



DDP 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/Ireland & DDPI, (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/nervous system development, understanding attachment & survival strategies including blocked trust/fear of relationships and how this can lead to blocked care.

We will consider the different elements of PACE and how they work together to create a caregiving/mind minded 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. **PACE (Playfulness, Acceptance, Curiosity and Empathy)** is an integral part of DDP. It is 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/nervous system development
- To explore attachment & survival strategies including blocked trust/fear of relationships & blocked care
- To understand the emotions/dysregulation displayed by children and how this is linked to their internal experiences especially fear and shame
- To explore therapeutic parenting & supporting children who have experienced developmental trauma using PACE.

Workshop Objectives Day Two

- Explore capacities of key adults- reflective capacity, mind-mindedness & regulation abilities and needs
- 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 explore, reflect and practice PACE in small groups
- Consider two hands of parenting and parenting in the moment.

Suitable For

DDP 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 always 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).

On Completion- Once Core DDP PACE training of 2 days (15 hours) is completed you can describe yourself as '**developing my use of DDP PACE within my practice**'.

Trainers-

Dr Kerry Sweeney- Consultant Clinical Psychologist, DDP Practitioner & Consultant & DDP PACE Trainer (approved by DDPI).

Dr Lynn Connor- Consultant Clinical Psychologists, DDP Practitioner & DDP PACE Trainer (approved by DDPI).

Contact drsweeney@drkerrysweeney.com for more details.