



# Parenting with PACE

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

### Course Information

This one day training 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.

### 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

### Suitable For

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

**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.

**Date: Wednesday 10<sup>th</sup> November 2021**

**Time: 9.30am – 4.30pm**

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

**Price: £140.00 + VAT (£168.00 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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