

# 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 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. PACE Playfulness, Acceptance, Curiosity and Empathy is a successful approach, used widely in fostering, adoption and residential care, to care for and support children who have experienced relational trauma and neglect.

### Workshop Objectives

- 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
- To establish how PACE can be integrated into a caregiving attitude and practice PACE in small groups
- Consider core caregiving & professional capacities- Reflective capacity, mind-mindedness & regulation needs.

### Suitable For

This course is for parents/carers who are parenting children who have experienced relational trauma and have attachment needs. Professionals who support these caregivers and children are also encouraged to attend (Health & Social Care Staff, Educational Professionals, Independent Providers).



## Trainers

**Dr Kerry Sweeney & Dr Lynn Connor**

Consultant Clinical Psychologists, DDP  
Certified Practitioners & PACE Trainers.



**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, Adolescents & Families, thirteen of which were as a Consultant Clinical Psychologist/Lead for Therapeutic Services for Looked After & Adopted Children who had experienced developmental trauma and neglect. As well as assessment, consultations throughout the network and training, Kerry directly provided therapeutic support to enable children to begin to recover from their earlier life experiences, using a range of direct therapeutic approaches for children and their care-givers.

However Dyadic Developmental Psychotherapy has been the most influential model in her career and she became one of Ireland's first Certified DDP Practitioner in 2015. DDP has been so central throughout her practice influencing the system, therapeutic parenting and DDP therapy with children and young people. 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 twenty years now. Having trained as a Clinical Psychologist alongside Kerry, it has been wonderful to reach certification as a DDP Practitioner as one of the first in Ireland, alongside Kerry also. DDP has been such a gift in Lynn's clinical practice and like Kerry it has shaped and formed the manner in which Lynn has intervened with 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 connection, creating a shared awareness and restoring hope in relationships where it has faltered in spite of everyone's best intentions.

**Contact for more details:**

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