









# PACE

	<b>Playfulness</b> <ul style="list-style-type: none"><li>• Playfulness in interactions can diffuse conflict and promote connection e.g. Maintaining a relaxed 'lightness' and can involve making a joke (though this has to be done carefully)</li></ul>	
	<b>Acceptance</b> <ul style="list-style-type: none"><li>• Accepting needs and emotions that drive behaviour (not necessarily the behaviour) without judgement</li></ul>	
	<b>Curiosity</b> <ul style="list-style-type: none"><li>• Being curious to where a behaviour has come from (in your head or out loud...)</li></ul>	
	<b>Empathy</b> <ul style="list-style-type: none"><li>• Really connecting with how they are feeling and showing compassion</li></ul>	

P.A.C.E is an approach developed by Dr Dan Hughes aimed at supporting recovery from developmental trauma. However, it can be a useful attitude to adopt with anyone who is emotionally dysregulated

Illustrated by @danhughes

PACE is an approach developed by Dr Dan Hughes, an American psychologist who works with traumatised children.

PACE stands for Playfulness, Acceptance, Curiosity and Empathy. These principles help to promote the experience of safety in your interactions with young people.

PACE is a way of thinking, feeling, communicating and behaving with a child that aims to make the child feel so safe with you that they stay open and engaged with you because you are being open and engaged with them. As a result, the child dares to let you in, to be close emotionally, to trust you with their pain and share their hopes and dreams.