



PACE TRAINING



Dyadic Developmental Psychotherapy (DDP)

Understanding Relational Trauma/Neglect & Parenting with PACE.

Understanding how Playfulness, Acceptance, Curiosity and Empathy are key to relationships with children & their caregivers.

Course Information

This two-day training, supported by DDP Connects UK, (one day option also for parents/carers) will explore the impact of developmental trauma, which leads to children needing a different caregiving approach involving PACE. We will explore the meaning behind some of the key concepts such as developmental trauma & brain development, understanding attachment & survival strategies including blocked trust/fear of relationships.

We will consider the different elements of PACE and how they work together to create a caregiving attitude and principles to enable parenting/supporting children who have experienced developmental trauma.

About PACE

PACE is part of the DDP (Dyadic Developmental Psychotherapy) model developed by Clinical Psychologist, Dr Dan Hughes. **P**ACE Playfulness, **A**cceptance, **C**uriosity and **E**mpathy is a key part of DDP and a therapeutic approach, used widely in fostering, adoption and residential care, to care for and support children who have experienced relational trauma and neglect.

Workshop Objectives Day One

- To explore developmental trauma & brain development
- To explore attachment & survival strategies including blocked trust/fear of relationships
- To understand the behaviour/emotions displayed by children and how this is linked to their internal experience

- To explore how we support/parent children who have experienced developmental trauma using PACE

Workshop Objectives Day Two

- Refresh understanding on the need for PACE support/caregiving attitude
- Consider the three P's of DDP and bottom-up approaches to support children
- To establish how PACE can be integrated into a support/caregiving attitude and practise PACE in small groups
- Consider core caregiving & professional capacities- Reflective capacity, mind-mindedness & regulation needs.

Suitable For

PACE training is recommended for parents/carers who are parenting children who have experienced relational trauma and have attachment needs. PACE training is recommended for professionals who don't require Level one/two DDP as their role is in DDP- **P**ractice and **P**arenting Support rather than **P**sychotherapy (Health & Social Care Staff, Educational Professionals, Independent Providers).

Trainers- Dr Kerry Sweeney & Dr Lynn Connor-Consultant Clinical Psychologists, DDP Certified Practitioners & PACE Trainers (approved by DDP Network).

Dr Kerry Sweeney BSc (Hons), DClinPsy, CPsychol

Consultant Clinical Psychologist (BPS Chartered and HCPC Registered)

Kerry worked for 20 years in the NHS as a Clinical Psychologist with Children & Families, thirteen of which were as a Consultant Clinical Psychologist/Lead for Therapeutic Services for Looked After & Adopted Children. As well as assessment, consultations and training, Kerry directly provided therapeutic support to enable children to begin to recover from their earlier life experiences, using a range of therapeutic approaches for children and their caregivers. However Dyadic Developmental Psychotherapy has been the most influential model in her career in supporting the system, therapeutic parenting and DDP therapy with children and young people. Kerry and Lynn became two of Ireland's first Certified DDP Practitioner in 2015. Kerry now works in independent practice.

Dr Lynn Connor BA (Hons), DClinPsy, CPsychol

Consultant Clinical Psychologist (BPS Chartered and HCPC Registered)

Lynn is a Consultant Clinical Psychologist with the Western Health & Social Care Trust and has worked within the setting of Looked After Children for over twenty years now. Having trained as a Clinical Psychologist alongside Kerry, it has been wonderful to reach certification with Kerry. DDP has been such a gift in Lynn's clinical practice and like Kerry it has shaped and formed the way Lynn has supported children, young people, their caregivers and care planners, from assessment to intervention, via consultation or direct therapeutic support. DDP has become a conduit to building

connections, creating a shared awareness and restoring hope in relationships where it has faltered in spite of everyone's best intentions.

Contact drsweeney@drkerrysweeney.com for more details.