

Resources and Service Providers for PDA: “Pathological” Demand Avoidance aka “Pervasive Drive for Autonomy”

GENERAL RESOURCES:

Tanya Adkin and David Gray-Hammond. [Creating Autistic Suffering: What is Atypical Burnout? - Emergent Divergence](#) From Emergent Divergence: Neuroqueerness, Autistic and Neurodivergent Experience.

At Peace Parents: <https://www.atpeaceparents.com>

Christie, Duncan, et al., [Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals \(Audible Audio Edition\)](#)

[Kristy Forbes](#) - virtual education and resources.

Diane Gould - PDA North America: [PDA North America](#)

Happy Medium Coaching: <https://www.happymediumapproach.com/coachingparents>

Donna Henderson Podcasts: Unlocking the Secrets of PDA

1- [Unlocking the Secrets of PDA with Donna Henderson - Aspergers Studio](#)

2- The Neurodiversity Podcast: [Episode 216: Challenging What We Know About Autism and PDA](#)

Hive Parents - Lindsay Flanigan, Parent Coach [Home \(hiveparents.com\)](https://hiveparents.com)

Journeys with PDA: [Journeys With PDA - Educational Consultant, Coaching, Support Group](#)

National Autistic Society, [Volume 25, Issue 8](#)

[Pathological demand avoidance in children and adolescents: A systematic review - Arvid N Kildahl, Sissel B Helverschou, Anne L Rysstad, Elisabeth Wigaard, Jane MA Hellerud, Linn B Ludvigsen, Patricia Howlin, 2021](#)

Megan Anna Neff– [What's the Difference Between PDA and Demand Avoidance? - Neurodivergent Insights](#)

The Neurodiversity Podcast: [Episode 270: Is It PDA? Demand Avoidance in the Context of Autism — The Neurodiversity Podcast](#)

Parent Contact Support-Britain-: (Has parent forum for communication and information).
[Pathological Demand Avoidance | Information & support | Contact](#)

PDA Parents - Website with info and resources [HOME | PDA Parents](#)

PDA Society- UK [PDA Society](#)

Video explaining PDA:

https://www.youtube.com/watch?v=CCsfKxyuH1I&ab_channel=PDA Society

Resources for Teens and Adults:

<https://www.pdasociety.org.uk/life-with-pda-menu/pda-teens/>

PDA Space: [The PDA space](#)

PDA Mama Bear: [PDA Mama Bear](#) Website with resources and blog.

Sally Cat's PDA Page- information, memes and informal self-assessment: [Sally Cat's PDA Page](#)

[Tilt Parenting Roadmap](#)

Harry Thompson's YOU TUBE VLOGS -

https://www.youtube.com/results?search_query=harry+thompson+pda

BOOKS:

- Sally Cat: Book- **PDA by PDA-ers:**
- Amanda Diekman - Low Demand Parenting - [Amanda Diekman](#)
- Harry Thompson - **The PDA Paradox: The Highs and Lows of My Life On A Little-Known Part of the Autism Spectrum.**

- **Murphy, Linda K. (2020) Declarative Language Handbook - <https://www.declarativelanguage.com/about-declarative-language-handbook>**
- **"We Got This" by Eliza Hull**
- **"Parenting for Humans" by Dr. Emma Svanberg**
- **"Sitting Pretty" by Rebecca Taussig**
- **"Untigering: Peaceful Parenting for the Deconstructing Tiger Parent"**
- **"Burnout: The Secret to Unlocking the Stress Cycle" and "The Burnout Workbook" by Amelia Nagoski**
- **"Connections Over Compliance: Rewiring Our Perceptions of Discipline" by Lori L Desautels**

LOCAL SERVICE PROVIDERS:

PDA North America Provider List: [PDA-Affirming Providers](#)

PDA Positive Provider List:  **PDA Positive Providers USA**

Activation Psychology: Christina Aegerter, PsyD - [Christina Aegerter](#)

Therapy and Assessments for ND population. Experienced with "PDA" profiles. Takes **Kaiser and Medicaid**

Elevated Insights Assessments - Denver [Elevated Insights](#)

Eclipse Therapy LLC - Littleton (Rosalie Pendergast) understand complex trauma and the interplay with autism [Eclipse Therapy](#)

Gather and Grow Services [Gather and Grow Therapy](#) Speech Tx, OT, PT, Mental Health Counseling and Career Development services birth through adulthood. Summer Camps, Groups, Social Skills **Takes Medicaid**

Link Talent - Liz Green, OTR 720-432-7279 [Solutions — Link OT, LLC](#) Occupational Therapy, Employment coaching and Speech Tx (including adults).Executive Function Coaching. Feeding Issues. PDA coaching. Trainings (Neurodiver). **Takes Medicaid, DVR vendor**

Amanda N'zi, PhD. Growing Together Child and Family Therapy. Sees children 12 and under. 303-876-7692 info@growingtogethertherapy.com www.growingtogethertherapy.com

Thrive Autism Coaching [Thrive Autism Coaching](#) Coaching for executive functioning

skills, social skills, employment, relationships, parenting, homeschooling

Heather Whittall, PHD [Boulder Valley Psychotherapy](#) Individual Therapy, Group Therapy, Dungeons and Dragons Social groups

Wolff Child Psychology www.wolffchildpsychology.com Offers a range of services including individual & family therapy, consultation, and executive function coaching and tutoring. **Takes Medicaid**

Facebook Groups:

- Sally Cat PDA- information, memes and informal self-assessment:
<https://www.facebook.com/SallyCatPDA/>
- PDA Families of Colorado - Parent-only FB Group