

# Autism Associates



## PDA TRAINING AND CONSULTANCY

**Phil Christie** and **Ruth Fidler** have extensive experience of working with children and young people with PDA in clinical, research and educational contexts. After many years working within specialist educational and diagnostic teams, Phil and Ruth now work independently and as part of **Autism Associates**.

**Phil Christie** is a Consultant Child Psychologist with experience of diagnosis and assessment of children across the spectrum as well as having been Director of an autism specific school and children's services for 30 years. He has a background in research, training and publications, with a recent emphasis on those with a diagnosis of Pathological Demand Avoidance syndrome.

**Ruth Fidler** is an Education Consultant with over 20 years experience of teaching in an all-age provision for children across the autism spectrum, including experience of working at a leadership level developing good autism practice to meet the needs of an increasingly complex pupil profile. She has a specialism in PDA, interactive approaches and emotional well-being.

For many years Phil and Ruth have worked together to develop training materials for parents and professionals working in a range of contexts with children and young people with PDA. They present at major national conferences and provide inset for a range of organisations including mainstream and specialist schools, local authority specialist teams, multi-agency groups and CAMHS services. They have also published books on PDA for teachers, parents, professionals and for young people themselves.

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**Courses, training sessions and conference presentations** are individually tailored to the needs of the organisation but typically include:

- Understanding the distinctive diagnostic profile of PDA
- Latest developments in research and clinical developments
- Educational provision for pupils with PDA
- Strategies for supporting children and young people with PDA
- Supporting staff to work effectively
- Promoting emotional wellbeing and resilience
- Support needs of families
- Perspectives of children and young people with PDA

### **Comments from previous events:**

*Head teacher:* "I've attended so many courses over my career but this one has provided me with insight and inspiration that stands out above the others"

*Educational Psychologist:* "The training was thorough, relevant, and well presented."

*Teacher:* "The delegate pack was really helpful not just for the day but will be really useful when I am back at school."

*Parent:* "The trainers were approachable and knowledgeable. It was fantastic to hear a positive approach to working with children like mine. I only wish we could have had more time."

*Senco:* "It was inspirational to listen to professionals who really understand this group of complex pupils."

### **Consultancy:**

Often as a follow on to training or individual assessments requested by a setting, specific advice can be given in supporting individual children and young people.

### **Publications:**

Understanding PDA in Children. A guide for parents, teachers and other professionals. Jessica Kingsley Publishers (2011). **P Christie**, M Duncan, Z Healy, **R Fidler**

Can I Tell You About PDA? A guide for friends, family and professionals. Jessica Kingsley Publishers (2015). **R Fidler** and **P Christie**

Development of the 'Extreme Demand Avoidance Questionnaire' (EDA-Q); a purpose-built trait measure for Pathological Demand Avoidance. Journal of Child Psychology and Psychiatry E O'Nions, **P Christie**, J Gould, E Viding, F Happe (2013)

The Distinctive Clinical and Educational Needs of Children with Pathological Demand Avoidance Syndrome: Guidelines for Good Practice. **P Christie** (2012)  
[www.aetraininghubs.org.uk/national-autism-standards](http://www.aetraininghubs.org.uk/national-autism-standards)