

## Managing your Child with PDA

### Overview

This one day course, delivered by Dr Judy Eaton, Consultant Clinical Psychologist, is aimed at parents, and grandparents, who have (or suspect they have) a child with Pathological Demand Avoidance (PDA). The course will provide information on the key features of PDA, how PDA differs from other disorders such as Oppositional Defiance Disorder and Conduct Disorder and how to access a diagnosis, and support. It will also address triggers for behavioural 'meltdowns' and how to manage them when they do occur. We will also look at the impact of having a child with PDA on partners and siblings. Finally the course covers a brief look at PDA in adolescence and mental health issues in young people with PDA. The course is run in an informal and supportive manner and provides plenty of opportunity for discussion and sharing of ideas and experiences.

### Course outline:

- Introduction
- What is PDA?
- Signs of PDA
- How PDA differs from other disorders
- Getting a diagnosis
- Accessing support
- The impact of PDA upon partners and siblings
- 'The Solihull Approach' – Containment, Reciprocity, and Behaviour Management
- Looking at triggers for 'meltdowns'
- Managing 'meltdowns'
- PDA and adolescence
- PDA and mental health issues



**This course is delivered at our clinic in Norwich. The cost of the course is £89, and includes coffee and biscuits on arrival, and at break times, plus a buffet lunch. Comments, from previous attendees, about this course, and dates of future courses, can be found on our website.**

<http://www.help4psychology.co.uk/pdacourseschools.html>

Please email - [office@help4psychology.co.uk](mailto:office@help4psychology.co.uk) - to make a booking.