

# PDA

## Reading & resources

### Books

#### **Collaborative Approaches to Learning for Pupils with PDA**

**Description:**

**Strategies for Education Professionals**

This book distils expert advice on implementing collaborative approaches to learning for supporting pupils with Pathological Demand Avoidance Syndrome (PDA) at school. Explaining why this approach is so beneficial, it presents key information, advice and resources to help education professionals best support pupils with PDA, and also school staff.

**Authors:** Ruth Fidler and Phil Christie

#### **Me and My PDA**

**Description:**

**Me and My PDA: A Guide to Pathological Demand Avoidance for Young People**

This beautifully illustrated guide helps young people with Pathological Demand Avoidance (PDA) to understand their diagnosis, develop self-awareness and implement their own personalised problem-solving strategies. Written in consultation with young people with PDA and their families, this book recognises the importance of handing control back to the young person, and that there is no one-size-fits-all PDA profile. Readers are encouraged to engage throughout with interactive writing, doodling and checklist exercises to explore their own particular characteristics, strengths and challenges. Me and My PDA is sensitively tailored to the needs and experiences of young people (aged 10+) with PDA. The guide is designed to grow with the reader, and can be used for many years as the young person develops and changes - making it invaluable to PDA-diagnosed individuals and their families.

**Authors:** Glòria Durà-Vilà and Tamar Levi

#### **Understanding Pathological Demand Avoidance Syndrome in Children**

**Description:**

**A Guide for Parents, Teachers and Other Professionals**

The first book ever written about PDA - it gives a comprehensive overview for everyone with an interest in the subject. It was written collaboratively by professionals and parents.

This straightforward guide offers a complete overview of Pathological Demand Avoidance Syndrome (PDA) and gives practical advice for overcoming the difficulties it poses in a wide range of contexts from diagnosis through to adulthood. Starting with an exploration into the background of PDA that answers many of the immediate questions triggered when a child is first diagnosed, the book goes on to look at the impact of the condition on different areas of the child's life and what can be done to help. The authors present useful information on early intervention options and workable strategies for managing PDA positively on a day-to-day basis. They also examine ways to minimize common difficulties that may be encountered at home and school, making life easier for the child, family and peers. The final chapters tackle new problems that can arise when the teenage years hit and how to assist a successful transition from adolescence to adulthood. Illustrative case examples are included throughout, and the book concludes with a list of valuable resources for further information and advice. Full of helpful guidance and support, this user-friendly introductory handbook is essential reading for anyone caring for, or working with, children with PDA.

**Authors:** Phil Christie, Margaret Duncan, Ruth Fidler and Zara Healy

### **PDA – My Daughter is Not Naughty**

**Description:**

Jane Sherwin's honest and uplifting account provides insight into the challenges of bringing up a child with Pathological Demand Avoidance (PDA).

After years of misdiagnosis, Jane's daughter, Mollie, was diagnosed with PDA at the age of seven, and we follow her experiences pre and post diagnosis to age 10 as she attends school, interacts with the outside world and approaches adolescence. Throughout, Jane provides commentary on her daughter's behaviour and the impact it has on her family, explaining the 'why' of PDA traits, including the need for control, meltdowns, obsessive behaviour and sensory issues. She reveals the strategies that have worked for Mollie and provides essential advice and information on obtaining a diagnosis and raising awareness of PDA. The book also includes an interview with Mollie.

Full of advice and support, and with a focus on understanding the child and how he or she sees the world, this book will be of immeasurable value to the parents and families of children with PDA as well as the professionals working with them, particularly teachers and teaching assistants, SEN co-ordinators, psychologists, outreach workers and social workers.

**Author:** Jane Sherwin

## Websites

### The PDA Society

[www.pdasociety.org.uk](http://www.pdasociety.org.uk)

#### Description:

The PDA Society enquiry line service provides information, advice and support to those living and working with PDA.

In addition, our peer-support website discussion forum is moderated and is an alternative place to ask questions, share experiences and find support.

The Society also provides training for different audiences, and webinars on a range of topics.

- [PDA Society Enquiry Line Service](#)
- [PDA Society Forum](#)
- [Training](#)
- [PDA Society webinars](#)

### TES

[www.tes.com](http://www.tes.com)

<https://www.tes.com/teaching-resource/managing-demand-avoidance-toolkit-12220814>

The demand avoidance toolkit

The Demand Avoidance Toolkit, is an adapted framework of collaborative approaches used in education to teach pupils with PDA (Pathological Demand Avoidance).

This pack works alongside the Zones of Regulation Toolkit, to provide a solution focused approach for professionals and families.

It includes:

- 'Things we need to do' mat
- Visual aids for home, nurseries & school
- 'Flexibility' mat
- 'Problem Solving' table
- 'Problem Solving' flowchart mats
- PDF Format – so it can be used on any device.
- 29 pages

PDA mind map

<https://www.tes.com/teaching-resource/new-pda-mind-map-11757208>

A mind map identifying basic strategies that are used to support young people with a diagnosis of Pathological Demand Avoidance. It incorporates Communication in Print symbols.

PDA profiler

<https://www.tes.com/teaching-resource/pda-profiler-6072738>

The PDA Profiler was developed to collect data about the behaviour of children with a diagnosis of PDA. Its aim is to identify strategies being employed at home and school and create a bank of 'successful' strategies which can be shared.

## **National Autistic Society:**

<http://www.autism.org.uk/about/what-is/pda.aspx>

## **Network Autism**

<http://network.autism.org.uk/search/node/PDA>

## **YOUTUBE CLIPS**

**Isaac Russell**

My experience of pathological demand avoidance (PDA)

<https://www.youtube.com/watch?v=0gCXwBh2saQ>

## **BLOGS**

**Steph's Two Girls blog:**

<http://www.stephstwoirls.co.uk>

**Harry Thompson**

<https://www.harryjackthompson.com/musings>