



Adoption Central England

4th Anniversary Week February 2022

Bulletin: 2

ACE—Working with DDP

ACE works with all individuals and families using the principles of **Dyadic Developmental Psychotherapy**—DDP. We aim to slow down and take time to listen to the experiences of adopters, children, birth parents and adopted adults to work in ways that promote open and engaged empathetic relationships. Central within DDP is **PACE**, a way of thinking which deepens the emotional connections in our relationship with others.

By modelling a PACE-ful approach with our adopters and birth families they can experience the value of being heard and their experiences validated rather than rushing to find solutions.

"I was frightened when I reached out to ACE. I was worried that I'd be judged - I wasn't, criticised - I wasn't! Instead I was listened to, empathised with, supported and ultimately empowered to help my family get through this tough time. I no longer felt alone; finally there was someone who

'got it' and not only that they'd been there before! Her warmth and acceptance has helped us to trust her implicitly." - ACE adoptive parent.

ACE workers aim to help adoptive parents retain empathy and remain open to looking beyond their children's presenting behaviour and receptive to the 'hidden' needs of their child so that relationships are strengthened, and a child's developmental/trauma needs might be addressed and they can learn to develop safe trusting caring relationships with their family and other people.

"Our parenting style has changed to adapt to our girls' early experiences and how this has impacted on them and how they present them-

selves. I personally am a lot calmer and consider what is behind the behaviour." -



PACE – Playful, Acceptance, Curiosity and Empathy

Playfulness brings enjoyment to the relationship. **Acceptance** creates psychological safety for the feeling or situation the person or family are experiencing. When we **curiously** explore within a relationship, we express a desire to know the other more deeply. **Empathy** communicates our **curiosity** and acceptance,

"Together we build strong families"

Are you interested in adoption? Visit [aceadoption.com](https://www.aceadoption.com)