

RECOGNITION OF PDA IN AUSTRALIA

- ✓ government
- ✓ lived experience
- ✓ research
- ✓ books
- ✓ training
- ✓ therapy
- ✓ social media
- ✓ national conference



RECOGNITION OF PDA IN AUSTRALIA

Pathological Demand Avoidance or 'PDA', an atypical profile of autism and neurodevelopmental condition, was officially recognised by the Australian Federal Government in the National Autism Strategy (2025–2031). It has been recognised by Australian families for many years and by professionals and families in the UK since the 1980's (www.pdasociety.org.uk) & more recently in Australia in myriad healthcare and education settings.

PDA presents unique issues, requiring specialised approaches and supports. It is currently widely misunderstood and frequently misdiagnosed, with PDAers consequently inadequately supported. PDA is often described as an overwhelming, anxiety-based need for autonomy and equity, resulting in extreme avoidance of, and resistance to, the everyday demands and expectations of life (at home/school/community). Traditional behavioural strategies (the use of rewards, punishments, consequences) used in parenting, teaching and 'treating' PDAers, are both ineffective & contraindicated, since they are frequently harmful to mental health, functional capacity and family dynamics. An inappropriately supported, or unsupported, PDAer may be completely unable to participate in community life, including school, social, sport, art, music, or other age-typical, community-based activities, causing further isolation & exclusion, which extends to their families & support systems.

The following document highlights the **rapidly growing recognition of PDA as a profile of autism in Australia**, including by the federal government & WA/SA governments; informed by lived experience, academic research, clinical experience, resources, books, training and education; on social media; and most notably, with the highly successful delivery of the Inaugural PDA Conference Australia held in Perth, WA in November 2025 with over 750 in-person attendees and 500 virtual attendees via recordings.

GOVERNMENT – Federal

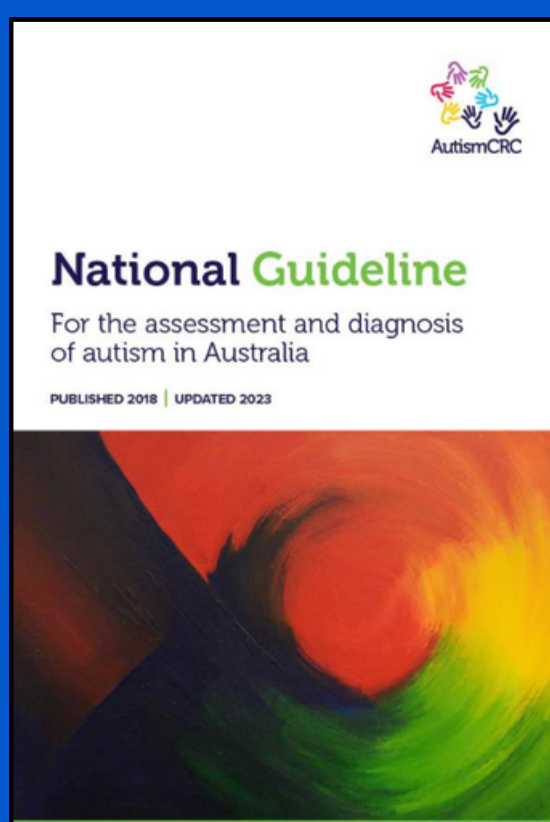


NATIONAL AUTISM STRATEGY (NAS) 2025 – 2031

www.dss.gov.au/system/files/documents/2025-01/dss-nasstrategyfinalv3.pdf

The first-ever National Autism Strategy was announced in January 2025 by the Australian Federal Minister for Social Services & NDIS, and defines PDA as: **“a profile or subtype of autism”** that is **“considered significantly impactful”** p49. The NAS also states that “key themes emerging from the consultation process include... **ensuring adequate support** for people with a Pathological Demand Avoidance (PDA) profile” p56.

...PDA IS officially recognised by the Australian Federal Government!!



AUTISM CO-OPERATIVE RESEARCH CENTRE (CRC)

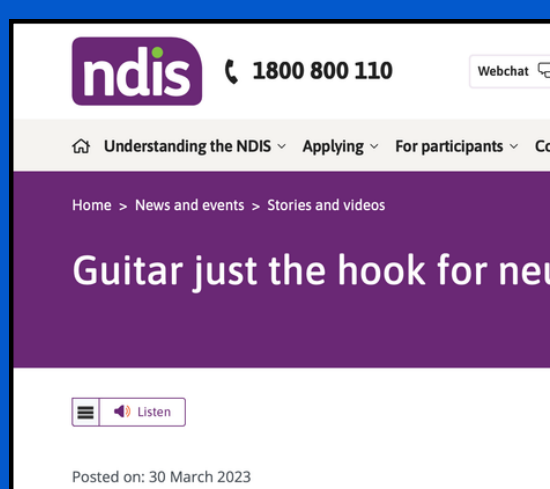
www.autismcrc.com.au/best-practice/assessment-and-diagnosis

Autism CRC published the 2023 “Guideline for the Assessment and Diagnosis of Autism Spectrum Disorders in Australia” in March 2024. After years of lobbying and advocacy to Autism CRC by both families and professionals, PDA was acknowledged as a profile of autism, and is again **officially recognised in Australia!**

The Guideline states the following p99:

“45.8 Practitioners should consider all plausible explanations for a client’s behaviour when establishing their strengths and support needs, as well as considering diagnostic characteristics. For example:

A client may avoid demands and expectations in everyday life to an extreme extent. Rather than being viewed as the client being oppositional or defiant, practitioners should consider whether the behaviours are instead driven by an anxiety-based need to be in control. **Pathological (or extreme) demand avoidance** refers to a set of characteristics that can co-occur with autism and is recognised as a behavioural profile within autism. This profile is also referred to as **persistent drive for autonomy**, emphasising the function the behaviours serve”.



NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

www.ndis.gov.au/stories/9042-guitar-just-hook-neurodiverse-rocker

NDIS website March 2023 features an article regarding an autistic NDIS participant with a PDA profile

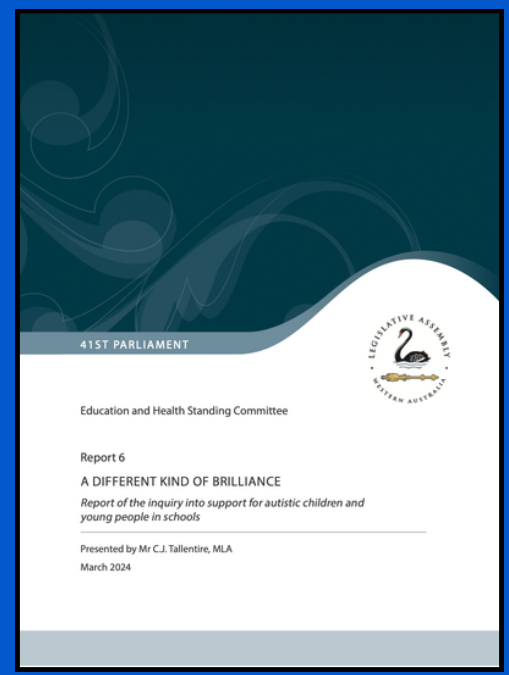
GOVERNMENT – State

WESTERN AUSTRALIA: INQUIRY INTO SUPPORT FOR AUTISTIC CHILDREN & YOUNG PEOPLE IN SCHOOLS

[www.parliament.wa.gov.au/Parliament/commit.nsf/\(Report+Lookup+by+Com+ID\)/6D29C6040596371F48258AE60010669C/\\$file/240321-SAS-Full-report-final-version-PDF.pdf](http://www.parliament.wa.gov.au/Parliament/commit.nsf/(Report+Lookup+by+Com+ID)/6D29C6040596371F48258AE60010669C/$file/240321-SAS-Full-report-final-version-PDF.pdf)

The WA Government Education & Health Standing Committee conducted an **Inquiry into Support for Autistic Children and Young People in Schools in Western Australia** in 2023. Their report, “A Different Kind of Brilliance” was tabled in WA Parliament March 2024.

Multiple references to the PDA profile of autism were made throughout the report, highlighting the need for improved undergraduate teacher training, ongoing professional learning for educators relating to autism including PDA, improved information and resources and a neurodiversity strategy which underpins all education practice. Much of the PDA content reflects the submission and evidence given at the Senate Hearing, by Helen Pedersen, Steve Metlitzky and myself (Heidi Brandis) on behalf of the 3,000+ members of our PDA Perth WA Parent Community Support Group.



WESTERN AUSTRALIA: DEPARTMENT OF EDUCATION

WA Department of Education (DoE) engaged Dr Gemma Foxall from **ACT for Autism** to conduct Professional Development training days on PDA for their School of Special Educational Needs : Disability staff (consultant teachers and psychologists) in 2022 – 2024.

WA DoE SEND (School of Special Educational Needs : Disability) created a flyer for all staff on PDA with both lived experience and professional input in 2024. Myself & other **PDA parents** have voluntarily contributed input to and feedback on WA DoE SEND documents, videos & resource materials on Autism and PDA for use by DoE schools.

The Kidd Clinic was appointed by WA Department of Education to conduct training on “Supporting Young People with PDA profile in School Settings” in 2024-25.

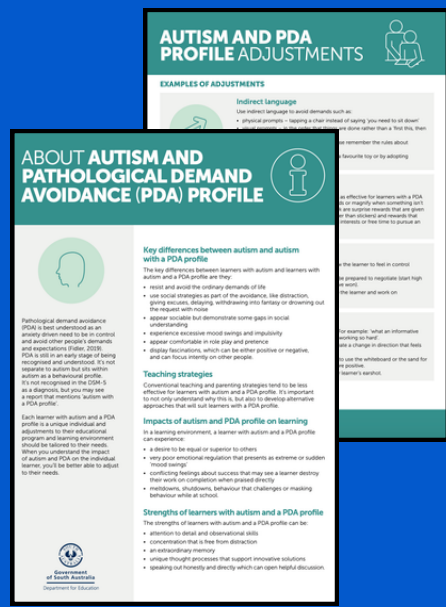
PDA Training Australia (disclosure: my business) also delivers training to DoE, AISWA & CEWA schools. My free resource document “*Support Strategies at School for Autistic Students with a PDA Profile*” (aka ‘Educator’s Cheat Sheet’; copy available on request) has been shared widely by parents and professionals & is used in many Australian public & independent schools.



SOUTH AUSTRALIA: DEPARTMENT OF EDUCATION

www.education.sa.gov.au/docs/support-and-inclusion/practice-guidance/About-autism-and-pathological-demand-avoidance-PDA-profile.pdf

The SA Department of Education recognises PDA and in 2022 published an informative flyer on PDA entitled “About Autism and Pathological Demand Avoidance (PDA) Profile”



LIVED EXPERIENCE & EXPERTISE



Kristy Forbes (Vic) globally recognised for her articulate and insightful teaching on PDA, Kristy is a neurodivergent, neurodiversity & family support specialist educator & PDA parent. Kristy is the founder of InTune Pathways and is an internationally acknowledged PDAer with over 130,000 followers on social media. She offers online training workshops and recorded webinars for those with an interest in PDA, particularly families raising PDAers.

www.kristyforbes.com.au



Much-loved **Em Hammond** (NSW) AKA “Neurowild” is an AuDHD Speech Therapist, mum to 3 ND kids, advocate, and incredibly talented illustrator, who includes PDA and other neurodivergent presentations in her hugely popular social media pages with over 200,000 followers

www.facebook.com/profile.php?id=100087870753308 and neurowild.com.au

Neurowild’s beautiful resources are available to purchase via:

www.teacherspayteachers.com/store/emily-hammond-neurowild



Widely-respected **Prof Wenn Lawson** (Vic) is a high profile international Neurodivergent Autism Consultant, Researcher, Author, Autism Parent, Development Committee member for Autism CRC’s National Guideline for the Assessment and Diagnosis of Autism Spectrum Disorders & Speaker at the **Inaugural PDA Conference Australia 2025**. Prof Lawson publicly refers to his autistic family members with a PDA profile and has produced Youtube videos relating to PDA:

www.youtube.com/@wennlawson9973/search?query=pda

www.buildsomethingpositive.com/wenn/

Dr Theresa Kidd, Sally Canadine, Kate Kleinau & myself (all of whom spoke at the Inaugural PDA Conference 2025) regularly share our families’ lived experience.

SOCIAL MEDIA

At least 25 Facebook & other social media support groups & interest groups have been created across Australia for PDAers, parents/carers and the educators, medical & allied health professionals who support them. Groups & member numbers continue to increase regularly. These include:

PDA Perth WA Parent Community and Support Group (3.1k+ members)
PDA Perth WA Interest Group for Educators & Health Professionals (1.4k+ members)
PDA Australia – Support for PDAers & Families (7.4k+ members)
Pathological Demand Avoidance (PDA) Parenting Support Sth Aust (1.3k+ members)
PDA Melbourne (Vic) Parent Support Group (2.3k+ members)
PDA Health Professional Network Australia
PDA Australia Parents Group
Home Educators Australia PDA Support
and many more

RESEARCH

Hot off the Press!

Clinical Psychologist Registrar Sam Curtis' Masters research thesis (Edith Cowan University) on **"The experience of mothers of autistic children with a pathological demand avoidance profile"** was published in January 2025 in Discover Mental Health Journal. Sam and his Supervisor Dr Elizabeth Izett, ECU, WA presented their paper at the Inaugural PDA Conference Australia in Nov 2025.

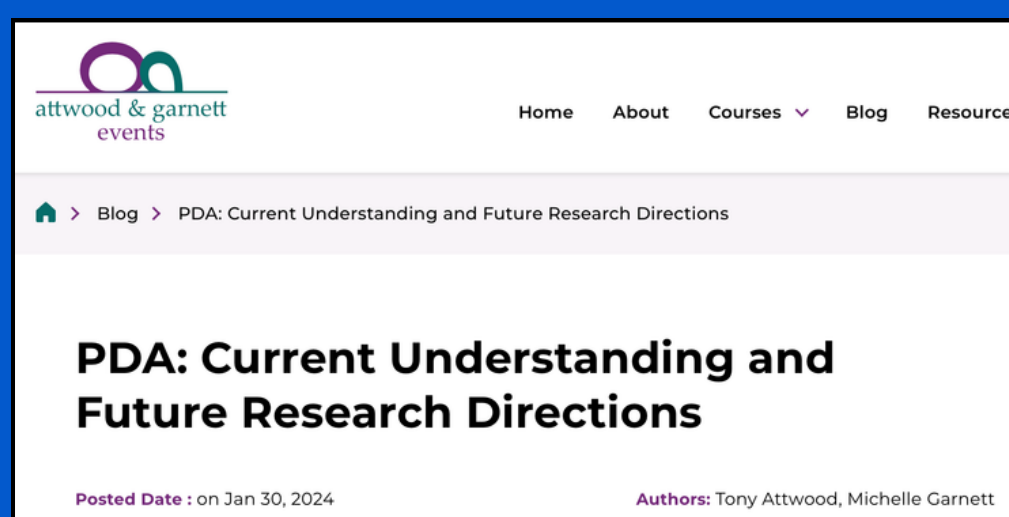
Curtis, S., Izett, E. The experience of mothers of autistic children with a pathological demand avoidance profile: an interpretative phenomenological analysis. *Discov Ment Health* 5, 5 (2025). <https://doi.org/10.1007/s44192-025-00127-3>



Master of Clinical Psychology student (ECU WA) Mollie Coles completed her Masters thesis in 2022 on **"Experience of Psychologists Working with Autistic children with PDA in Western Australia"**, currently awaiting review for publication.

Sarah Lovett, Our PDA Kids, (SA) completed a systemic literature review at the Uni of SA entitled **"Pathological/Extreme Demand Avoidance through an Australian social work lens: a review of the current literature and future research"**. Sarah also presented her research at our recent conference.

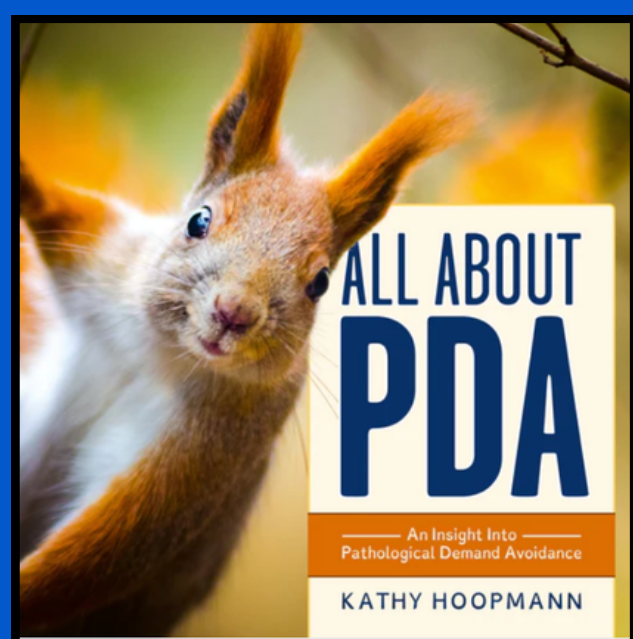
Clinical Psychologists & authors Prof Tony Atwood and Dr Michelle Garnett (QLD) published a blog in 2024 on **PDA: current understanding and future research directions**. They presented the latest international PDA research at our Conference. attwoodandgarnettevents.com/blogs/news/pda-current-understanding-and-future-research-directions



Psychologist Kim Sheppard, CoolKids Psychology, PhD Candidate, has commenced research at La Trobe University (Vic) on **a shared understanding of PDA** and provided an update on her research at our Conference.

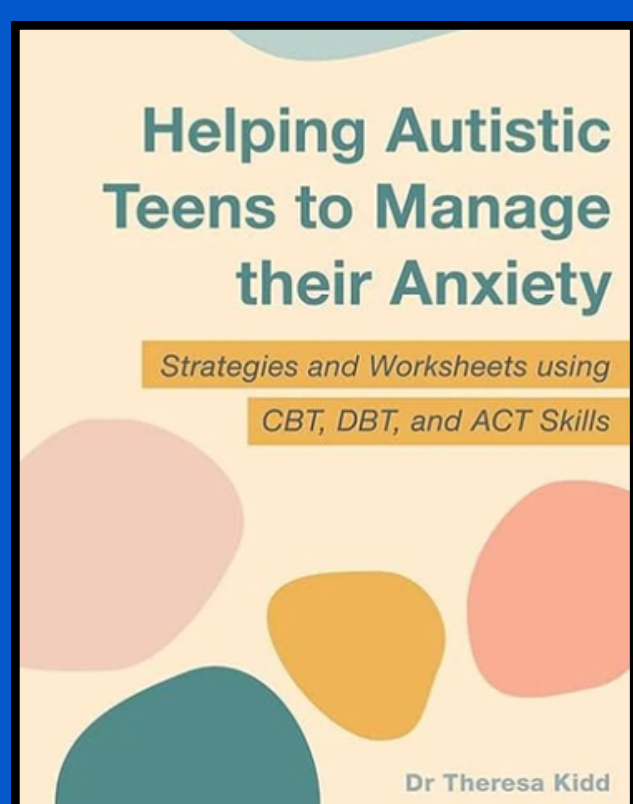
Provisional Psychologist Danielle Bayes is currently completing her PhD at Swinburne University (Vic) on PDA and presented an update on her research at our Conference.

BOOKS



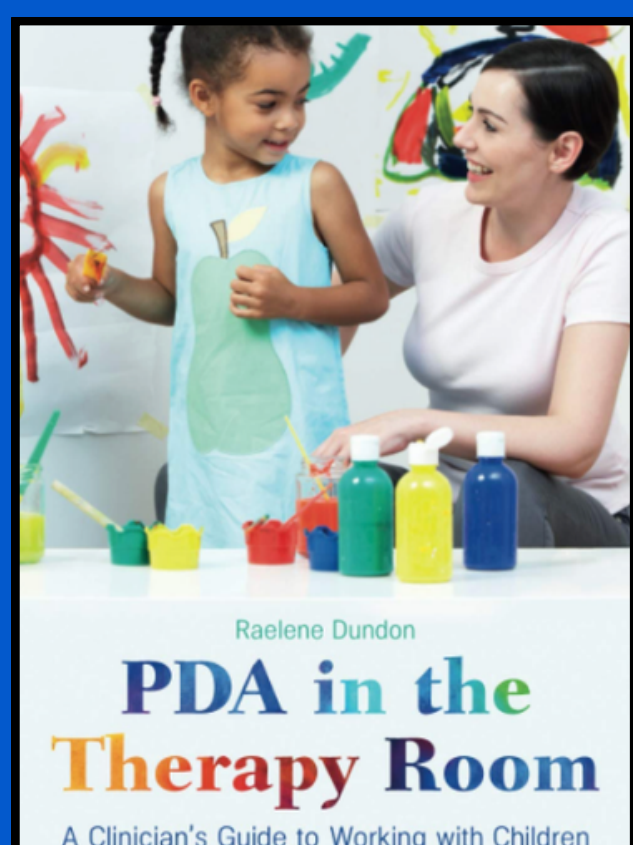
Queensland author **Kathy Hoopmann** (of “All Dogs have ADHD” & “All Cats have Autism” fame & 20+ other books on ND topics), published her beautiful book “**All About PDA**” in October 2024.

Together with Sally Canadine from PDA Talk & others, I was fortunate to share my family’s lived experience with Kathy, contributing extensive feedback on the draft & edits on a voluntary consultant basis, over a two year period.



Dr Theresa Kidd, Clinical Psychologist, Director, The Kidd Clinic, WA & Vic, features a chapter on PDA in her book “**Helping Autistic Teens to Manage their Anxiety**” (2022).

Dr Kidd was one of the professional and lived experience speakers at **PDA Conference Australia 2025**.



Raelene Dundon, Ed Dev Psychologist and Director of Okey Dokey Childhood Therapy in Victoria, is the author “**PDA in the Therapy Room**”: A guidebook for clinicians on supporting PDA children in their practice, published in 2021.

Raelene was also one of the professional speakers at our **Inaugural PDA Conference Australia 2025**



& HOT OFF THE PRESS!

Kristy Beazley, Social Worker and PDA Mum in South Australia, recently published this lovely Guide to **Understanding PDA** for Parents, Educators and Supporters in June 2025

All conference delegates received a copy.

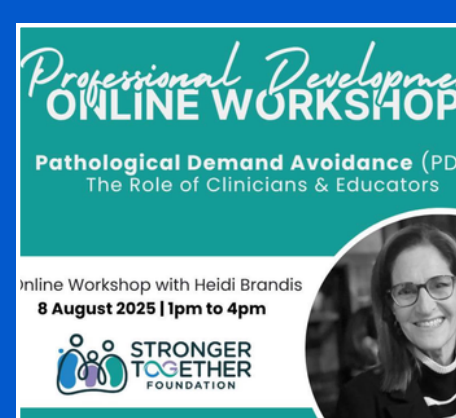
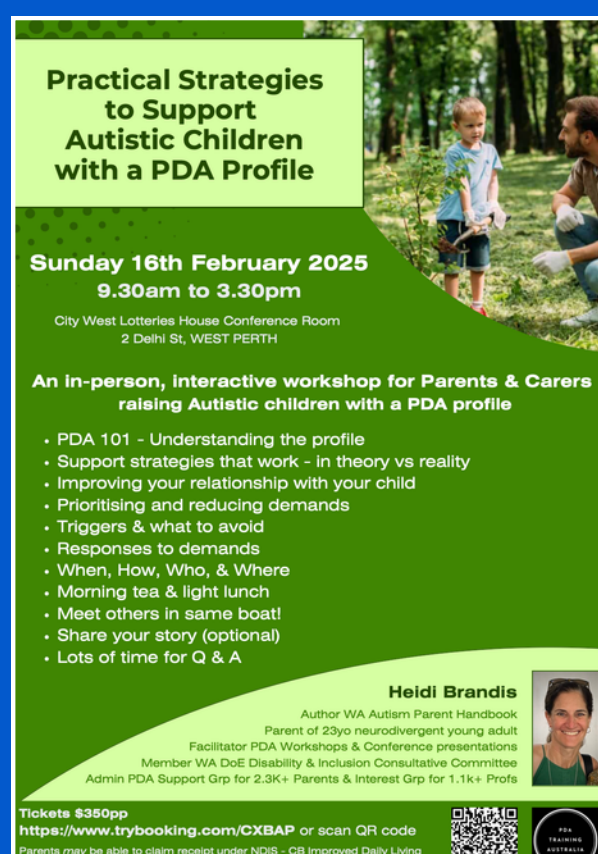
... and I’m currently writing a book/booklet on **Understanding PDA for Allied Health Professionals in Australia** which will be available in 2026/7

TRAINING

When our family first found out about PDA in 2011 (when our child was 9), there was one book, a few (really boring) YouTube videos, and very little else available to learn about PDA. There is now an abundance of resources, information and training available for families and professionals across Australia, including, but not limited to:

- Educators, allied health professionals & trainers with lived experience who conduct **professional development & parent carer training; online courses, webinars & face-to-face workshops on the PDA profile** including: Kristy Forbes InTune Pathways, Dr Theresa Kidd & Dr Miriam Kirby at The Kidd Clinic, Dr Wenn Lawson, Prof Tony Attwood & Dr Michelle Garnett, Kate Kleinau Raising PDA Kids, Sally Canadine PDA Talk, Dr Gemma Foxall ACT for Autism, Raelene Dundon Okey Dokey & Heidi Brandis at PDA Training Australia (that's me 😊).
- Largest international **PDA Summit** held by The PDA Space in 2023 with 37 speakers, including Australians **Kristy Forbes, Dr Theresa Kidd & Sally Canadine**
- Largest international PDA Summit by The PDA Space 2024 featured Australian speakers Em Hammond (aka 'Neurowild') on 'Shifting Expectations' and **Heidi Brandis** (also me) on the Marathon Journey of PDA Parenting: 'We're PDA Parents - Hear Us Roar!'
- **Prof Tony Attwood & Dr Michelle Garnett** webcasts 'PDA: Intro' & 'Deeper Dive' July 2025
- **Australian Psychological Society** (APS) conducted 'Understanding PDA' webinar Feb 2024
- 2023 & 2024 **Yellow Ladybugs** conferences featured multiple PDA presentations
- Queensland PDA Mum & Occupational Therapist **Kate Kleinau** runs online PDA parenting courses, recorded webinars & free downloadables at **Raising PDA Kids**. Kate was a speaker at the PDA Conference Australia 2025

Examples of Australian PDA professional development & parent training available:



TRAINING (cont'd)

- **Dr Elizabeth Izett**, Clin Psych & Senior Lecturer ECU, WA ran “Connect, Co-regulate and Collaborate – Parenting your ND Child – for Parents of Autistic Children (including PDA profile)” workshop 2023 Perth, WA and was a speaker at the PDA Conference Australia
- Mandurah Neurodiversity Centre, WA, webinar on Home Schooling Autistic/PDA/ND Kids
- **Dr Theresa Kidd** presented at **Australian Psychological Society (APS)** conference in Brisbane, Qld “Supporting Clients with a PDA Profile” 2023
- **Kid Link** Occupational Therapy conducted a webinar for therapists on “Supporting Clients with a PDA Profile” for clinicians December 2024
- Dr Gemma Foxall at **ACT for Autism** regularly runs PDA workshops for educators in WA
- **PDA Training Australia** (disclosure – my business) regularly delivers workshops & conference presentations on PDA for Families, Educators, Medical & Allied Health Professionals & Schools; including a webinar on the marathon journey of PDA parenting for the PDA Global Summit in 2024. I was an invited speaker on “Small Changes in your Language when Supporting PDAers” at the WA Association of Teacher’s Assistants (WAATA) State Conference in Sept 2024, “Introduction to PDA & our family’s experience” at the Side by Side Peer Support Conference for Developmental Disability WA in June 2024, and am the invited Guest Speaker at the WA Occupational Therapists Association ‘OT Week’ Annual Breakfast in October 2025. I’m also speaking at ADHDWA Conference in 2026.
- PDA Training Australia offers **free PDA resource documents** for families, educators and medical & allied health professionals, including those listed below (digital copy available on request from pdatrainingaustralia@gmail.com):
 - Support Strategies at School for Autistic Students with a PDA Profile
 - Stages of Parent Learning (to approach & support their PDA children)
 - Stages of Educator Learning (to approach & support their PDA students)
 - Stages of Health Professional Learning (to approach & support PDA clients & families)
 - Resources for Parents and Professionals new to PDA
 - This document – Recognition of PDA in Australia



INAUGURAL PDA CONFERENCE AUSTRALIA 2025

- PDA Perth WA Incorporated (NFP) hosted the **Inaugural PDA Conference Australia 2025** at Optus Stadium, Perth, WA on 11 November 2025
- The Conference had over 750 in-person delegates, including adult PDAers, parents/carers, educators, medical specialists, allied health professionals & academics attending from across Australia (& a few international delegates from Canada & Germany!). Over 500 Digital Pass were sold providing access to a full Conference recording.
- Featured Keynote Speakers **Amanda Diekman** of **Low Demand Parenting** (livestream) & **Kelsie “Mick” Olds** aka **The Occuplaytional Therapist** (in-person) and over 30 speakers (in-person) with lived experience, clinical practice, educational expertise and academic researchers
- The Conference was featured in articles in the ABC, The West Australian newspaper, InsightPlus Magazine of the Medical Journal of Australia, and across all social media platforms including LinkedIn, Instagram and Facebook
- Please email **pdaconferenceaustralia@gmail.com** for further information

Inaugural
PDA Conference Australia 2025
11 November 2025 Optus Stadium, Perth, Western Australia

Australia's first conference on the Pathological Demand Avoidance profile of Autism

- Training for parents/carers of autistic children with a PDA profile
- Continuing Professional Development & learning from lived experience voices, academic researchers & clinicians for Paediatricians, Psychiatrists, GP's & allied health professionals including Psychs/OT's/ST's/SW's/Nurses
- Professional Learning for classroom Teachers, Education Assistants, school Administrators & EC Educators

In-Person Attendance SOLD OUT!

Click here for Conference Program & Updates

Featuring in-person & livestream Keynotes, 30 in-person presentations, sponsor booths, delegate gift bags & more!

Amanda Diekman
KEYNOTE SPEAKER
ND Author, PDA Parent, Educator

Kelsie "Mick" Olds
KEYNOTE SPEAKER
ND OT, PDA Parent, Educator

Dr Nathan Gibson
OPENING ADDRESS
Chief Psychiatrist of Western Australia

Dr Johana Stefan
Dual Trained Paediatrician & Psychiatrist, Senior Lecturer

Adj Prof Wenn Lawson
ND Educator, Author, Researcher, Parent

Dr Theresa Kidd
ND Clinical Psychologist, Author, Educator, PDA Parent

Prof Tony Attwood & Dr Michelle Garrett
Clinical Psychologists, Authors, Educators

Natalie Blakemore
ND Mental Health OT & PDA Parent

Kate Kleinou
ND OT, Educator & PDA Parent

Assoc Prof Yulia Furlong
Child & Adolescent Psychiatrist, Senior Lecturer

Dr Elizabeth Isatt & Sam Curtis
Clinical Psych, Senior Lecturer

Rebecca Corstall
First Nations Psychologist & PDA Parent

Raelene Dundon
ND Ed Dev Psychologist, Author, Academic

Symone Wheatley-Hey
ND Parent & Advocate

Karenza Harding
ND Mental Health OT & Parent

+ 15 others!

TICKETS
PROFESSIONAL IN-PERSON
PARENT/CARER IN-PERSON
DIGITAL PASS

www.trybooking.com/CXNH or scan QR code

AUD \$500 - SOLD OUT
AUD \$325 - SOLD OUT
AUD \$99 - Full Conference recording (avail Dec 2025; access for 3 mths from issue date)

PDA Conference Australia Program
11 Nov 2025 at Optus Stadium, Perth, WA

7:30 AM - 8:30 AM REGISTRATION

PLENARY SESSION

08:30 AM - 10:00 AM

MC - Geraldine Mellet
Welcome to Country - Matthew McGuire
Welcome to PDA Conference Australia 2025 - Heidi Brandis, Convenor
The PDA Journey - a short film
Opening Address - Dr Nathan Gibson, Chief Psychiatrist of WA - 'The Impact of PDA on Mental Health'
Morning Keynote - Amanda Diekman (live stream) Autistic PDAer, educator, author of 'Low Demand Parenting'

10:00 AM - 10:30 AM MORNING TEA

RIVER VIEW ROOM 1	RIVER VIEW ROOM 2	RIVER VIEW ROOM 3
10:30 AM - 12:30 PM (Choice of one stream)	11AM - 1 minute silence (Remembrance Day)	
Kate Kleinou ND OT, PDA Parent & Educator 'Capability vs Capacity'	Karenza Harding ND Mental Health OT 'Compassion & Parenting PDAers'	Natalie Blakemore ND Occupational Therapist 'Sensory Profiles & PDA'
Assoc Prof Yulia Furlong Psychiatrist 'Psychopharmacology update for children with PDA'	Prof Tony Attwood & Dr Michelle Garrett Clinical Psychologists, Authors 'Recent international PDA research'	Dr Wenn Lawson ND Author, Educator, Speaker, Parent, Researcher 'Monotropism in Autism & PDA'
Raelene Dundon ND Ed Dev Psychologist 'PDA in the Therapy Clinic'	Doc Caratti First Nations Psychologist, PDA Parent 'Barriers to accessing support services for First Nations families'	Dr Miriam Kirby & Melanie Turner Clinical Psychologists 'Therapeutic work with PDA adults'

12:30 PM - 1:30 PM LUNCH

RIVER VIEW ROOM 1	RIVER VIEW ROOM 2	RIVER VIEW ROOM 3
1:30 PM - 3:15 PM (Choice of one stream)		
Dr Theresa Kidd ND Clinical Psychologist, Author & PDA Parent 'Shine with Unschooling'	Kelsie 'Mick' Olds 'The Occupational Therapist' ND OT, Parent & Educator 'Topic: Play, Delight, Autonomy. How child-led play empowers children with PDA.'	Dr Johana Stefan Dual Trained Paediatrician & Psychiatrist 'The role of the Child Psychiatrist in PDA' (Case Study with Felicity Creagh)
Vicky Alexander Educator & PDA Parent	Supporting Dads of PDAers	Sam Curtis & Dr Elizabeth Isatt 2025 Research: Experience of Australian mothers of children with a PDA profile
Tanya Steers ND School Principal Hensman Street Elementary	Steve Metzlitzky PDA Parent, Admin Support Group 'PDA Dads ... what really works'	Kim Sheppard 'Current PhD research on PDA'
Symone Wheatley-Hey & Debbie Hawthorn ND Advocate & PDA Parent, SSND Dep Principal 'Collaboration & Consultation: Working together for PDA Students'	Darrin Brandis Exec GM, Reg Psychologist, PDA Parent 'PDA Dads - Professional Perspective'	Sarah Lovett 'Social Work and PDA'
		Danni Bayers 'PhD - Multidimensional DA model'
		Noa Saddik 'Hons - Navigating PDA as an adult'

3:15 PM - 3:30 PM AFTERNOON BREAK

3:30 PM - 5:00 PM PLENARY SESSION

Afternoon Keynote Presentation - Kelsie 'Mick' Olds
Bringing it all together in a neuroaffirming, low demand & collaborative way

Acknowledgements, Prizes & Conference Close - Heidi Brandis & Conference Committee

• Due to factors beyond our control, the content & format of this program are subject to change
• A recording of the conference including all concurrent streams will be accessible from December 2025 for 3 months

V15.0

THERAPY PROVIDERS & RESOURCES

Across Australia there are many allied health, therapy and psychology service providers who are “PDA-friendly”. They understand that working with our children & families **requires a different approach**, one that is collaborative, neuroaffirming, flexible & low-demand; using different strategies to support our kids than those generally used.

Some of these clinicians or practices specialise in &/or have extensive expertise in supporting PDA children, adults and families. It is not possible to include all PDA-friendly providers in the country in this brief document and as such the list below includes just some of those with a known specialty or expertise and experience in this area:

The Kidd Clinic (TKC) in WA & Victoria specialise in assessing and supporting autistic children and adults with a PDA profile and their families. Two clinics in Perth & one in Melbourne. TKC is run by Dr Theresa Kidd, a neurodivergent Clinical Psychologist.

Amherst Psychology (WA; Mt Pleasant & Canning Vale) run by Psychologist Zoe Parry & neurodivergent Psychologist Yvonne Kilpatrick and their team have extensive experience supporting PDAers & families in their neuroaffirming psychology practices

Colour My World Therapy Services (WA) run by Psychologist Toni Tomlin, have extensive experience supporting PDAers & families in their neuroaffirming psychology practice

Other allied health professionals who specialise in, or offer tailored services for those with a PDA profile & families, include:

- **Raising PDA Kids** run by Occupational Therapist & parent Kate Kleinau
- **PDA Talk** (Qld) run by Counsellor & parent Sally Canadine
- **Neurodivergent Education** (SA) run by neurodivergent Educator & parent Kate Donohue
- **Okey Dokey Childhood Therapy** (Vic) run by Ed Dev Psychologist Raelene Dundon
- **Our PDA Kids** (SA) run by Social Worker Sarah Lovett
- **Diversum Health Group** (WA) run by neurodivergent OT Natalee Blakemore
- **Karenza Harding** (WA) run by neurodivergent Mental Health OT
- **MindCo** (SA) run by Social Worker Kirsty Beazley

Some Australian services and organisations who include PDA in their online resources:

- mytherapyhouse.com.au/pathological-demand-avoidance-disorder-pda
- kiddclinic.com.au/resources
- www.ourpdakids.com.au
- www.pdaanz.com
- www.supportessentials.com.au/is-pda-recognised-in-australia
- www.ddwa.org.au/resources/
- perthkidshub.com.au
- kiind.com.au/whats-pathological-demand-avoidance-and-where-can-i-find-support/

SUMMARY

Across Australia, there is rapidly growing interest, awareness and understanding of PDA, as reflected in this summary document on the current Recognition of PDA in Australia (updated March 2026). Training & education on PDA is now available from myriad sources and will continue to increase in view of the growing demand (from families, educators, medical & allied health professionals and academics) to learn more, to improve PDA parenting and professional/clinical practice across the health, disability & education sectors.

Thank you for your interest and support in spreading knowledge, awareness and understanding of the complex PDA profile amongst your networks.

Our children will benefit greatly from this in the years ahead.

DISCLAIMER: Please note, this document is **not** exhaustive & other PDA services, supports, events and initiatives may exist across Australia of which I am unaware. To the best of my knowledge, the content was correct at the time of distribution (March 2026) & any errors are mine.

For further information or to request one of our free resources, please contact the author of this document:

Heidi Brandis

Parent of 24yo Neurodivergent & 19 yo Neurotypical young adults | Convenor PDA Conference Australia 2025 | Former Board Chair PDA Perth WA Incorporated (Not for Profit) | Founder & Admin, PDA Perth WA Parent Community Support Group & PDA Perth WA Interest Group for Educators & Health Prof's | Former Member WA Dept of Education Disability & Inclusion Consultative Committee 2023 - 2025 | Author WA Autism Parent Handbook (2015 - 2023) | Owner PDA Training Australia

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