

Understanding Pathological Demand Avoidance

IN VICTUS
STITUTE

'Making excellence a habit'

Half-Day Training: Understanding and Supporting Pathological (Extreme) Demand Avoidance

Time:

9:00am-12:30pm

Date:

04-06-26

Course content:

Join us for a practical session exploring Pathological Demand Avoidance (PDA), now often called Extreme Demand Avoidance (EDA), a demand-avoidant profile within the autism spectrum.

This training explains how extreme resistance to everyday demands stems from overwhelming anxiety rather than choice, with avoidance strategies that can vary greatly depending on internal and external factors.

Learn why traditional autism strategies may not always work and how support needs can shift from moment to moment.

We'll share clear, practical approaches to reduce anxiety and build trust, modelling strategies and working with staff to develop confidence in managing demands.

The session also offers guidance on working with parents, providing emotional support, and writing effective risk reduction plans for extreme responses.

Ideal for teachers, TAs and SENCOs, this training ensures you're equipped to create safer, more supportive learning environments for pupils with PDA/EDA.



'Learn with **us**'

Location:

Invictus Headquarters,
Kinver High School,
Enville Road, Kinver,
South Staffs,
England
DY7 6AA.

Price:

£75

[Book Now](#)

Contact Us



[01384 686408](tel:01384686408)



institute@invictus.education