



PACE – Our Therapeutic Approach

At Seamab, we aim to practice in a way that is attachment informed and trauma sensitive. We promote a relational-based approach and intervention. We believe that the best way for children to recover from the trauma, neglect, and abuse that they experienced in their early years is through relationships and connection.

PACE is an approach that recognises the importance of Playfulness, Acceptance, Curiosity and Empathy within relationships. These qualities help us to understand and support emotional safety and communication. When children experience that adults are doing the best they can to understand them and are trying to work out together more effective ways for the child to understand, make sense of and manage their emotions, thoughts and behaviour, they start to believe that adults really will keep on trying until things get better for all of them. We do this through *playfulness* and creating joy, *acceptance* of their thoughts and feelings, *curiosity* and a desire to understand from the child's perspective, and connecting and responding to experiences with *empathy*. In using the principles of PACE our children are supported to create meaning of their internal world from past and present and experience emotional regulation, safety and trust. PACE is more than an intervention, it is a way of thinking and being, connecting and developing positive and meaningful relationships.

At Seamab, all of our core care and education staff are trained in PACE both as part of their induction and ongoing professional development. PACE training is also offered to all support staff within the organisation to truly embed PACE within our everyday care. This has supported us to consider the key knowledge, skills, understanding and relationships that inform our environment and therapeutic offering at Seamab.