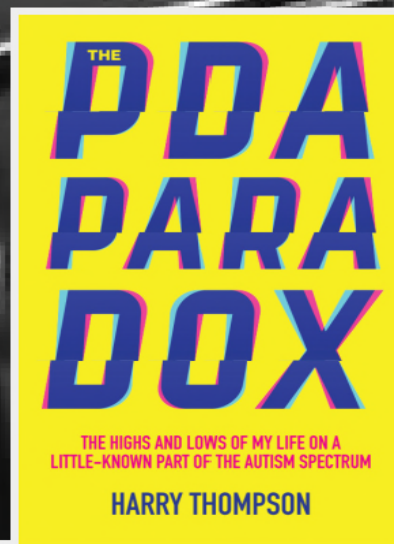




The PDA Experience



Harry Thompson

PATHOLOGICAL DEMAND AVOIDANCE (PDA)

MAIN CHARACTERISTICS:

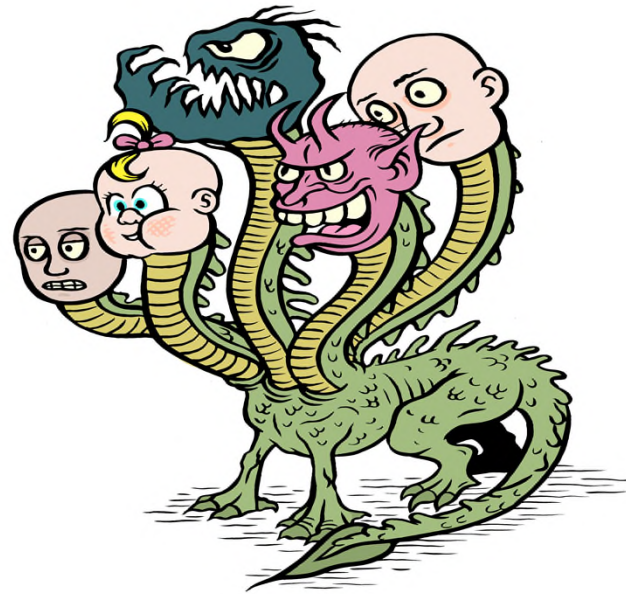
- **Resists and avoids the ordinary demands of life**
- **Uses social strategies as part of avoidance**
- **Appears sociable but lacks understanding**
- **Experiences excessive mood swings and impulsivity**
- **Appears comfortable in role play and pretence**
- **Displays obsessive behaviour often focussed on other people**

'MASKING' AND HAVING MULTIPLE IDENTITIES

IT'S LIKE HYDRA BEAST FROM GREEK MYTHOLOGY - THERE ARE MANY DIFFERENT HEADS BUT DEEP DOWN, IT'S ALL PART OF THE SAME BEING

THE CENTRAL THRONE OF THE PDAER IS FOREVER BEING OCCUPIED BY DIFFERENT SELVES; THOSE IDENTITIES ARE NOT FAKE AND ARE TRUE TO THE PERSON AT THE CORE (WE ARE STILL BEING OURSELVES)

THE DARKNESS IS FIERCELY PROTECTIVE OVER THE PDAER, LIKE A FATHER FIGURE



THE 'DEMAND CYCLE' IS FLUID.

DEMANDS ARE FLUID, NOT STATIC; THEY ARE EVERYWHERE!

MATERNAL ATTACHMENT TO CONTROL AND FREEDOM

CONTROL IS LIKE A DRUG;
FREEDOM IS THE LIFE FORCE

REWARD AND PUNISHMENT
DOESN'T WORK; STAYING IN
CONTROL IS THE GREATEST
REWARD OF ALL.
COMPLIANCE MEANS YOU
HAVE WON > CAPITULATORY
INJURY

DEMAND COMPROMISES

IMPULSES ARISING FROM
SITUATIONAL DEMANDS



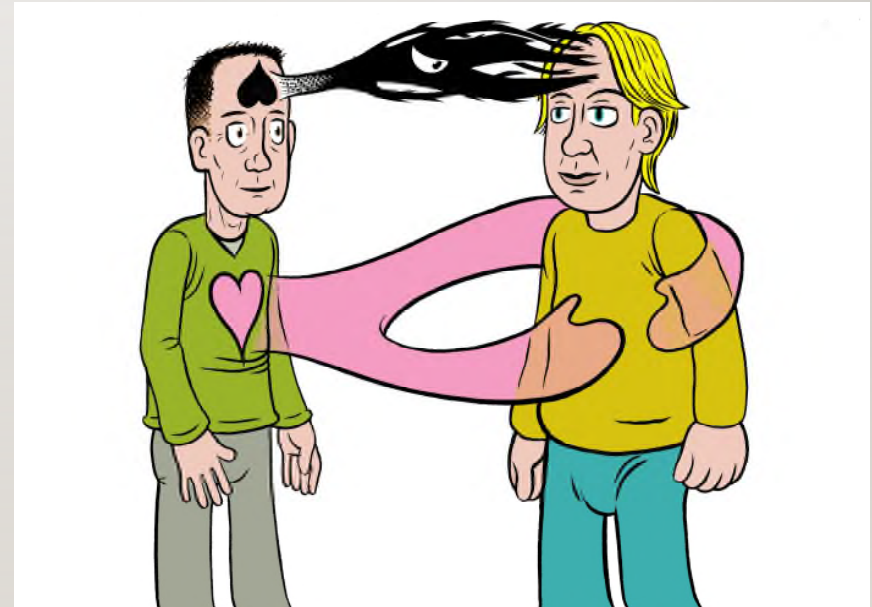
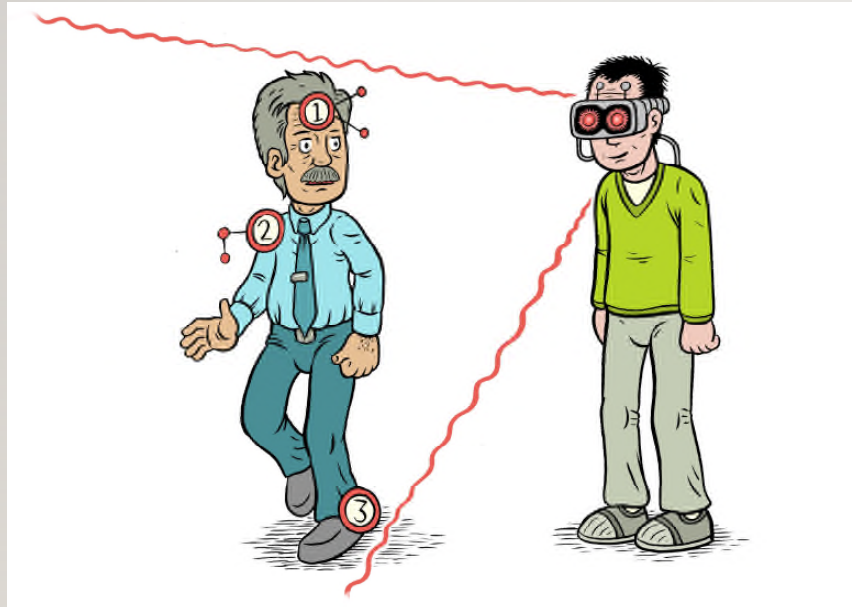
People can be a conquest - The part of the environment that is the most unpredictable. We are terrified of losing control and are hyper-vigilant
We scan people - their tone of voice, what they are doing and what they are thinking. WE MUST LOCATE THE ACHILLES' HEEL.

Obsessions with people can be more like autistic obsessions towards an object or a key interest

Cognitive and Emotional Empathy

Cuddly psychopaths

"Cottage" and "Spider's Web"



OUR RELATIONSHIP WITH PEOPLE

THE MELTDOWN



WITHDRAWING INTO FANTASY AND/OR ROLE PLAY AS AN ELABORATE, MENTAL STIM

- Behaviour simulation



PDA AND THE NEED FOR 'FAIR EXCHANGE'

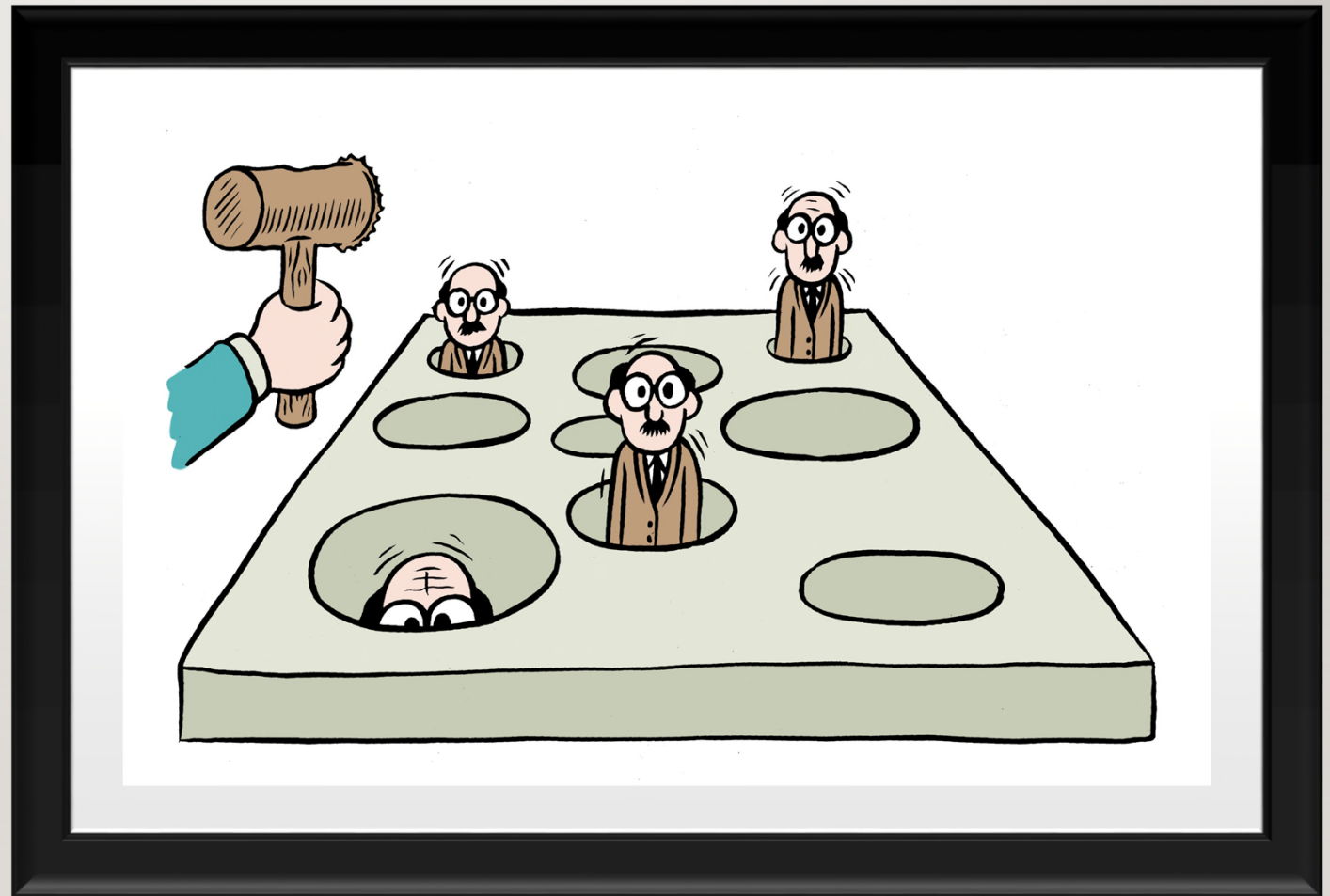
WE NEED TO BE ABLE TO
COLLABORATE

WE CAN COPE BETTER WHEN
WE FEEL ABLE TO EXPERIENCE
A FORM OF 'SHARED
LEARNING'

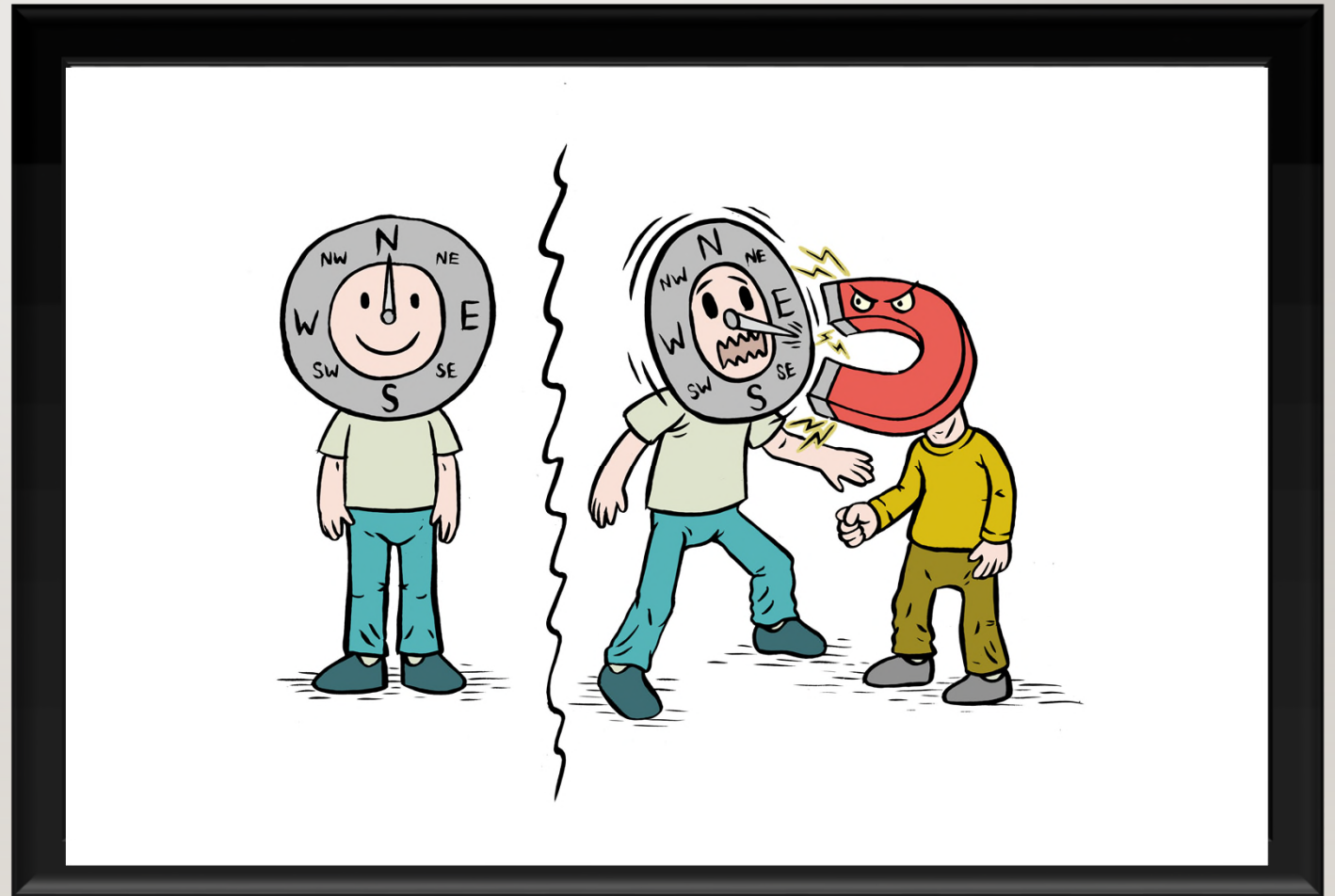
LEVELLING OUT AND
EQUALISATION

THE WAY THE TEACHER
HOLDS THEMSELVES CAN BE
A DEMAND IN ITSELF

WE ARE TRIGGERED BY THE
FACT THE TEACHER IS NOT
WILLING TO SHARE THE ROLE
OF TEACHER



**THE FIRST
STEP IS
TAKING NO
STEP**

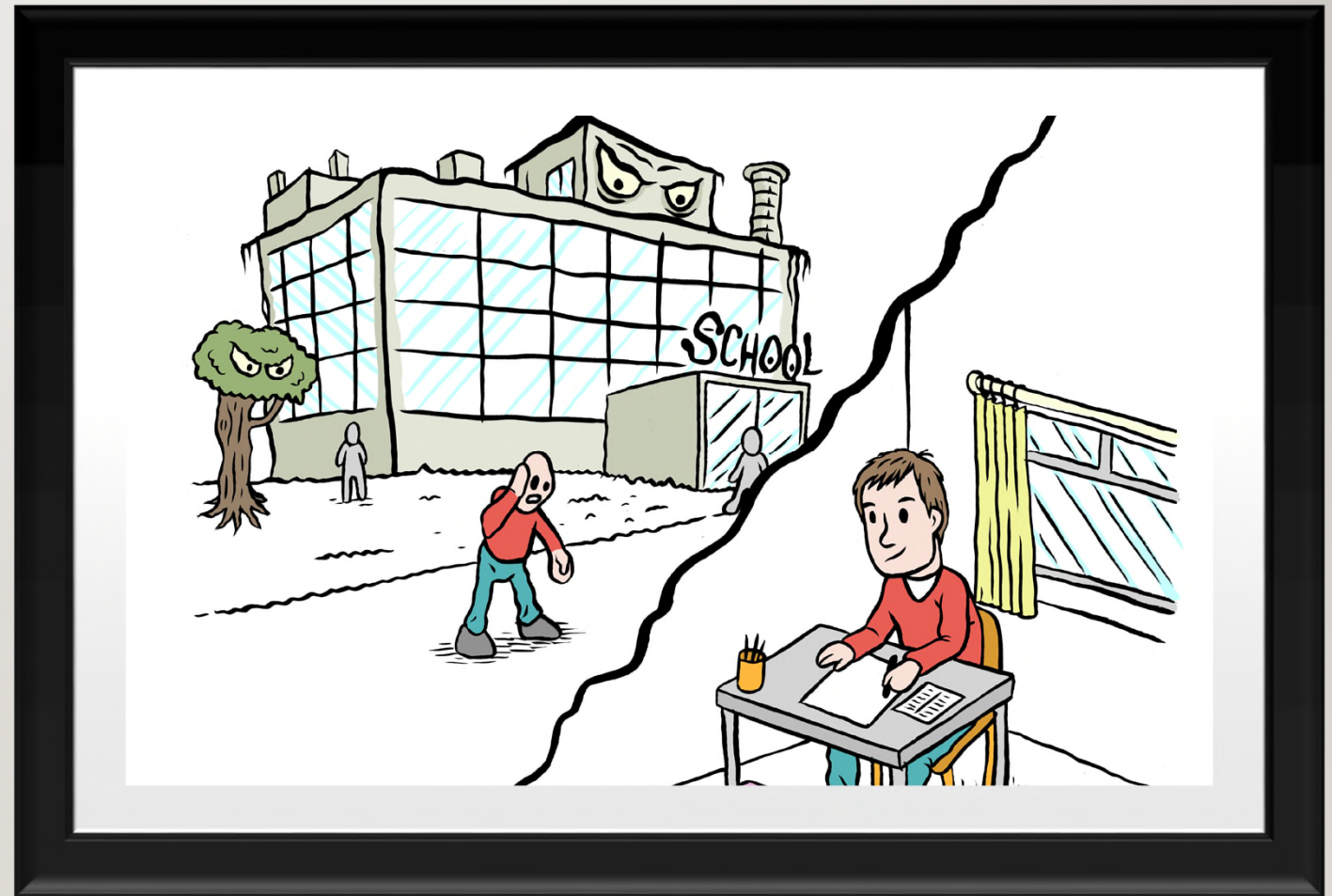


PARENTING - THE NEED
TO PROTECT AND PARENT
BUT ADAPT TO THE
INDIVIDUAL CHILD

SEASONAL HOLIDAYS -
MOMENTS WHEN WE ARE
SOCIALY EXPECTED TO
BE JOYOUS FEELS LIKE WE
ARE BEING FORCED

SCHOOL - IMPLIES
LEARNING BEGINS NOW
AND WILL BE
PRESCRIPTIVELY FED BY
TEACHERS - WE ARE LED
BY OUR NATURAL
CURIOSITY AND LEARN
THROUGH DIRECT
EXPERIENCE

THERAPY - THE PDAER
WILL DERIVE THERAPY
FROM WHAT THEY ARE
DOING AND NOT FROM
WHEN SOMEONE IMPLIES
IT IS TIME TO HEAL



THE IN-BUILT CURRICULUM



THINGS TO REMEMBER WHEN USING PDA STRATEGIES

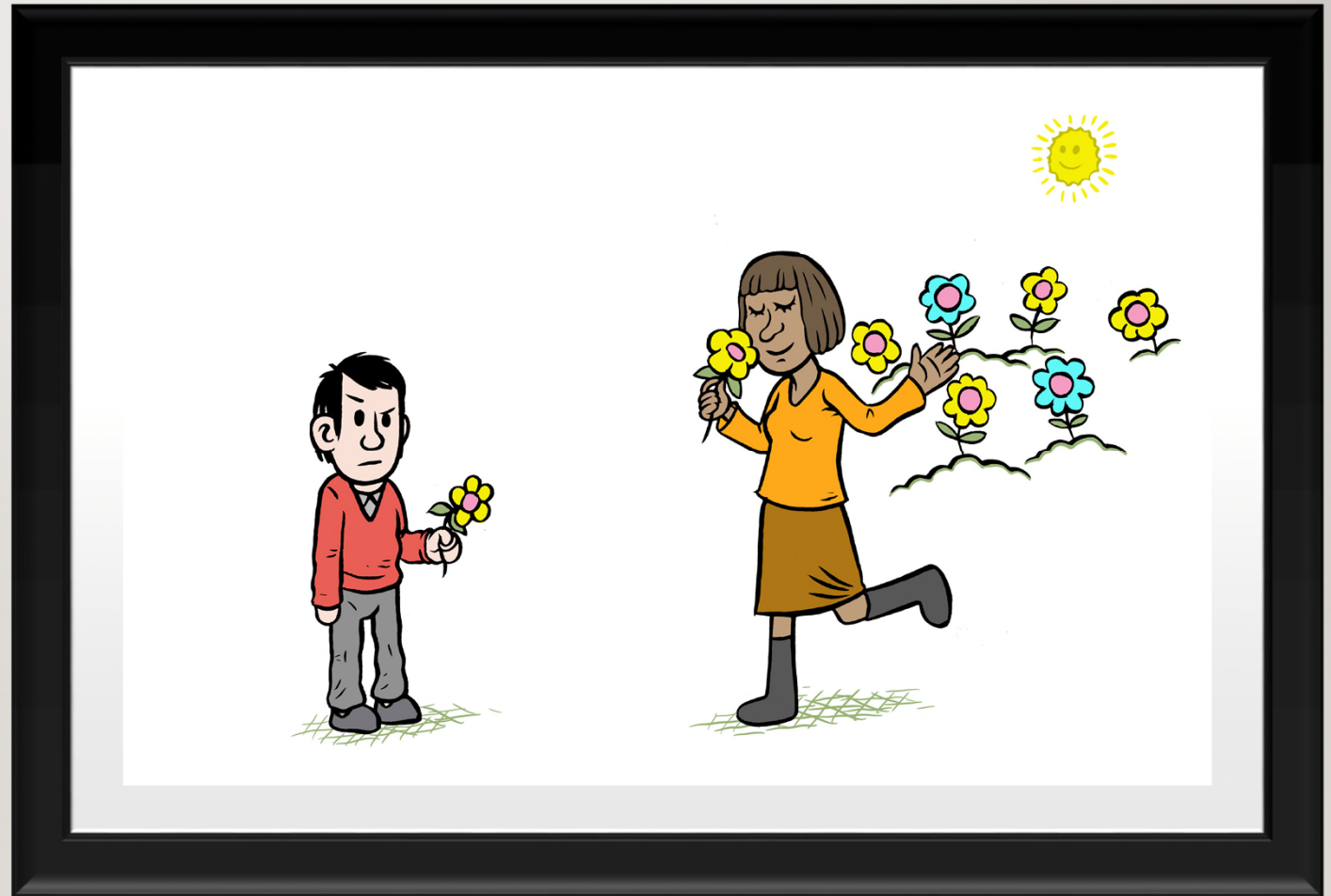
DEVELOP SELF-AWARENESS
THROUGH DEPERSONALISATION

THE PARENT NEEDS TO BE THE
MODEL OF THAT WHICH THEY
WANT THEIR CHILD TO BECOME -
IF YOU WANT YOUR CHILD TO
SHOWER THEN YOU TAKE THE
SHOWER FIRST

INSPIRATION OVER INSTRUCTION

DON'T UNDERESTIMATE OUR
LEVEL OF INTELLIGENCE BY USING
REVERSE PSYCHOLOGY

MICRO TRIGGERS BUILD UP AND
WE HAVE AN INNER TRIGGER
METER

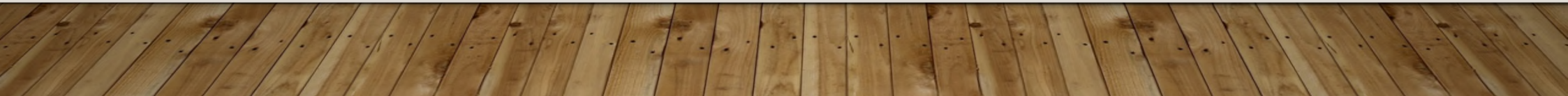


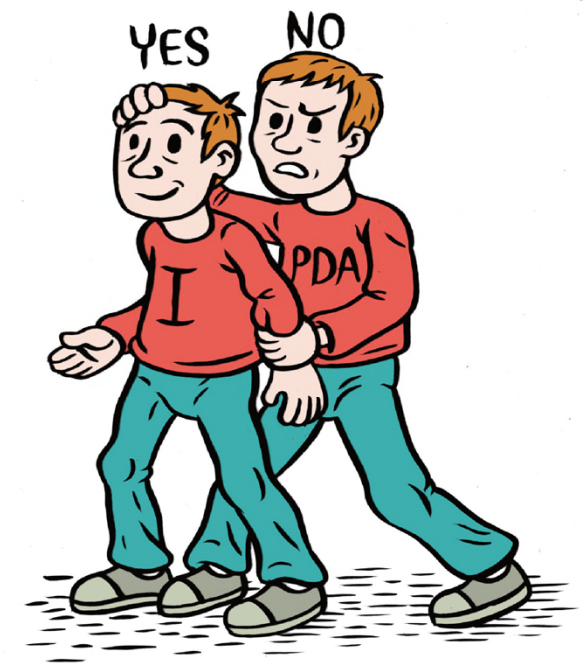
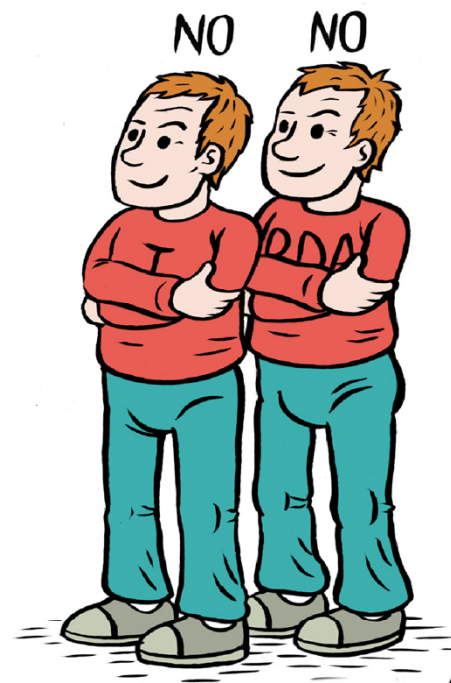
THINGS TO REMEMBER FOR TEACHERS

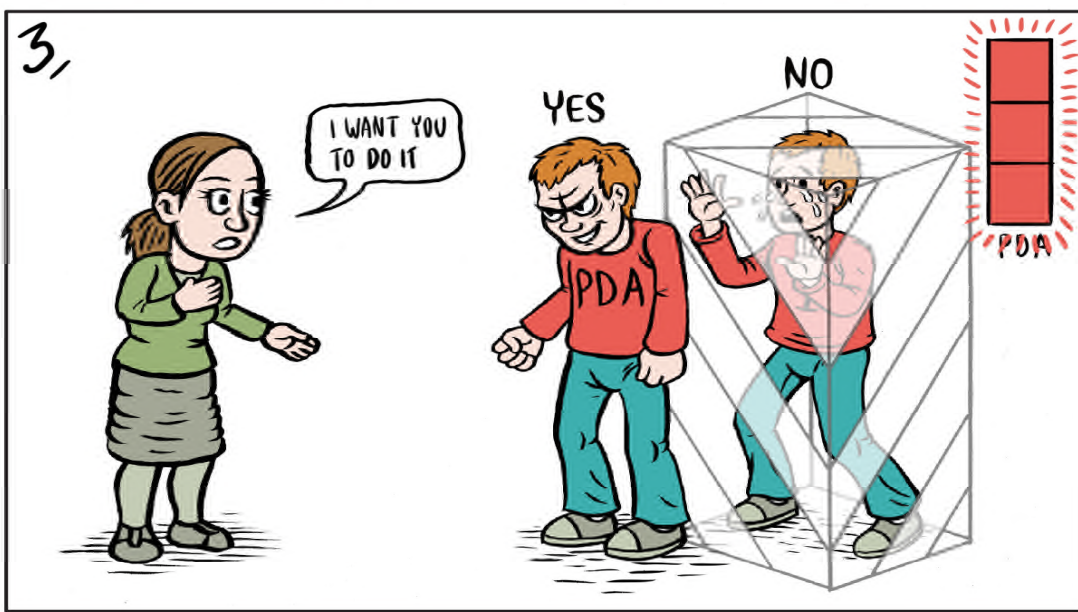
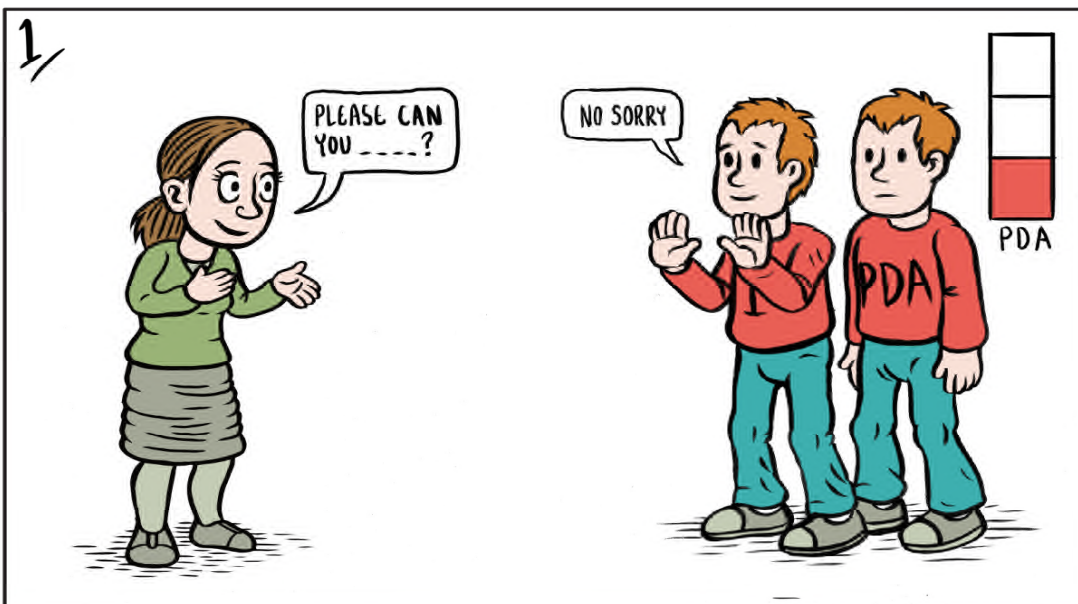
THERE IS ONLY SCHOOL REFUSAL:

- Masking or Withdrawing into Fantasy; if the PDAer masks, they return home and explode
- Being ourselves but at a cost
- Classic School Refusal

THE SCHOOL SYSTEM IS BASED ON REWARD AND PUNISHMENT

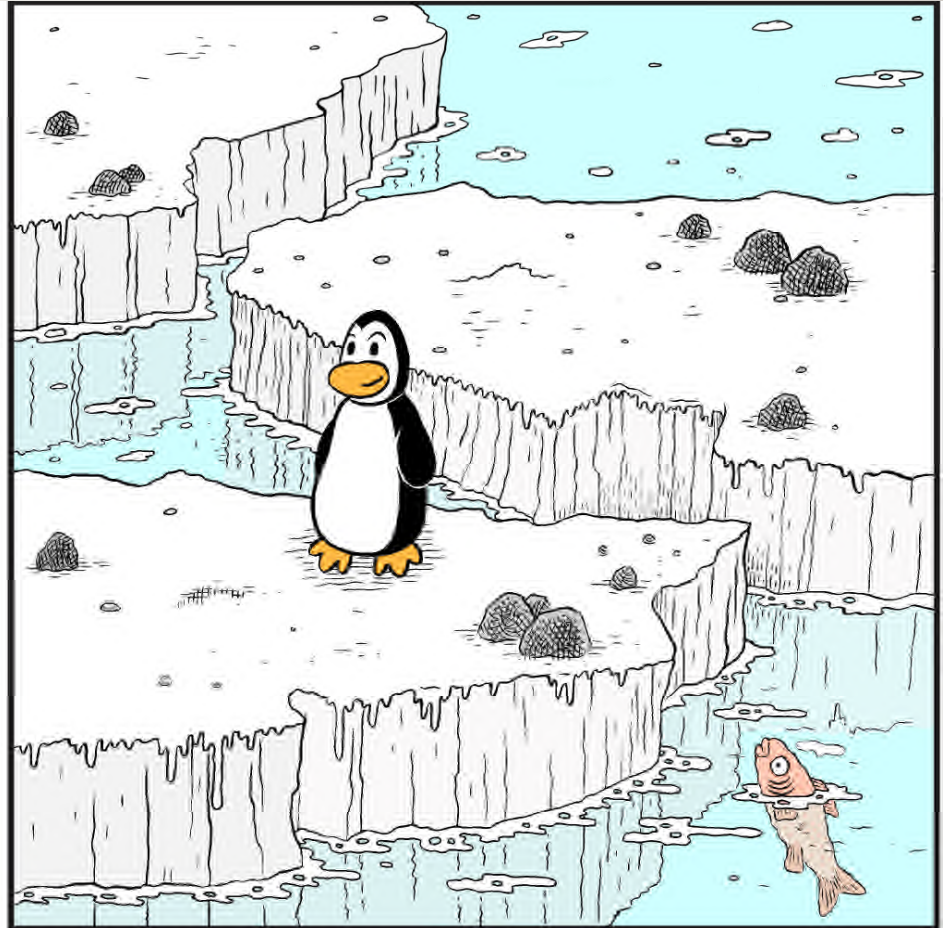
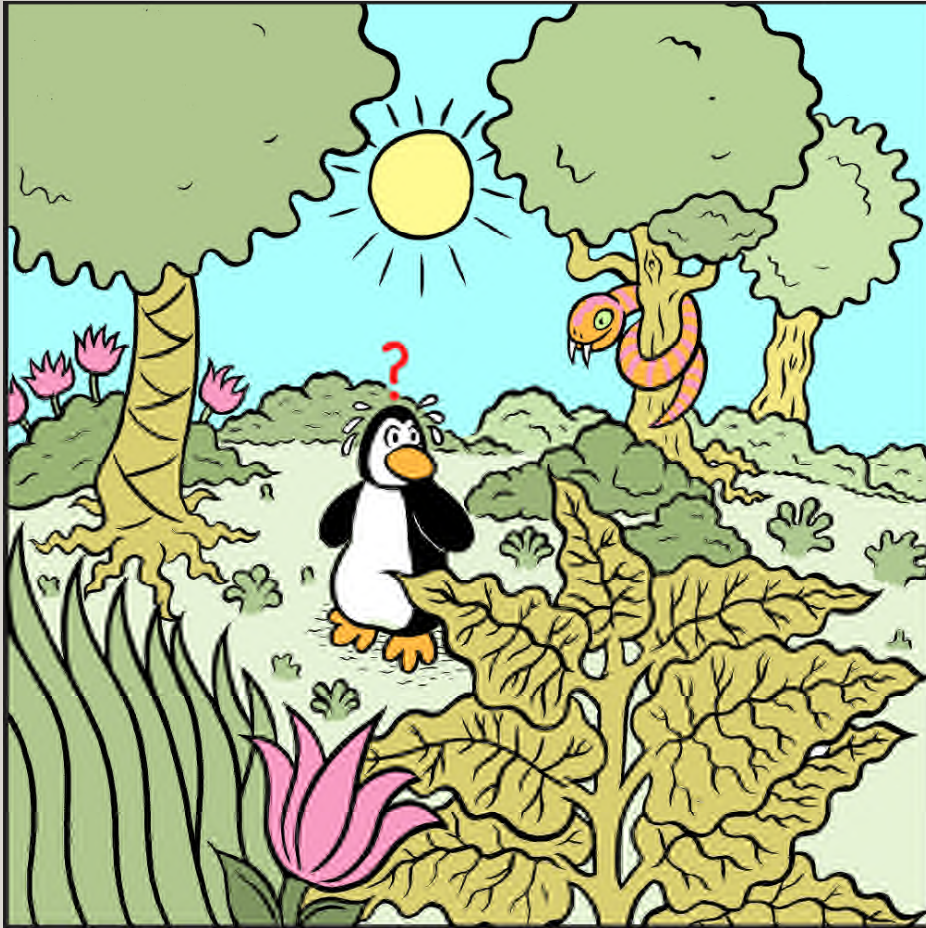




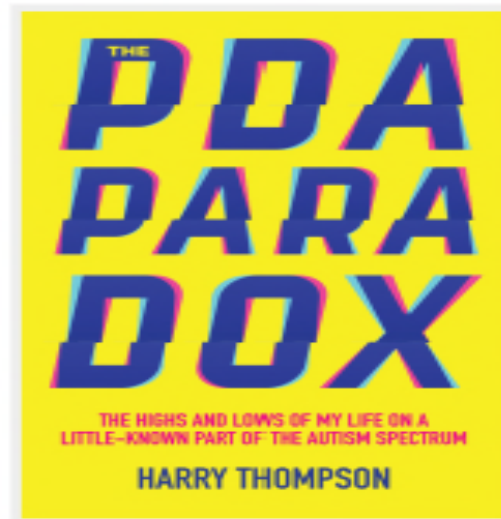




THE NATURAL HABITAT



Time for Q&A with Harry Thompson



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