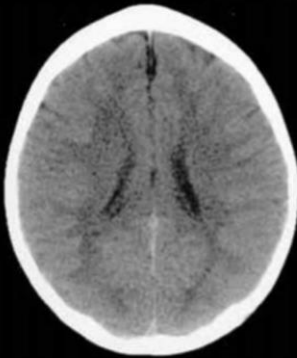


Dyadic Developmental Psychotherapy DDP

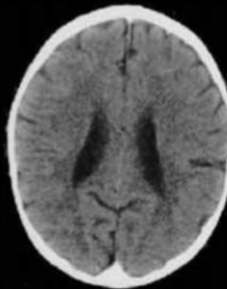
► Dan Hughes, a Clinical Psychologist,



3 Year Old Children



Normal



Extreme Neglect

PACE

► PACE is a way of thinking, feeling, communicating and behaving that aims to make the child feel safe. It is based upon how parents connect with their very young infants.

With PACE, the troubled child can start to look at himself and let others start to see him, or get closer emotionally. He can start to trust.

Playfulness Acceptance Curiosity Empathy

PLAY

engage in a game; compete against a person in a game; engage in activity for enjoyment, do an activity for fun; perform a role or act

PLAYFULNESS

The quality of being light-hearted or full of fun.
'images of childlike innocence and playfulness'

PLAYFULNESS

'Playful parenting is a way to enter a child's world, on the child's terms, in order to foster closeness, confidence and connection'

- ▶ TONE
- ▶ LIGHT
- ▶ ENGAGED

Discuss what you think could be some obstacles to Playfulness

ACCEPTANCE

When we stop seeing behaviour as right or wrong, acceptable or unacceptable, and truly understand the inner experience that led to the behaviour, acceptance becomes an important part of a solution

- ▶ Becoming aware of and understanding the other's thoughts, wish's and feelings,
- ▶ Accepting he/she for who she/he is....
- ▶ You are open to her inner life. You deepen your experience of her experience, rather than focus on trying to influence it
- ▶ You are loved
- ▶ You are safe....

CURIOSITY

Curiosity is the key that helps us to expand our relationship with our children, helping them to build trust in us.

- ▶ Wonderment
- ▶ They don't know WHY.... They need your help to understand WHY...
- ▶ We understand our children and how they see the world

I don't want to go to school today? Everyone hates me there...

Think of 3 questions using wonderment that you could use when confronted with the above statement...



Empathy is

seeing with the **eyes** of another,
listening with the **ears** of another,
and feeling with the **heart** of another.

Empathy

connects us with the experience that underlies behaviour. What inner wishes, thoughts, feelings, desires or beliefs have led the person to behave in a particular way

- Remember the child's past experiences and their back ground
- The effect of trauma, grief and loss has had on their brain development and emotional well being

- ▶ Persevere
- ▶ Trial and error
- ▶ Be kind to yourself
- ▶ Self care

▶ *References:*

- ▶ *Creating Loving Attachments*
by Kim S. Golding and Daniel A. Hughes
Attachment focused family therapy
Daniel A. Hughes
<https://ddpnetwork.org/>
