

# PDA RESOURCES

Pathological Demand Avoidance (PDA) is considered to be a form of autism. It is a lifelong condition that affects the way a person communicates and how they experience the world around them. PDA is characterised by avoidance of everyday demands, impulsivity, mood sensitivities, enjoyment of role play/pretence and some person-focused obsessive tendencies.

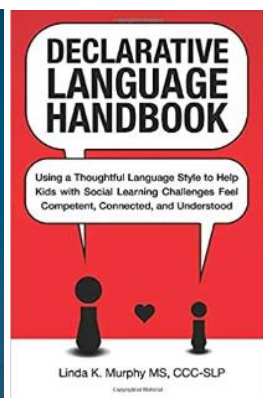
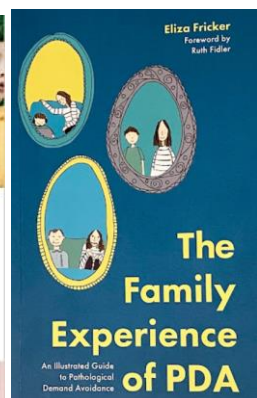
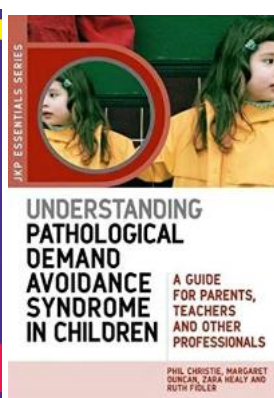
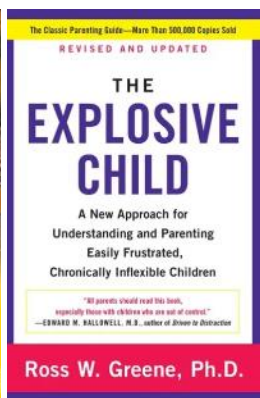
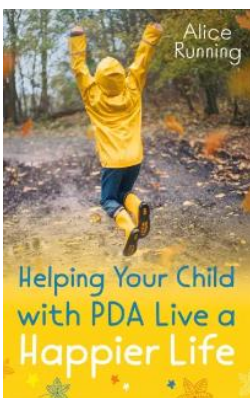
## Information, Support and Advice:

- PDA Society - <https://www.pdasociety.org.uk/>
- National Autistic Society - <https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/pda>
- PDA Autonomous Parenting Support Group - <https://www.facebook.com/groups/PDAautonomousparenting/>
- PDA Families & Practitioners - <https://www.facebook.com/groups/1732752100314498/>
- Aspris Children's Services - <https://www.aspriscs.co.uk/news-blogs/understanding-pathological-demand-avoidance-pda/>
- Steph's Two Girls - <https://www.stephstwogirls.co.uk/p/what-is-pda-pathological-demand.html>

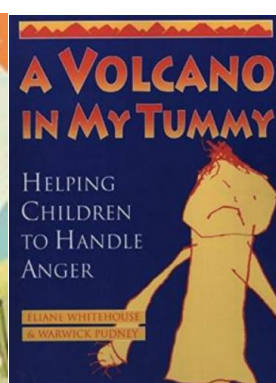
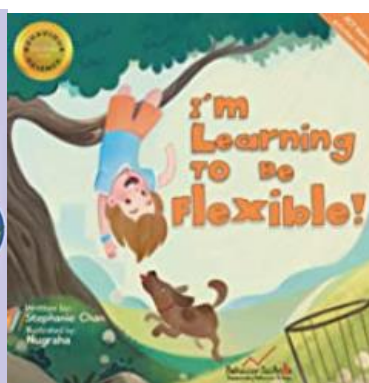
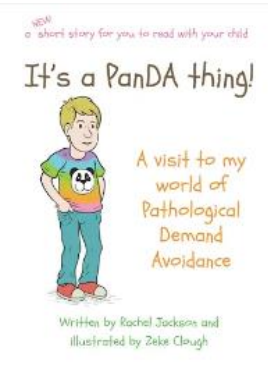
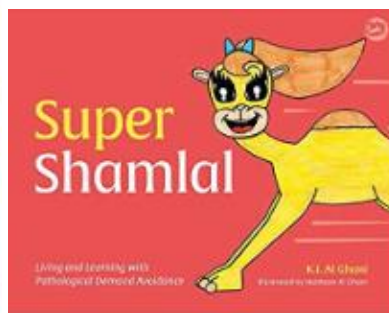
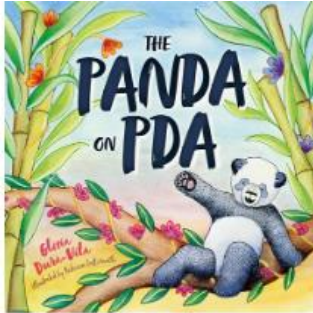
## Courses, Training and Webinars:

- PDA Society Training - <https://www.pdasociety.org.uk/pda-training-overview/>
- CPD UK - <https://cpduk.co.uk/courses/reachout-asc-pathological-demand-avoidance-pda>
- Creative Education - <https://www.creativeeducation.co.uk/courses/my-child-doesnt-want-help-how-do-i-help-an-introduction-to-pda-or-demand-avoidance-a-parents-guide/>
- PDA Society - <https://www.pdasociety.org.uk/resources/resource-category/webinars-and-videos/>

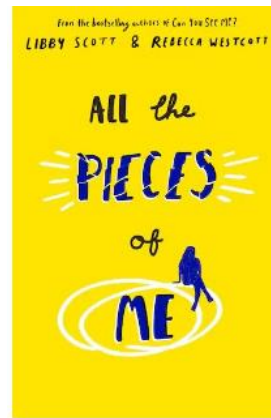
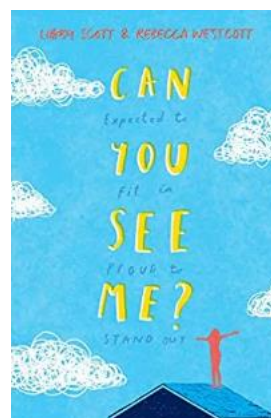
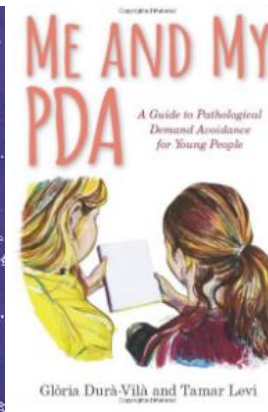
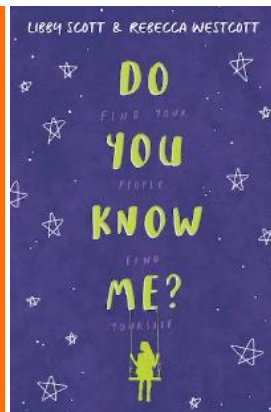
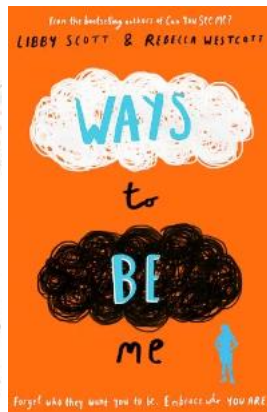
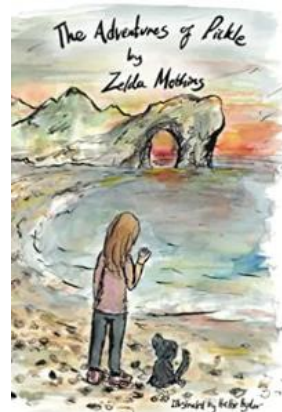
## Books for Parents/Guardians:



## Books for Younger Children:

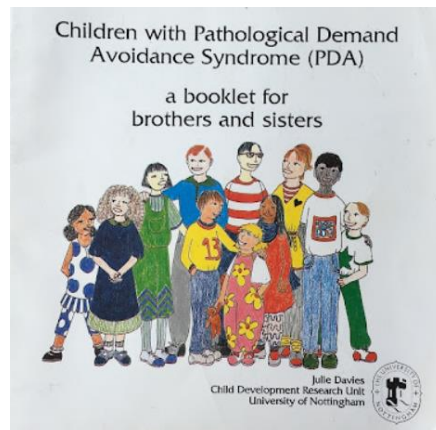
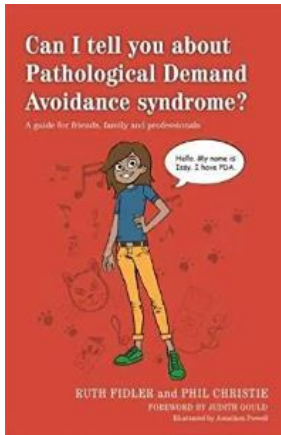


## Books for Children/Young People:

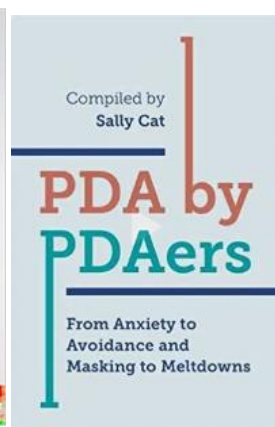
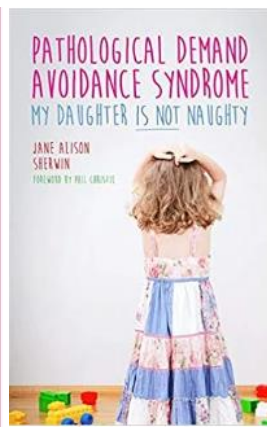
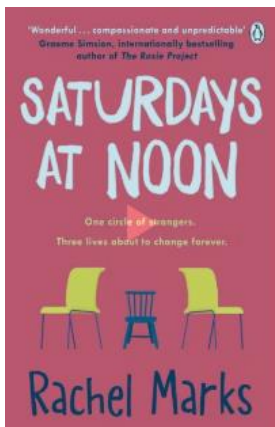
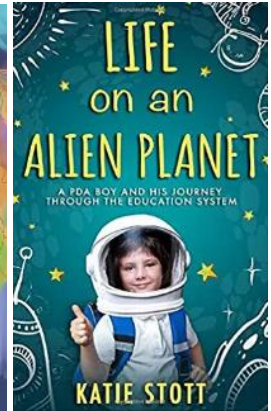
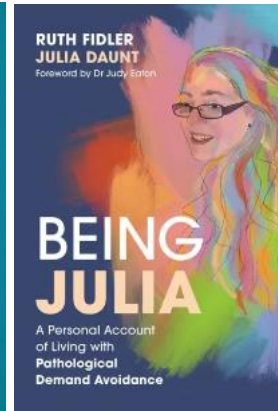
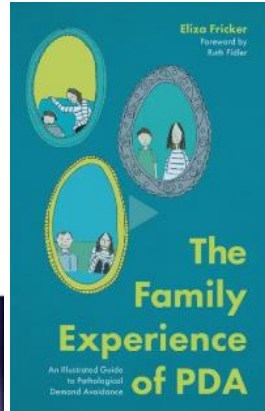
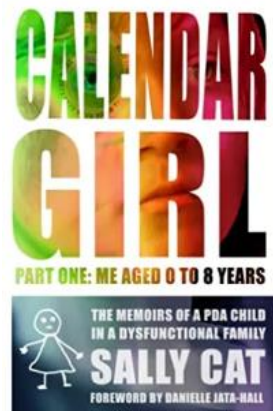
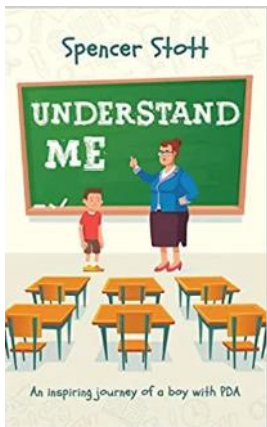




## Books for Siblings:



## Personal Accounts:



## PDA Blogs:

- Steph's Two Girls - <https://www.stephstwogirls.co.uk/>
- Me, Myself and PDA - <https://memyselfandpda.com/>
- Sally Cat PDA - <http://www.sallycatpda.co.uk/>
- Dragon Riko - <https://dragonriko.wordpress.com/>
- Harry Thompson - <https://www.harryjackthompson.com/>
- Intune Pathways - <https://www.kristyforbes.com.au/>