next confirmed course date
- Time:** 9.30am – 4.30pm
- Venue:** Online
- Price:** £150.00 + VAT (£180.00 inc VAT)
- Booking:** For further information please visit www.adoptionplus.co.uk/training or email trainingwithus@adoptionplus.co.uk

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