

Free PDA training for Parents registered with STAND North Wales CIC

- **Date:** Friday, 8th March 2024
 - **Time:** 9:30 am until 3:00 pm
 - **Venue:** Coed Pella Building, Colwyn Bay
 - **Cost:** Free of charge
- Light lunch and refreshments included

Pathological Demand Avoidance (PDA) is a profile on the autism spectrum. Individuals with a PDA profile share autistic characteristics and also present with additional key features. During this training we will:

- Gain and understanding of demand avoidance
- Explore PDA and autism
- Identify the key features of a PDA profile
- Consider what are demands
- Explore how children/ young people may avoid demands
- Consider anxiety
- Explore overwhelm and the stress response
- Identify helpful approaches to support children/ young people
- Explore further information and additional resources

This training will be delivered by the ADHD Foundation – The Neurodiversity Charity.

For a booking form please contact Sam:

- Email: Samantha@standnw.org
- Call: 07570583842

About the trainer:

My name is Tracy Bowyer and I am the Parenting Services Coordinator for ADHD Foundation Neurodiversity Charity.

My role includes the planning, delivery, evaluation and development of strength-based programmes to help parents and carers to develop their skills and knowledge to support their neurodivergent child / young person.

My professional interest of Neurodiversity has spanned many years; prior to joining ADHD Foundation, I worked as a Social Worker and have also had previous experience of supporting neurodivergent families through the third sector.

In addition to my professional interest in ND, I am mum to two autistic children, who inspire and fascinate me every day.



Hyfforddiant Syndrom Osgoi Galw Patholegol (PDA) am ddim i Rien sydd wedi cofrestru hefo STAND Gogledd Cymru CBC

- **Dyddiad:** Dydd Gwener, 8^{fed} Mawrth 2024
- **Amser:** 9:30 y bore hyd 3:00 y prynhawn
- **Lleoliad:** Adeilad Coed Pella, Bae Colwyn
- **Cost:** Am ddim

Cinio ysgafn a lluniaeth yn gynwysedig

Mae Syndrom Osgoi Galw Patholegol (PDA) yn broffil ar y sbectrwm awtistiaeth. Mae unigolion â phroffil PDA yn rhannu nodweddion awtistig, a hefyd yn cyflwyno nodweddion allweddol ychwanegol. Yn ystod yr hyfforddiant hwn byddwn yn:

- Cael dealltwriaeth o osgoi galw
- Archwilio Syndrom Osgoi Galw Patholegol ac Awtistiaeth
- Nodi nodweddion allweddol Syndrom Osgoi Galw Patholegol
- Ystyried beth yw gofynion
- Archwilio sut y gall plant/pobl ifanc osgoi gofynion
- Ystyried pryder
- Archwilio gorlethu a'r ymateb straen
- Nodi dulliau defnyddiol o gefnogi plant / pobl ifanc
- Archwilio gwybodaeth bellach ac adnoddau ychwanegol

Bydd yr hyfforddiant hwn yn cael ei gyflwyno gan y Sefydliad ADHD - Yr elusen niwroamrywiaeth

Ar gyfer ffurflen archebu cysylltwch hefo Sam:

- E-bost: Samantha@standnw.org
- Galwch: 07570 583842

Am yr hyfforddwr:

Fy enw i yw Tracy Bowyer a fi yw Cydlynnydd Gwasanaethau Magu Plant ar gyfer Elusen Niwroamrywiaeth Sefydliad ADHD.

Mae fy rôl yn cynnwys cynllunio, cyflwyno, gwerthuso a datblygu rhaglenni sy'n seiliedig ar gryfderau i gynorthwyo rhieni a gofawyr i ddatblygu eu sgiliau a'u gwybodaeth i gefnogi eu plentyn / person ifanc niwroamrywiol.

Mae fy niddordeb proffesiynol mewn Niwroamrywiaeth wedi ymestyn tros flynyddoedd lawer; cyn ymuno â Sefydliad ADHD, bûm yn gweithio fel Gweithiwr Cymdeithasol ac rwyf hefyd wedi cael profiad blaenorol o gefnogi teuluoedd niwroamrywiol drwy'r trydydd sector.

Yn ogystal â fy niddordeb proffesiynol mewn niwroamrywiaeth, rwy'n fam i ddau o blant awtistig, sy'n fy ysbrydoli a'm swyno bob dydd.

