

Online Training



PACE for Practitioners – a DDP informed approach

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

Thursday 13th January 2022

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 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

For more information and how to book: www.adoptionplus.co.uk/training

Suitable For

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

Date: Thursday 13th January 2022
Location: ONLINE
Time: 9.30am – 4.30pm
Price: £140.00 + VAT (£168.00 inc VAT)

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

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