

PACE – Dan Hughes

<http://ddpnetwork.org/about-ddp/meant-pace/>

P

- Creates an atmosphere of lightness, openness and interest
- Antidote to shame, anger and fear; “stress buster”
- Involves smiling, laughter and humour
- Telling funny stories
- Being able to laugh at yourself and not take yourself too seriously
- Being together, enjoying each other’s company, having fun!!! Generates pleasure and delight; desire to spend more time together.
- Caution! Don’t use sarcasm or laugh at the young person

Playful

A

- Being able to see the child underneath the behaviours
- Unconditional acceptance for the child (but not their behaviours)
- Creates a sense of safety and security for the child
- Non-judgementally accepting the young person’s views, feelings, thoughts, motives, perceptions, regardless if they are true or not
- Avoid negative judgements – e.g. don’t say “*you just took that money because you have no respect*”; instead you can say “*I am cross that you took that money*”

Accepting

C

- Wanting to get to know and understand the young person
- Interest in understanding what is going on for the young person here and now; show acceptance and empathy - e.g. “how does that seem to you; tell me about that; what do you think about that” etc.
- Attitude of not knowing rather than assuming
- Opens doors for exploration and discovery, the real “stuff”
- Can make guesses about what the young person is thinking or feeling (e.g. “I wonder if...); saying out loud as if just to yourself, not expecting an answer

Curious

E

- Allows the young person to feel understood; i.e. “you get me”
- Shows the young person that adults are kind, strong and able to help
- Capacity to “sit” with the feeling, no matter how difficult, and “hold” the young person through it
- Communicates “you are not alone, I am here with you and for you; we will get through this together”
- Not problem solving or reassurance

Empathic