



PACE for Practitioners

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

Course Information

This one day online training will introduce the attitude of PACE and its use by practitioners in their interventions and supportive relationships.

About PACE

Dyadic Developmental Psychotherapy (DDP) is a therapeutic model developed by Clinical Psychologist Dr Dan Hughes, for working with families caring for children who have experienced trauma. Central to DDP is the attitude of PACE (Playfulness, Acceptance, Curiosity and Empathy), which works to facilitate interactions with others which are open and engaged and convey **acceptance, curiosity and empathy** for them and their internal experience. Additionally, our enjoyment of the relationship is conveyed through a **playful** attitude at appropriate times. 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.

Date: Thursday 7th October 2021

Location: Adoptionplus, Moulsoe Business Centre, Cranfield Road, Moulsoe MK16 0FJ
(near Milton Keynes)

Time: 9.30am – 4.30pm

Price: £140.00 + VAT (£168.00 inc VAT)

Booking: For further information or to book please visit www.adoptionplus.co.uk or contact Alice Hollingdale on 01908 218251 or email alice.hollingdale@adoptionplus.co.uk

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

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.

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