



Welcome To The 5th PDA Space Summit


26th - 28th April 2024



Your guide to the speakers and their webinars

In this e-book, we provide the name of each speaker, the title of their webinar and a short paragraph of information about the webinar followed by their social media links.


Friday Schedule

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- Chris Bonello:** Conditions PDAers need for learning
 - Christina Keeble:** PDA & Neuroaffirming Teaching Practices
 - Creative Neurodivergent:** Keep Calm, It's only Tourette's!
 - Heidi Brandis:** We're parents of PDA-ers, hear us roar!
 - Kay and Dan Aldred:** Self regulation is vital
 - Libby Hill:** He talks really well, why would he need a speech and language therapy assessment?
 - Neurodiverse Journeys:** Life through the lens of one PDAer
 - Nick Wood Counselling:** Dad's Talk on PDA. Help!!! Where's the Roadmap!!!
 - Sally Cat:** How PDA is hidden
 - Scott Neilson & Laura Helfeld:** Cortisol, the Master Hormone, and its Impacts on Wellbeing & Behaviour
 - Steph Curtis:** PDA in the Family
 - Suzan Issa:** PDA and the nervous system
 - The Sensory Projects:** Using Foundations for Advocacy

Saturday Schedule

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- Amanda Maguire:** Discovering your PDA Identity
 - Clare Truman:** Facilitating Learning for PDAers
 - Dr. Ross Greene:** Why we need to be proactive
 - Heidi Steel/LivePlayLearn:** How Behaviour Impacts Learning
 - Julia Dault:** Behind the Behaviour from an Adult PDAer's perspective
 - Nanny Aut:** Stressed students can't learn
 - Nikki & Luna:** Busting the myths around low demand parenting
 - Paul Stevenson:** Living with Tourette Syndrome and other co-occurring conditions
 - No Pressure PDA:** PDA and Adolescence
 - PDA Dad UK:** Embracing PDA Fatherhood
 - Rebecca A Boy Less Ordinary:** Coping with distressed behaviour - a parent's perspective
 - SENStory:** Managing sensory motor needs and hypermobility for PDA children
 - Tigger Pritchard:** What's behind and beyond the behaviour? Changing our lens

Sunday Schedule

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- Asher Jenner:** Managing Challenges In School
 - Corrina Wood:** SECURE planning for PDA children and young people
 - Effe Purple Bean Autistic Artist:** PDA, Effe's drive for autonomy and advocacy with art
 - Gabriella Russo:** There are no stupid questions
 - Hannah Harris The Autistic Advantage:** Why you are so much more important than you may ever believe
 - Jess Garner:** Barriers in education
 - Helen Autistic Realms:** Monotropism and autistic burnout
 - Iain Girvan & Simon Farnsworth:** PDA - A Dad's Journey
 - Mindjam Dan:** The benefits of gaming and game design with Mindjam Dan
 - NeuroWild:** Shifting Expectations with NeuroWild
 - Nicola Reekie:** Time to challenge your own beliefs and values around behaviour
 - Riko Ryuki:** Why low demand parenting isn't working
 - Rosie Anne:** Healing Complex Trauma within the PDA Community



How to watch the summit

Live via Facebook, the Kajabi app or our website
Recordings will be available for 24 hours from 10am BST each day

If you prefer to pace yourself and watch a few webinars a day, you will need to buy the Back Pocket Pass which will give you access to all of the webinars until we upload next year's Summit.

FREE Weekend Access:
CLICK HERE!

BACK POCKET PASS £49:
CLICK HERE!

Full Transcripts Of All Webinars Available, **PLUS...**
CPD Accreditation!

BACK POCKET PASS Inc CPD
& Full Transcripts £55

All Group Passes **Now Include** Full Transcripts Of All Webinars
and CPD Accreditation

Group of 6 PASSES £255:
CLICK HERE!

Group of 12 PASSES £466:
CLICK HERE!

Please note that the early bird offer ends at midnight BST on the 30th April.

Introducing Friday's Speakers



ALL WEBINARS ARE AVAILABLE FROM 10AM BST FOR 24 HOURS

Chris Bonello: Conditions PDAers need for learning



Christina Keeble: PDA & Neuroaffirming Teaching Practices



Creative Neurodivergent: Keep Calm, It's only Tourette's!



Heidi Brandis: We're parents of PDA-ers, hear us roar!



Kay and Dan Aldred: Self regulation is vital



Libby Hill: He talks really well, why would he need a speech and language therapy assessment?



Neurodiverse Journeys: Life through the lens of one PDAer



Nick Wood Counselling: Dad's Talk on PDA. Help!!! Where's the Roadmap!!!



Sally Cat: How PDA is hidden



Scott Neilson & Laura Hellfeld: Cortisol, the Master Hormone, and its Impacts on Wellbeing & Behaviour



Steph Curtis: PDA in the Family



Suzan Issa: PDA and the nervous system



The Sensory Projects: Using Foundations for Advocacy



Friday 26th April: Behind The Behaviour



Chris Bonnello: Conditions PDAers need for learning

Educational environments are frequently unsuitable for our autistic and PDA young people. It is often perceived that a child is learning if they are within school. However, if they are struggling with their mental health and burnout, they can be in a classroom but won't be learning anything.

Website: chrisbonnello.com



Christina Keeble: PDA & Neuroaffirming Teaching Practices

In this webinar, Christine shares her experiences as both a parent and an educator, sharing her journey as she learned about PDA. She talks about how she had to challenge her training as a teacher and revisit her beliefs about learning and safety in order to support her children as PDAers.

Website: christinakeeble.com



Creative Neurodivergent: Keep Calm, It's only Tourette's!

I hope to not only educate the general public regarding Tourette Syndrome and its links with co-occurring factors such as OCD, Autism and ADHD but to promote the voices of lived experience. I hope that the audience will gain understanding, acceptance and better ideas on how to work with and live with someone trying to manage daily living with TS.

Website: www.youthartconnect.org



Heidi Brandis: We're parents of PDA-ers, hear us roar!

Parenting your creative, witty & determined PDAer is like running a never-ending marathon - without any training! Heidi, parent, former OT, author & support group facilitator, will share practical ideas (that she & her family have learned the hard way) to help you get strong, wise and last the distance.

Email: pdatrainingaustralia@gmail.com



Kay and Dan Aldred: Self regulation is vital

Learn about the importance and benefits of embodiment, nervous system education, regulation and co-regulation in education, space holding, facilitation and care.

Website: www.kaylouisealdred.com



Libby Hill: He talks really well, why would he need a speech and language therapy assessment?

Children and young people with PDA use language and communication skills as part of their avoidance strategies. Their expressive language is often seen as superior to others of the same age and their social understanding appears to be one of their strengths. However, very often all is not what it seems

Website: www.private-speech-therapy.co.uk

Friday 26th April: Behind The Behaviour



Neurodiverse Journeys: Life through the lens of one PDAer

Alice discusses her childhood and adulthood as a PDAer. She covers what demands and meltdowns physically feel like, what she personally finds helpful and how she leans into this Neurotype to support her needs, giving further understanding and insight to family members of PDAers, individuals with this Neurotype and/or professionals who support neurodivergents.

Website: www.neurodiversejourneys.com/



Nick Wood Counselling: Dad's Talk on PDA. Help!!! Where's the Roadmap!!!

Nick will be speaking about his experience as a father of PDA children and the unique challenges faced by Dads. Nick suggests ten 'rules' that he has found helpful, through trial and mostly error! We all learn from mistakes and find our own 'road map' to being a better parent.

Facebook: www.facebook.com/nick.wood.counselling



Sally Cat: How PDA is hidden

An animated tour of the many ways in which PDA is hidden and the surprising diversity of adrenal reactions that fuel PDA people's frequently bizaare or over-the-top seeming behaviours.

Sally's presentation is based on the second and third chapters of a book, entitled Hidden PDA, which she's co-writing with No Pressure PDA.

Website: sallycatpda.co.uk



Scott Neilson & Laura Hellfeld: Cortisol, the Master Hormone, and its Impacts on Wellbeing & Behaviour

Emotional well-being and self-care tasks like eating and sleeping are at the top of concerns for our young people. Laura and Scott will discuss how these concerns are interconnected via hormones and the nervous system. From there, they will discuss in-the-moment and ongoing supports for our young people.

Laura's Website: laurahellfeld.co.uk

Scott's Website: autisticallyscott.uk



Steph Curtis: PDA in the Family

Steph shares her family's experience of the Lightbulb Moment and why and how the Pathological Demand Avoidance characteristics described their daughter better than the more general autism diagnosis. She goes on to explain approaches her family has used to live happily with PDA.

Website: www.stephstwegirls.co.uk

Friday 26th April: Behind The Behaviour



Suzan Issa: PDA and the nervous system

PDA and the nervous system This talk will provide clarity on the role of the nervous system in demand avoidance. Also, why Pathological Demand Avoidance has developed the reputation of being an anxiety disorder and what the popular rebranding 'Persistent Demand for Autonomy' really means.

Website: raisingawildchild.co.uk



The Sensory Projects: Using Foundations for Advocacy

As we advocate for better provision for neurodivergent people, we can find ourselves repeating the same arguments time and time again. Often people have different foundations to their understanding of neurodivergent people. Being able to identify, and advocate to change, these foundations can be a powerful way of advocating for better provision.

Website: www.TheSensoryProjects.co.uk

Introducing Saturday's Speakers



ALL WEBINARS ARE AVAILABLE FROM 10AM BST FOR 24 HOURS

Amanda Maguire: Discovering your PDA Identity



Clare Truman: Facilitating Learning for PDAers



Dr. Ross Greene: Why we need to be proactive



Heidi Steel/LivePlayLearn: How Behaviour Impacts Learning



Julia Daunt: Behind the Behaviour from an Adult PDAer's perspective



Nanny Aut: Stressed students can't learn



Nikki & Luna: Busting the myths around low demand parenting



No Pressure PDA: PDA and Adolescence



Paul Stevenson: Living with Tourette Syndrome and other co-occurring conditions



PDA Dad UK: Embracing PDA Fatherhood



Rebecca A Boy Less Ordinary: Coping with distressed behaviour - a parent's perspective



SENStory: Managing sensory motor needs and hypermobility for PDA children



Tigger Pritchard: What's behind and beyond the behaviour?
Changing our lens



Saturday 27th April: Understanding The Behaviour



Amanda Maguire - Neurodiverse Adventures: Discovering your PDA Identity

Considering PDA as an Identity and how it helps validate acceptance from within, how values and beliefs affect attitudes; how you treat others and approach situations ultimately shows in behaviours. Neurobiology in acceptance and self-advocacy to thrive rather than survive, in a world that needs to know more about PDA.

Website: www.neurodiverseadventures.com



Clare Truman: Facilitating Learning for PDAers

This webinar introduces the approaches that I use when working with PDA children and young people, facilitating their learning. Covering interest-led learning, maximising options, aiming for the right goals and saying "Yes", it will help you meet the needs of PDA learners in a range of settings including at home.

Website: spectrumspace.co.uk



Dr Ross Greene: Why we need to be proactive

Dr Greene explains why we need to look before we leap into punishing our children and young people. Research suggests that children lacking skills to regulate and manage their behaviour need parental support to learn skills & to understand capacity: a collaborative approach that considers flexibility, emotional regulation and frustration.

Website: livesinthebalance.org



Heidi Steel/LivePlayLearn: How Behaviour Impacts Learning

How Behaviour Impacts Learning will share real life stories and insights that will encourage you to keep prioritising your child's mental health and wellbeing whilst also showing you how this impacts their learning for the better

Website: liveplaylearn.org



Julia Daunt: Behind the Behaviour from an Adult PDAer's Perspective

In her webinar, Julia shares some of the challenges of getting support for her PDA as a hidden disability, compared to the ease with which she is offered support for her physical disabilities that can be seen, and some of the strategies she uses to prepare when meeting professionals

Website: memyselfandpda.com



Nanny Aut: Stressed students can't learn

This talk looks at the reasons why stressed students can't learn and common stressors in the classroom that many schools aren't aware of.

We look at how Panic Monkey and Dino Brain - the defensive duo of the limbic system interfere with the Air-Traffic Contoller - our logic centre, the central cortex, when we are anxious or under threat.

Website: www.inside-aut.com

Saturday 27th April: Understanding The Behaviour



Nikki & Luna: Busting the myths around low demand parenting

Nikki busts myths around what low demand parenting really is. We discuss how low demand parenting does include boundaries, non-negotiables, and what scaffolding is needed to support our young people to set them up to achieve. One of the reasonable adjustments Nikki's family make is welcoming Luna, the trainee therapy dog.



No Pressure PDA: PDA and Adolescence

My presentation is touching on some of the main struggles around parenting PDA in the adolescent age (11-19) especially for those families who are late diagnosed. I try to give a picture of realistic expectations for applying PDA-supportive methods in this unique age range.

Website: www.nopressurepda.com



Paul Stevenson: Living with Tourette Syndrome and other co-occurring conditions

In this webinar, Paul shares his first-hand experience of the intricacies and nuances of living with Tourette syndrome and other co-occurring conditions. He provides empathetic and tailored guidance, offering insights that stem from personal encounters and a deep understanding of the experiences faced by individuals within the ND community.

LinkedIn: linkedin.com/in/paul-stevenson



PDA Dad UK: Embracing PDA Fatherhood

Aimed at all parents and carers, especially males, as a father to a PDAer. I go through the lessons I've learned to improve the life of my family and my PDA daughter, ADHD son, and neurodivergent wife. PDA is not a "problem to solve".

Website: pdadaduk.wixsite.com/pdadaduk



Rebecca A Boy Less Ordinary: Coping with distressed behaviour - a parent's perspective

I'll be speaking openly and honestly about how to navigate distressed behaviour in your PDAer, and how to cope kindly and compassionately as a family. I'll give practical examples of what parents can do help 'in the moment', as well as looking at triggers and de-escalation techniques.

Website: www.aboylessordinary.com



SENStory: Managing sensory motor needs and hypermobility for PDA children

Award winning Children's Physio, Jo McMeechan, shares her expert knowledge about supporting physical needs including hypermobility and sensory motor disorders for Neurodivergent children. Jo is Mum to Autistic, PDA, ADHD children with barriers to attendance. She and her team are SEN Parents, specialising in Neurodivergence and barriers to attendance.

Website: www.senstorygroup.com



Tigger Pritchard: What's behind and beyond the behaviour? Changing our lens

In this webinar, Tigger looks at the lens we are given to look at behaviour and what is forced upon us, what gets in the way and what we can do to change that lens. He talks about the benefits this will bring shares sources of further resources on his website.

Website: www.tiggertraining.com

Introducing Sunday's Speakers



ALL WEBINARS ARE AVAILABLE FROM 10AM BST FOR 24 HOURS

Asher Jenner: Managing Challenges In School



Corrina Wood: SECURE planning for PDA children and young people



Effie Purple Bean Autistic Artist: PDA, Effie's drive for autonomy and advocacy with art



Gabriella Russo: There are no stupid questions



Hannah Harris The Autistic Advantage: Why you are so much more important than you may ever believe



Jess Garner: Barriers in education



Helen Autistic Realms: Monotropism and autistic burnout



Iain Girvan & Simon Farnsworth: PDA - A Dad's Journey



MindJam Dan: The benefits of gaming and game design with MindJam Dan



NeuroWild: Shifting Expectations with NeuroWild



Nicola Reekie: Time to challenge your own beliefs and values around behaviour



Riko Ryuki: Why low demand parenting isn't working



Rosie Anne: Healing Complex Trauma within the PDA Community



Sunday 28th April: Seeing Beyond The Behaviour



Asher Jenner: Managing Challenges In School

Mistakes made and solutions suggested based on my recent personal experience as a PDAer in a mainstream school who just did not understand me at all. No massive budgets necessary for my suggestions for inclusion and understanding either!

Instagram: [instagram.com/ash_pdadancer/](https://www.instagram.com/ash_pdadancer/)



Corrina Wood: SECURE planning for PDA children and young people

PDAers and highly anxious children have one thing in common – the need to feel safe. This is often the biggest barrier to accessing services. The SECURE planning tool offers a framework that can providing a unique profile of your child's safety needs to share with education and other settings.

Website: [platypustraining.org](https://www.platypustraining.org)



Effie Purple Bean Autistic Artist: PDA, Effie's drive for autonomy and advocacy with art

In their webinar Effie explores being an artist who lost the use of their dominant hand 3/4yrs ago due to a 11hr brain surgery gone wrong and surgical meningitis. They explore autistic determination and how advocates can be artists and advocate in many different ways. They explore their own determination and precious agency in re learning to heal and draw against all the odds. They also beat facial palsy against all the odds and went onto survive and thrive when not expected to. Effie talks about PDA as a sacred drive for autonomy that has often helped them.

Facebook: www.facebook.com/EffiePurpleBeanArt



Gabriella Russo: There are no stupid questions

Caring for PDA children can involve navigating EOTAS and other support packages, which can be overwhelming! Parents/Carers often feel less authoritative than professionals. We will look at the vital safeguarding questions you need to ask, and how to get the safest and best outcomes for your children - because there are NO stupid questions!

Website: [gabriellarusso.co.uk](https://www.gabriellarusso.co.uk)



Hannah Harris The Autistic Advantage: Why you are so much more important than you may ever believe

This session is about forming positive relationships and strategies for developing relationships and understanding for PDA'ers. Why we need to invest in relationships where that PDA'er is right now . Immediately usable. I will explain why some of the usual ways that can be used at school and at home just don't work.

Website: www.theautisticadvantage.com

Sunday 28th April: Seeing Beyond The Behaviour



Jess Garner: Barriers in education

Barriers to school attendance, monotropism and autistic burnout:
Understanding and critiquing the context:
Attendance - current and historic situation;
Barriers to school attendance;
Current approaches to attendance barriers;
Shifting paradigms.

Jess's Website: www.gr0ve.org



Helen Autistic Realms: Monotropism and autistic burnout

Barriers to school attendance, monotropism and autistic burnout:
How we can move forward:
Reframing autism: Monotropism
Autistic burnout
How can we support at home?
How can we support at school?
What are the alternatives?

Helen's Website: autisticrealms.com



Iain Girvan & Simon Farnsworth: PDA - a Dads journey

The video is a conversation between two Dad's of PDA kids. It focuses on our journeys, experiences, and the supports we would have liked during our journeys to get our sons diagnosed. It will provide insight into gaps in the system and the need for supports that work for dads.

Website: autsupport.nz



MindJam Dan: The benefits of gaming and game design with MindJam Dan

Dan discusses the benefits of gaming for young people, emphasizing mentorship and connection, memory, decision-making, and real-life skills that create a sense of community and a strong connection between gamers and game creators, especially in indie games; factors which create a safe space, for young people to express themselves.

Website: www.mindjam.org.uk



NeuroWild: Shifting Expectations with NeuroWild

This webinar is for any adults working or living with Autistic people, especially parents, teachers, and allied health professionals. Em helps you build a strong foundation in understanding and supporting your Autistic kids, with foundation knowledge and her NeuroWild Shift: a simple three-step approach for supporting neurodivergent kids with fluctuating capacity.

Instagram: www.instagram.com/neurowild/

Sunday 28th April: Seeing Beyond The Behaviour



Nicola Reekie: Time to challenge your own beliefs and values around behaviour

In this webinar, Nicola will be exploring the mindset and lens changes that parents need to make when looking at behaviour. We need to question our beliefs and values. A lot of the work is internal. Until we can make the internal shift, change will be slow.

Website: www.thepdaspace.com



Riko: Why low demand parenting isn't working

In this webinar, Riko shares some low demand techniques for building skills they use to support their family such as body doubling. They discuss why their household has non-negotiables, rather than 'no rules' and why low demand may appear to create a dysregulated young person.

Website: dragonriko.wordpress.com



Rosie Anne: Healing Complex Trauma within the PDA Community

As a member of the PDA community, Rosie will be documenting her findings on the impact of complex trauma (CPTSD) and lighting the path towards healing she has found for herself and wishes to share with others.

Website: www.wayfindingwithrosie.com



As the founder of The PDA Space, I would like to take this opportunity to say a big **thank you to all the amazing speakers** who contributed to make this the best summit so far.

I'd also like to thank every single one of you who has watched one or more of the webinars. Without you, there would be no PDA Space Summit.

I love reading your comments and feedback; please continue to do so. It is really helpful for speakers to know how their efforts have helped you.

You are welcome to do this either via the app, Facebook or email to admin@thepdaspace.com

Your feedback is gratefully appreciated anytime over the coming year.

I also want to thank and acknowledge all that have helped behind the scenes including very part-time team members **Karen Goodson, Helen Autistic Realms, Kate Whitley, Sarah Thrower,** and **Desiree Ladisla.**

As a diverse team, we have all worked to our strengths and supported each other. Everyone has been willing to go above and beyond to make this the best summit so far.

And thank you to everyone else who has put huge amounts of energy into this, sharing my passion and who have been dedicated to creating this amazing summit.

There is no way I would be able to create this summit without support due to my own neurodivergent needs.

Nicola Reekie



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