



## Power. Delight. Autonomy: The Power of Play For PDA

Presented by: Kelsie Olds, MOT, OTR/L

Delivery method: On-Demand

Instruction level: Intermediate

Sponsored by: NCS Pearson, Inc.

### Course Description

Pathological demand avoidance (PDA) is a behavioral profile characterized by extreme, neurologically driven resistance to both internal and external demands, and is often seen in autistic individuals. Play is the work of childhood—the primary occupation of children. What does that look like in practice for PDAers? This session will provide an introduction to PDA and how it shows up in everyday life. Different developmental stages of play, what they do in a child's brain and body, and how playfulness empowers and equips children whose nervous systems are highly attuned to the injustice of being disempowered and unequipped for the challenges they encounter in everyday life will be discussed.

### Learner Outcomes

*After completing this learning track, the participants will be able to:*

1. Distinguish authentic, child-led play from adult-led activities
2. Implement opportunities for children with a PDA profile of autism to experience powerful autonomy through play
3. Develop more authentically play-based strategies for supporting PDAers in therapeutic practice

### Time-Ordered Agenda

10 minutes	Welcome, disclosures, & framing the problem (Defining "power" and defining "play")
10 minutes	Ways that "play" looks with autistic children
10 minutes	Defining PDA
10 minutes	Strategies for play with PDAers specifically
10 minutes	Developmental stages of play across the lifespan
5 minutes	Grownup needs matter too/self-care
5 minutes	Q&A



### About the Presenter

Kelsie Olds, “The Occupational Therapist,” is an occupational therapist who shares with thousands of people online—parents, teachers, fellow professionals, and adults healing their own childhoods—about the power of play in children's lives.

Kelsie has worked with kids in all kinds of settings: from rural Oklahoma, to an Air Force base in England, to their current home in Geelong, Australia. Their experiences across different countries and systems give them a unique perspective on how healthcare and education shape childhood.

### Disclosure

**Financial:** Kelsie Olds will be receiving an honorarium for this presentation.

**Non-financial disclosure:** There is no relevant non-financial relationship to disclose.

NCS Pearson, Inc., the sponsor of this learning track, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists.

### References

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