

PDA and Therapy

Engaging in traditional 'talking' therapies can be challenging for children with PDA for many reasons, particularly because many therapies involve direct teaching and questioning, which can be perceived as demands. Consequently, therapy for children with PDA needs to be approached differently to effectively meet the child's needs.

Below are my TOP TIPS for successfully supporting children with PDA in therapy:

RELATE

Develop a strong and trusting relationship

PLAY

Be playful and non-directive

CREATE

Use art, craft and music activities

PRETEND

Incorporate role-play and pretend

REGULATE

Use sensory activities to calm and focus

ADAPT

Be flexible with plans and activities

LAUGH

Use humor and novelty to engage

COLLABORATE

Work together to avoid power struggles

UNDERSTAND

Remember that anxiety drives demand avoidance

What is PDA?

Pathological Demand Avoidance or PDA is a behaviour profile that is considered part of the Autism Spectrum. It is characterised by extremely high levels of anxiety which lead to a child constantly trying to control their environment, resulting in demand avoidance, emotional regulation difficulties and often severely challenging behaviour.

For more information about the PDA profile of Autism, go to:

raelenedundon.com

pdasociety.org.uk

autism.org.uk

pdaresource.com

notesonpda.wordpress.com

harryjackthompson.com

stephstwogirls.co.uk

pathologicaldemandavoidanceprofileofautism.com

About the Author:

Raelene is the Director of Okey Dokey Childhood Psychology, a large Allied Health Practice in Melbourne, Australia. She is a registered Psychologist and holds a Masters Degree in Educational and Developmental Psychology. In addition to her work as a Psychologist, Raelene is a published author and regular speaker at conferences around the world.

