



## Public seminar



# Parenting with PACE – how Playfulness, Acceptance, Curiosity and Empathy can help nurture a closer relationship with your child

### Who should attend

Adoptive parents and other permanent carers, and all professionals that support them

### Trainer

**Lynne Davis** is a UKCP and HCPC registered Integrative Arts Psychotherapist, Adolescent therapeutic Counsellor and Occupational therapist. Lynne works privately after leaving the NHS child and adolescent mental health service where she worked for over 10 years. Lynne specialises in trauma, attachment and mental health with training in Dyadic Developmental Therapy, EMDR, sensory integration, Story Stems, Theraplay and somatic trauma therapy. Lynne also provides training in DDP informed parenting for adoptive parents and professionals. She published a chapter in "Helping adolescents with anger and low self esteem" edited by Dr Margot Sunderland.

Playfulness, acceptance, curiosity and empathy are the cornerstones for helping nurture a closer relationship with your child: this approach to parenting is called PACE. This public seminar for parents and professionals, presented by Lynne Davis, is a must attend workshop for all parents and carers who would like to develop a better relationship with their child, and for all professionals who support parents and carers regarding the parenting of their child.

PACE, stemming from Dyadic Developmental Psychotherapy (DDP), is a successful approach to parenting children who have experienced trauma. The day will introduce the principles of PACE and allow attendees to explore its role in parenting. Parenting with PACE helps to provide appropriate boundaries, together with warmth and nurture; the connection that PACE creates means that this parenting is perceived as unconditional.

Using her experience of working with adopters and other permanent carers, Lynne will discuss how the elements of PACE can be combined with behaviour management skills, whilst very much coming from the perspective of attachment, loss and developmental trauma.

### Date

Tuesday  
11 February 2020  
10.00am – 4.30pm  
Lunch and refreshments will be provided

### Venue

Family Action Head Office,  
Unit 3, Wharf Studios,  
34 Wharf Road,  
London N1 7GR

### Fees

#### **PAC-UK subscribing local authorities + all self paying carers:**

Individual carers: £88 plus VAT  
(£105.60 in total)

Couples: £167 plus VAT  
(£200.40 in total)

Professionals: £154 plus VAT  
(£184.80 in total)

#### **PAC-UK non subscribing local authorities:**

Individual carers: £102 plus VAT  
(£122.40 in total)

Couples: £190 plus VAT  
(£228.00 in total)

Professionals: £182 plus VAT  
(£218 in total)

### Benefits of attending:

- Understand the behaviour displayed by a child and how this links to their internal experience
- Understand PACE and its role in parenting
- Exploring why some traditional behaviour management strategies may not help a child feel secure
- Understand the connection between experience, feelings and behaviour and relate this to the concept of PACE
- Encourage a deeper relationship with your child
- Establish how PACE can be integrated into a parenting attitude as well as specific strategies
- Introducing the idea of self-PAEC

**Enrol** [www.pac-uk.org/training](http://www.pac-uk.org/training) **Contact** [training@pac-uk.org](mailto:training@pac-uk.org) **Web** [www.pac-uk.org](http://www.pac-uk.org) **Tel** 020 7284 5872

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