



This one day course aims to improve the understanding of PDA for parents, teachers or other professionals living or working with children or young people who have a diagnosis or suspected as having PDA. It offers simple but effective strategies to help reduce anxiety, recognising triggers to meltdowns and building self esteem leading to happier outcomes for everyone.

It is a pre-requisite that all members of the Side by Side team are either a parent, have close family members or have the conditions themselves as we believe this gives a unique and essential depth of knowledge and understanding.

The training is written and delivered by Karen Whichello, a mother of a young person with this condition. Prior to joining Side by Side Karen worked within a specialist autism school supporting children in the classroom with behaviour difficulties specialising in PDA and autistic spectrum disorders. She is also the co-writer of the article published in the 'The Good Schools Guide' on Pathological Demand Avoidance.

I went on Karen's one day training course and I am so very glad I did. I gained so much knowledge about PDA which fit so exactly with my experience of my 5 year old daughter that that in itself felt incredibly supportive as I knew that I was not alone and that there were many ways to support and help her – and me - and that in itself has made more difference to my life than I can express in words. The insight into PDA also made me more empathetic and instantly calmer (thought I have to work on this daily!) and the knowledge I gained, along with a discussion with another Mum in the break enabled me to go from her not sleeping until midnight with me in her room to her falling asleep on her own in her room in less than a week. Three months later, I am still processing the information, practicing the skills and going back to my notes again and again, and I am finding this very supportive and helpful. My daughter's father has just done the course also and the difference I have seen in his response to her when she becomes angry and overwhelmed is incredible. He remains calm and diffuses a situation which might have previously escalated. I am so very grateful for Side by Side and to Karen. She is a fantastic role model, having been through it all herself, and a great trainer, ensuring she gets through the important material whilst adapting to the needs of the group. I urge any parent who thinks their child might have PDA to go on the course – it is a tiny investment for a huge reward. Thank you Side by Side!

The course is delivered as a small group session giving the opportunity for



questions and discussion of the problems currently being faced. The course covers the following key areas:

- **What defines PDA**
- **Understanding the key diagnostic criteria and other related characteristics**
- **How PDA differs from other autistic spectrum disorders and Oppositional Defiance Disorder**
- **Teaching emotional intelligence to help reduce anxiety**
- **Effective communication enabling co-operation including dealing with behaviour that challenges**
- **Strategies to improve learning and behaviours**

Next available course date(s):

9th March 2018

Bristol

10.00 am – 4.00 pm

£95 per person

16th March 2018

Surrey

10.00 am – 4.00 pm

£95 per person

27th April 2018

Central London

10.00 am – 4.00 pm

£95 per person

The fee includes the workshop, a hard copy of the presentation to take away, lunch and all refreshments. You will also meet like-minded people you can share ideas with and contact details if you wish.

We are also able to offer either in-house training or INSET day training across the UK.

For more information or to book please visit;

www.sidebysidecoaching.co.uk/booking/

or contact Karen Whichello directly on;



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