



WELCOME TO OUR
Monthly Newsletter

PDA - Not the typical kind.

Coined in the 1980s by psychologist Elizabeth Ann Newsom, PDA or EDA (pathological or extreme demand avoidance), is characterised by an overwhelming or obsessional need to resist or avoid demands, which can often lead to sensory overwhelm causing meltdowns and violent outbursts. It is currently conceptualised to be a profile of Autism, and is commonly associated with ADHD. A recent systematic review (Kidahl, 2021) indicates ongoing controversy around this topic, though further research is underway.

In clinical settings, we would see autistic individuals resist and avoid ordinary demands, experiencing intense emotions and mood swings, strong need for control and a tendency not to respond to conventional approaches in support, parenting or teaching. Identifying a PDA profile can be difficult, and it's not uncommon for a PDA presentation to be missed, misunderstood or misdiagnosed.

Hence, it is crucial for health professionals, parents and the community at large to have a better understanding of this profile and to tailor our approaches and support accordingly.

In this newsletter you will find:

↓ Pitstop Presents, Pitstop Insights and more. Keep Reading!



Michaeli Timothy
Practice Manager

What do you enjoy most about your job?

I have always enjoyed helping others, and in my role as Practice Manager I am able to guide, assist and support a fantastic team of like-minded professionals striving to provide exceptional care to our local community.

What are some plans you have for 2024-2025?

I am eager to spend more time with my family in and around my hometown of Wagga, especially in late winter/early spring when the canola fields are in full bloom and everyone you look there is a beautiful golden glow! My husband and I are also planning to do some travelling and camping around Australia with our two dogs.

I am looking forward to a sign language course I have enrolled in, and getting my veggie patch going. Hopefully my husband and I will get the chance to visit his family in Latin America in 2025!

Why do you enjoy working at Pitstop Health?

I have only been at Pitstop Health for a short period, and am grateful to have found somewhere I know I am making a positive difference to peoples lives. I believe being part of an open-minded and forward thinking team will lead to great things for both us and our patients, and I look forward to watching the impact of our work. There is a wonderful culture within the practice, with everyone actively collaborating on how to continue to improve and provide exceptional care, and I am very proud to be part of this team.

We also have great snacks!

Pitstop Insights: When to consider a PDA Profile

When to consider a PDA profile:

- Reports of 'stubborn' refusal around ordinary, everyday tasks including things an individual is known to like/enjoy or things they need to do (eat, drink, wash, use the bathroom).
- Individuals with a list of previous diagnoses, or indeed no formal diagnoses at all, but who are still considered as 'perplexing'.
- Someone with an ADHD diagnosis - ADHD often co-occurs alongside ASD and can sometimes overshadow autistic traits in early childhood.
- Someone for whom no previous suggestions for support have helped (regardless of existing diagnosis) or for whom 'usual' autism strategies have been tried but not worked (for those with an autism diagnosis).
- A history of missed appointments where the individual has been unable to access/attend.
- Regular school refusal and/or repeated school exclusions.
- In childhood, where very different presentations are reported between the school and home environments and/or where a breakdown in communication has occurred between school and home.
- Where concerns have been raised around unconventional parenting approaches and where it is perceived that a child is being accorded too much control. In some cases this may have led to consideration being given to investigating parents for FII (Fabricated or Induced Illness).

Key Resources:

- PDA Society UK (<https://www.pdasociety.org.uk/>)
- Attwood & Garnett Events (<https://attwoodandgarnettevents.com/>)
- Autism Queensland (<https://autismqld.com.au/>)



Meet Our Team



Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 3 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 3 months



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Good availability



Alex Catt
Registered Psychologist

Good availability



An Yang
Counsellor / Play Therapist

Good availability



Nicole Ho
Clinical Psychologist

Good availability



Shawn Wang
Clinical and Organisational
Psychology Registrar

Waiting Period: 2 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



07 3132 7987



www.pitstophealth.com.au



Suite 108, 1808 Logan Road,
Upper Mt Gravatt, Q 4122