



SOCIAL CARE
TRAINING SOLUTIONS
Where Training Matters

P.A.C.E.

Advanced Level
Therapeutic Training
for Social Workers,
Foster Carers &
Residential Workers

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The PACE Training Package

A five-module training program in P.A.C.E. & Trauma-Informed Care

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for Individuals here

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Our five-module training program in P.A.C.E. and Trauma-Informed Care explores the carer's contribution to a child's recovery from Trauma and gives the knowledge and skills to support this recovery.

Start with “PACE Foundations”, then move through the four PACE in Practice modules offering occupational-focused training. Book all five together for 10% discount.

Please complete all five modules in order to support real practice improvements and an evidenced use of PACE throughout your service.

We recommend that workers take this training annually to ensure that practices stay fresh and are implemented in day-to-day dealings with young people.

Refreshers also help to mitigate against the worker reverting to the more typical styles of parenting they may have experienced themselves.



COURSE LIST

The PACE Suite: [all courses can be booked HERE](#)

- . **PACE Foundation** (course 1 of 5)
- . **Promoting Positive Behaviour & De-escalation Skills with Playfulness from PACE** (course 2 of 5)
- . **Trauma-Informed Care with Acceptance from PACE** (course 3 of 5)
- . **Conversations for Change with Curiosity from PACE** (course 4 of 5)
- . **Compassion Fatigue, Co-regulation & Attachment with Empathy from PACE** (course 5 of 5)



PACE Foundations (1 of 5 courses)

This PACE training provides a theoretical foundation for the PACE model (developed by Dan Hughes). It is the first module in a series of five and it is crucial for all carers and front-line workers to undertake the subsequent four modules to gain a comprehensive grasp of the approach and its context.

The PACE model prioritises creating and maintaining secure attachments with children and young people who have undergone early-life traumata. Caregivers are encouraged to examine approaches they have used in the past when caring for these children and reflect on why other methods may not yield the desired results.

This training module significantly emphasises developing meaningful relationships with children to establish a secure and reliable connection before addressing their behaviour. The PACE model has been widely recognised as an effective care model for foster care agencies and residential settings.

Throughout this course, and the following five modules, we equip you with practical resources and strategies for effectively evidencing your therapeutic engagement using PACE. We also offer recording methods that can help you effectively showcase your work to Ofsted and other partner agencies.

Learning Aims:

- Understanding the national profile of trauma.
- Understand more about the responses to loss - including grief, separation, divorce and illness
- Understand the workings of the Secure Base Model and the key part it plays when working with attachment challenges
- Overview of Adverse Childhood Experiences & self-medicating behaviours
- Be able to identify critical biological and psychosocial implications of experiencing trauma.
- Develop a working knowledge of what Dan Hughes defines as "Brain-Based Parenting."
- Understand the roots of negative behaviours in young people and how this should be seen as communication.
- Explore the foundations of PACE and how we unpack each unit to build the therapeutic alliance towards attachment, trauma and brain development.
- Discuss the difficulties involved in using PACE as a model of care.
- Gain practical resources and strategies for effectively evidencing your therapeutic engagement using PACE, enabling you to effectively showcase your work to Ofsted and other partner agencies.



Promoting Positive Behaviour & De-escalation Skills with Playfulness from PACE (2 of 5 courses)

This training is the second instalment of a comprehensive five-part series.

Proficient Playfulness and de-escalation skills are imperative when caring for minors, who may display a range of challenging behaviours. It is crucial to have effective strategies in place to respond to and manage these behaviours. This training equips caregivers & social care personnel with the knowledge to comprehend problematic behaviour and the impact of various responses.

We can more accurately evaluate and comprehend the communicated fundamental needs by reimagining challenging behaviour as a means of expression. This approach enables us to introduce alternative, proactive interventions that address those needs constructively.

Throughout this course, we equip you with practical resources and strategies for effectively evidencing your therapeutic engagement using PACE and De-escalation skills. We also offer recording methods that can help you effectively showcase your work to Ofsted and other partner agencies.

Learning Aims:

- Identity what Playfulness is and isn't and when to apply it
- Identify challenges and difficulties presented by some LAC and young people.
- Understand the roots and causes of challenging behaviour
- Suggest coping mechanisms and appropriate responses from carers by using the PACE model
- Carry out functional analysis that helps us understand triggers, enabling us to support our young person more effectively.
- Consider how we devise strategies to promote positive behaviour.
- Apply active calming and de-escalation strategies to support a child or young person through a crisis.
- Understanding aggression, identifying general physiological signs of anger while identifying the common triggers.
- Understand how feelings drive behaviour.
- Recognise the levels of anger in people.
- Learn appropriate interventions for each level of anger, including actions to avoid being restrained or attacked.
- Have ways to manage your own emotions.
- Support the development of your evidenced-based skills in de-escalation and defusion techniques.



Trauma-Informed Care with Acceptance from PACE (3 of 5 courses)

Completing this advanced-level training as part of a comprehensive five-part series in sequential order is highly advised for optimal results.

It is crucial to utilise Trauma-informed Care when assisting children and young people who have suffered neglect, rejection, or emotional, physical, or sexual abuse. This approach enables carers to gain insight into the effects of trauma on individuals and their families.

Through an examination of psychological theories and research, we can further our understanding of this complex issue. These individuals may endure neurological, developmental, and psychological repercussions without proper support, even in a secure, nurturing setting.

Learning Aims:

- Understanding the national profile of trauma
- Understand the workings of John Bowlby's Secure Base model and how that is key when working with attachment challenges
- Be able to identify critical biological and psychosocial implications of experiencing trauma.
- Understand the roots of negative behaviours in young people and how this should be seen as communication.
- Understanding the impact of childhood trauma on the body and the brain
- Consider how trauma and our response to adrenalin will change our personalities.
- Understanding how the brain and body adapt to cope (Dissociation and hyper-vigilance)
- What does each state look like, and why does it occur?
- Understanding the window of tolerance model and how to support children to widen their window so they can engage in the therapeutic process
- Consider how we can plan to rebuild resilience.
- Understand the importance of the "window" and that the child is prevented from participating in the therapeutic process if it remains limited.
- Explore methods to co-regulate with the young person, leading to self-regulation.
- Explore bodywork, resilience and mindfulness to empower children and support them in finding methods to move forward effectively from trauma.



Conversations for Change with Curiosity from PACE (4 of 5 courses)

Welcome to the fourth instalment of our five-part training series.

This course draws on the teachings of Dr. Marshall Rosenberg's "Nonviolent Communication" and Dr. Stephen Rollnick's "Motivational Interviewing" to equip you with effective communication techniques for building genuine connections with others, even in emotionally challenging situations.

Our training will help you approach interactions as a collaborative effort, considering the needs of both parties involved. "Conversations for change" is all about achieving mutually beneficial outcomes that lead to long-lasting change. This requires self-empathy and compassion as we learn to listen and respond to our inner and outer critics.

By incorporating the principles of motivational interviewing, we can remain fully engaged in conversations and avoid taking a passive role. We'll also explore the concept of ambivalence and how our communication style can either facilitate or hinder positive change.

Learning Aims:

- Explain the importance of building rapport and therapeutic alliance with the people we work with.
- Understand the history and evidence base of positive psychologies and their practical application.
- Cultivate deep listening skills and apply basic counselling skills.
- Practice using solution-focused conversations to support individuals, explore their own needs and empower change behaviours.
- Discover how our own desire to support others can force disengagement.
- Consider how we build or destroy empathy in relationships.
- Consider how solution-focused conversations can move people to recovery or how we can block people from changing behaviour.
- Relate to yourself and others with honesty, compassion and self-awareness.
- Have clarity about the motivations driving what you and others say and do.
- Feel more confident in having difficult conversations and expressing disagreement while working collaboratively with others for long-lasting change.
- Understand how we structure our communication styles relating to Needs vs. Strategies, Feelings, Observations and Requests and how our chosen style impacts the outcome.
- Discuss the appropriate use of verbal and nonverbal communication skills.
- Staying safe, grounded and open when challenged.



Compassion Fatigue, Co-regulation & Attachment with Empathy from PACE (5 of 5 courses)

Welcome to the fifth part of our five-part training series. We suggest completing the previous modules to get the best results.

Providing care for children who have experienced abuse, neglect, trauma, and loss is highly demanding. The complex needs of these children require caregivers to maintain robust mental health and well-being.

To establish a supportive relationship with our young people, it is crucial to understand our attachment patterns. This involves understanding our history and unmet childhood needs, as it is estimated that 40% of adults have a reactionary attachment pattern. This course delves into the critical aspects of attachment in interpersonal relationships and helps participants comprehend adult attachment patterns, which can prevent blocked care.

Blocked care can result in placement breakdown or Compassion Fatigue, characterised by emotional and physical burnout and secondary traumatic stress. Foster caregivers face limited opportunities to take a break, rest, or recharge since their homes double as their workplace. Besides affecting their mental health and well-being, this situation also affects the quality and consistency of care offered to the vulnerable children they are responsible for.

Learning Aims:

- To enhance our knowledge and understanding of attachment theory and its effect on personal and professional relationships.
- Understand the attachment pattern we may have developed and learn the possible implications for our caring relationship.
- Develop an understanding of how attachment patterns can be altered.
- Identify what co-regulation means, why it's essential, and how to apply it.
- Discuss the challenges and successful skills in applying therapeutic foster care.
- Explore how the changes to family dynamics brought about by fostering causes stress.
- Analyse factors that lead to compassion fatigue.
- Identify critical signs and symptoms of compassion fatigue.
- Identify coping strategies that you can use to increase resiliency.
- Identify ways of maintaining positive elements of "pre-fostering life" and self-care.
- Develop ways to find support for yourself and give support to your colleagues.



PACE Training Bundles

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Receive 10% discount when you
Book and Pay for all Five Sessions

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