

amelia read  
PSYCHOLOGY

# Parent Education Program

Your “ramps & elevators” for PDA,  
ADHD & ASD at home.

# Learning outcomes

## Break through the parenting myths

Putting to rest the idea that “common sense” and “disciplinary measures” will improve or “heal” your child’s neurodiversity and Pathological Demand Avoidance (PDA). Participants will explore the wide spectrum of ASD, ADHD, and PDA. Considering the misconceptions of parenting that they have inherited from their wider support networks and society, they will begin to deconstruct harmful mindsets.

## The neuroscience behind behaviours

Outlining the history and current research on ASD, ADHD, and PDA – participants will learn that behind every behaviour is a cognitive, chemical, and sensory response. Theory of Mind, hormonal & gender differences, affected brain regions, and common triggers will give caregivers a comprehensive understanding of the possible deficits and strengths of the neurodiverse brain across the lifespan.

## PDA-proof your home

By engaging in a hands-on group activity, caregivers will collaborate to identify potential “ramps & elevators” for typical PDA behaviors. They will utilize Amelia’s own “CCS model” to analyze the cognitive, chemical, and sensory aspects that might be influencing the difficulties faced at home. Together, the group will generate neurodivergent-friendly strategies to address this issue.

# NDIS GOALS

## Improved Relationships

Funding to pay for someone to help you build your social skills or behavioural therapy services.

## Assistance with Social & Community Participation

Delivery of supports to assist a participant engage in community, social and/or recreational activities in a group or community based arrangement.

## Improved Daily Living

Assessment, training or therapy to help increase your skills, independence and community participation. These services can be delivered in groups or individually.

Please contact your Support Coordinator or Plan Manager for further information regarding your available funding options.

# Parenting is the hardest job in the world

There is no user manual and certainly no annual review to let you know that you are doing the job right. In most cases, this results in parents replicating how they were brought up, following the example of their own parents, turning to their support network for advice or using good old-fashioned common sense to get by. While this sometimes works out okay for the majority, parenting a neurodivergent child is a very different story.

Common sense isn't always so common, and your friends, family and educators may not be able to fully understand the complexities of parenting a child with an invisible disability. You might have heard other parents make comments like "they just need a bit of discipline", or "they need less screen time", which often leads to feelings of shame, guilt and isolation due to the stress of struggling with seemingly 'simple' tasks such as getting your child showered, dressed, and out the door in the morning.

# Who has designed this program?



## Amelia Read

As a neurodiverse Clinical Psychologist, Amelia's approach is not only evidence based but shaped by her own lived experience of neurodiversity. Diagnosed with ADHD and autism herself, she understands firsthand the unique perspectives and challenges of neurodiversity. It is this personal understanding that has fuelled her mission to champion and empower the neurodiverse community through compassionate care and advocacy.



## Our clients

For nearly a decade, Amelia has been offering education and assistance to families and individuals navigating the spectrum of neurodiversity. Over the years, she has collected a wealth of information on challenges, common questions, and worries. Recognising the uniqueness of each brain, every new client brings a fresh viewpoint to our understanding of the neurodiverse journey. This allows us to enhance and expand our educational initiatives to better serve the broader neurodiverse community.

What does  
neurodiversity  
mean?

# What does parent education cover?

The  
neuroscience  
behind  
behaviours

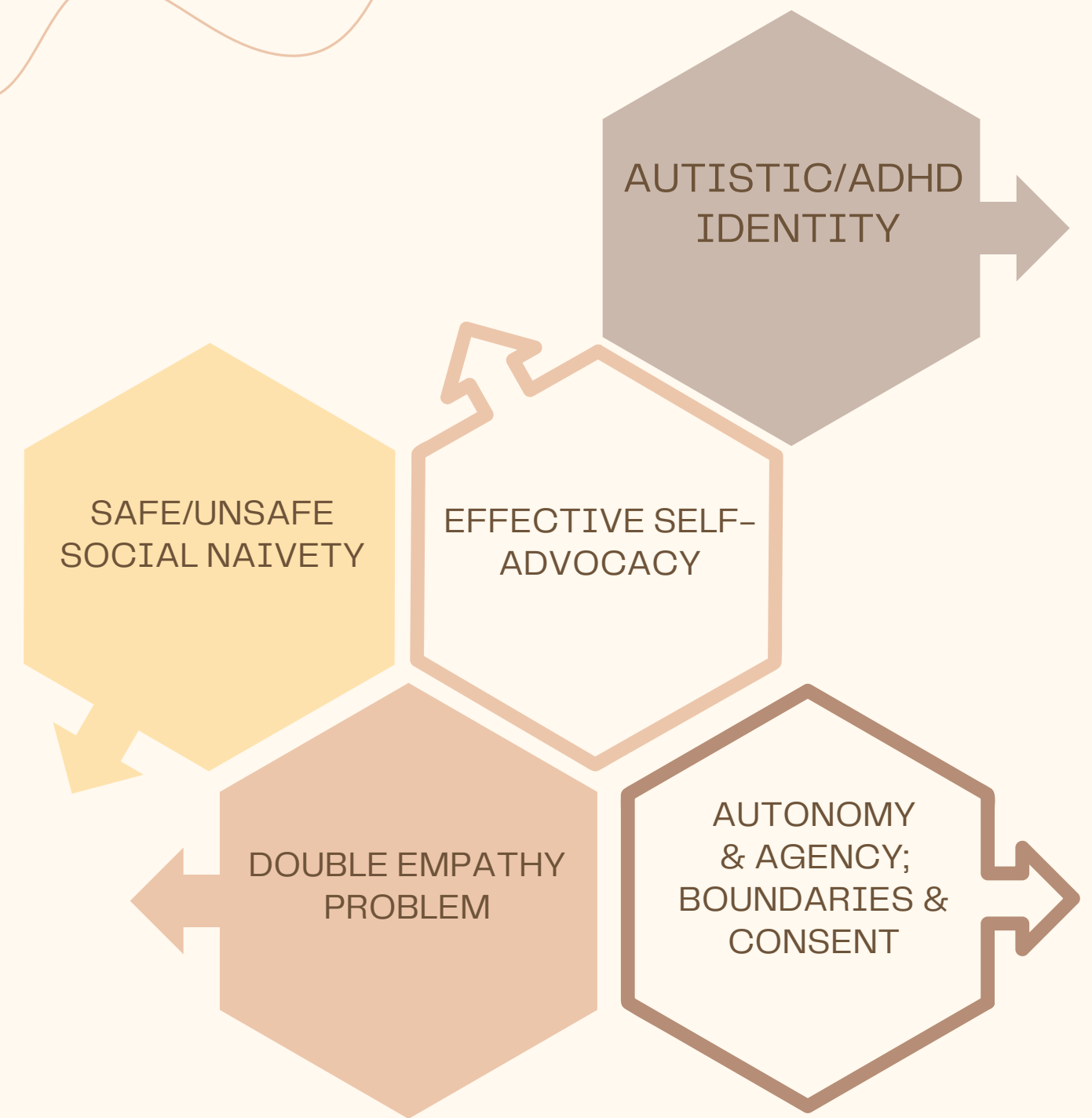
Gender &  
hormonal  
differences



PDA-proofing  
your home

# What does neurodiversity mean?

Neurodiversity is a framework for understanding how the human brain develops and functions. It acknowledges individual differences in sensory processing, motor skills, social interaction, cognition, and focus. Neurodiversity emphasises that differences in the way our brains work are a natural aspect of human development. In this program, Autism Spectrum Disorder (ASD) and ADHD will be the key focus as Amelia presents the wide spectrum of traits associated with the neurodiverse experience. Paying particular attention to the harmful misconceptions surrounding ASD/ADHD, and how these contribute to the ongoing stress of supporting an Autistic/ADHD child.



# The neuroscience behind behaviours

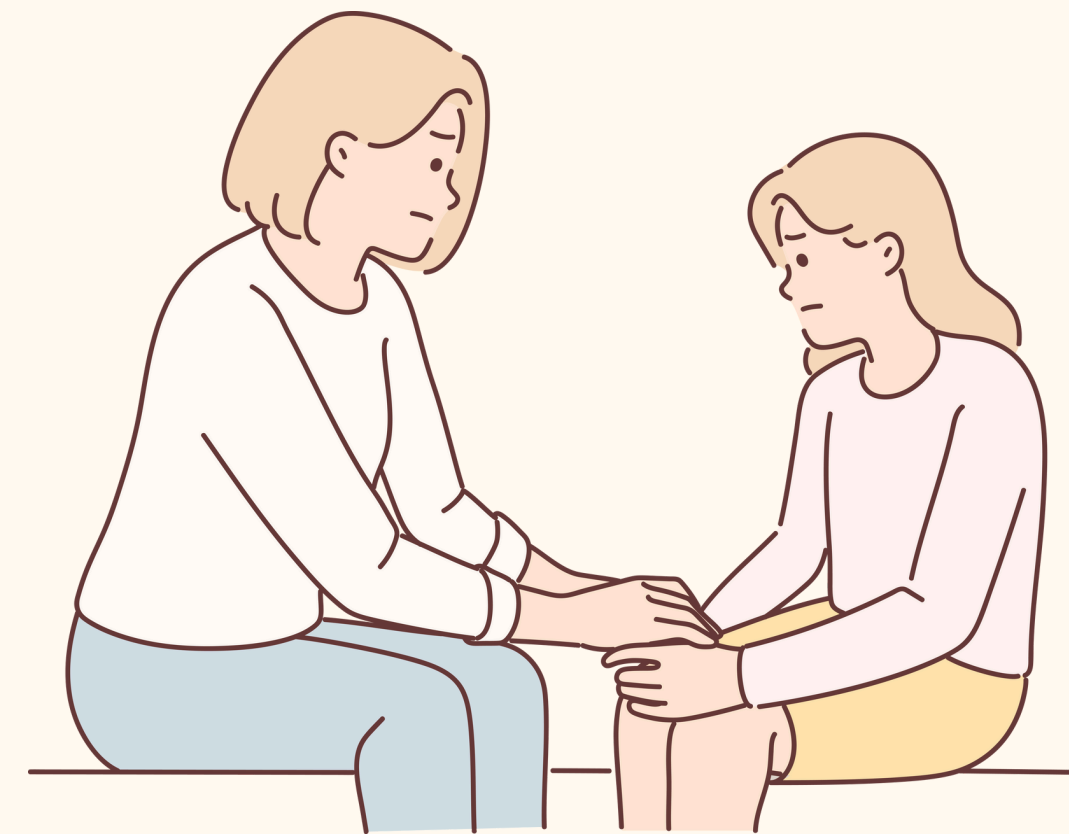
To challenge the common myths that Autistic/ADHD individuals can be “cured” with more discipline, less sugar, or with “learning how to be normal” – we will look at the hormonal and chemical factors of the neurodiverse brain. The hypo- and hyperactivity of certain areas of the Autistic/ADHD brain gives us a clear picture of the daily challenges that neurodiverse children face, and how little control they have over their impulsivity, sensory profiles, social skills, task management, and emotions. Understanding the brain activity (or lack of, at times) behind behaviours provides caregivers a foundation for mapping out realistic strategies for supporting their children across the lifespan.





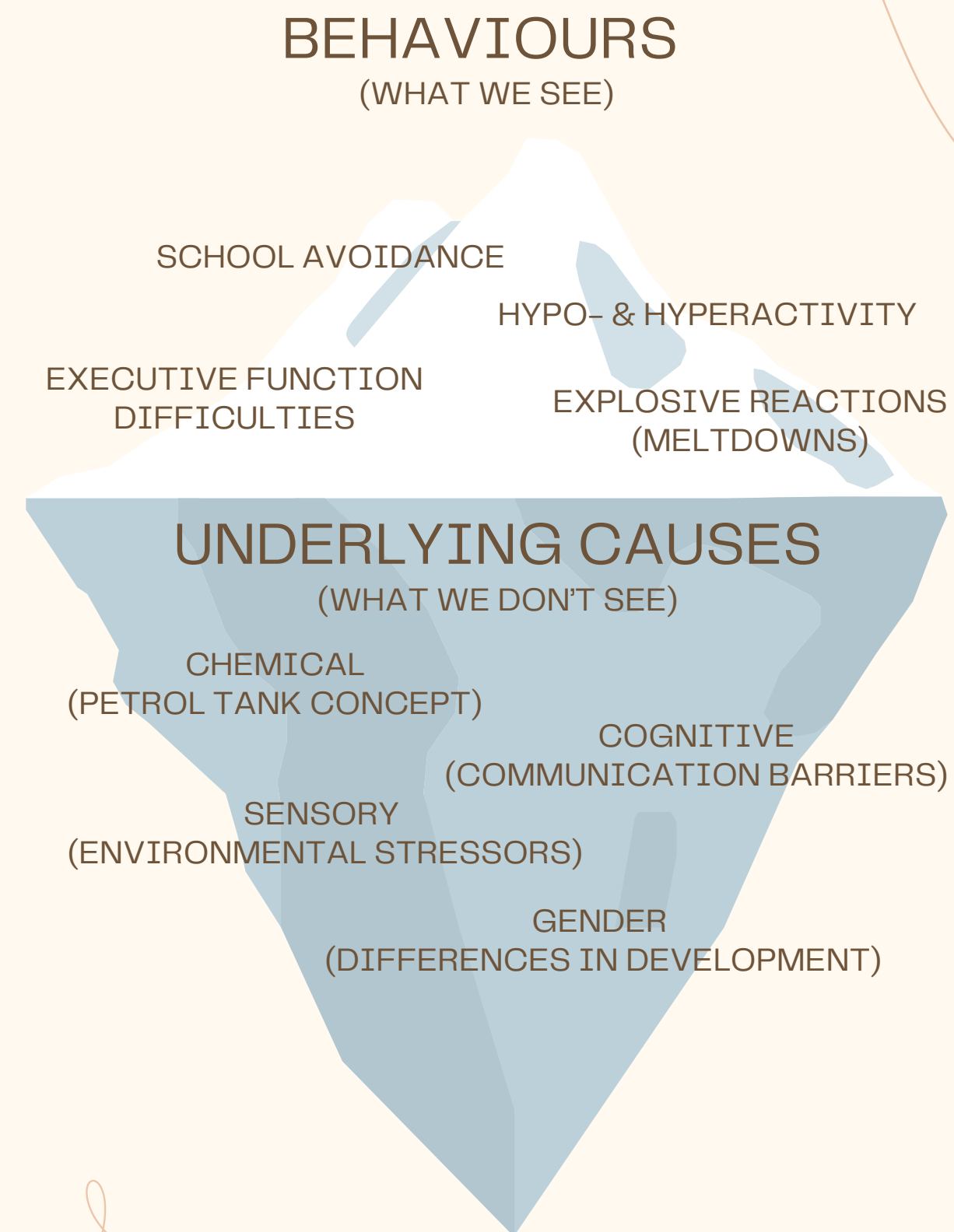
# Gender & hormonal differences

Gender can escalate or mask ASD/ADHD traits, and it is important for caregivers to be aware of how puberty, major life transitions, and societal expectations of boys and girls can impact neurodiversity. The average age of Autism/ADHD diagnosis for boys is 8 years old, and usually recognised by primary caregivers or teachers. Compared to girls, who are usually diagnosed much later in life – very often through self-realisation during the diagnostic process of other family members or their own children. Highlighting the impacts of gender across the lifespan helps caregivers understand the variety of factors that can shape their child's unique presentation of ASD/ADHD as they move through life.



# PDA-support for life

Pathological Demand Avoidance (PDA) is tightly woven to ASD/ADHD. It can impact Autistic/ADHD individuals at various life phases, and can influence their access to employment, the quality of their relationships, and their emotional wellbeing. With a foundational understanding of the cognitive, chemical, and sensory factors behind behaviours – and an overview of how ASD/ADHD can develop across the lifespan. The group will be tasked with putting this new knowledge into practice, under the guidance of Amelia. Using real-life challenges that caregivers are currently or have experienced; the task will empower the group to build practical “ramps & elevators” for supporting their child’s neurodiverse needs.



# Total Cost: \$1284

\*A 5.5 hour educational workshop with an ARP psychologist focused on building confidence and capacity to advocate and support a child's neurodiverse needs.

## This price does not include:

\*Transport/travel costs to and from the sessions. Please contact your Support Worker to organise transport.

# Billing

After registration, you will be required to fill out our Group Intake Forms where you will have the opportunity to select your billing method for the group program. You can choose between Core and Capacity funding, or you can select "paying privately" if you plan to claim a medicare rebate for your participation in the program.

# Cancellation Policy

\* Cancellation within 7 days of the program will be charged in full.

\* Prices are subject to change based on participant numbers.

# Price guides & enrolment forms

The image shows two overlapping forms from Amelia Read Psychology. The top form is the 'Client Enrolment Form' and the bottom form is the 'Billing Options' form.

**Client Enrolment Form**

Prior to participating in any program or activity facilitated by Amelia Read Psychology, all participants and/or their legal parent/guardians must complete the Client Enrolment Form, acknowledging that they have read, understood, and agreed to the terms and conditions set out in this document.

**Participant Details:** (details of the participant attending the program)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_  
Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

**Medical Information**

**Known Medical Conditions:**

Asthma/Breathing Difficulties	Digestiv
Anaphylaxis (e.g nuts, bee stings)	Spinal
Diabetes	Heart or
Epilepsy, Fits or Convulsions	Head or
Fainting Spells of Blackouts	Arthritis
Migraines or Severe Headaches	Visual I
Memory or Attention	Allergie
Hearing Impairment	Physical
Joint or Muscular	Intellect

\*If you ticked any of the above please provide specific details:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Billing Options:**

After registration, you will be required to fill out our Group Intake Forms where you will have the opportunity to select your billing method for the group program. You can choose between Core and Capacity funding, or you can select "paying privately" if you plan to claim a medicare rebate for your participation in the program.

**Total Cost: \$1284**

**General Comments:**

- \*A one-day (5.5 hours) educational workshop with an ARP psychologist focused on building parental confidence and capacity to support their child's neurodiverse needs.
- This price does *not* include:
  - \*Transport/travel costs to and from the sessions. Please contact your Support Worker to organise transport.
  - \* The program's suggested resource list.

**Cancellation Policy:**

- \* Cancellation within 7 days of the program will be charged in full.
- \* Prices are subject to change based on participant numbers.

**Terms & Conditions:**

Upon registration for this group program, we would like participants to be aware of the following:

**Privacy Statement:**

Amelia Read Psychology collects the information you provide for the primary purpose of obtaining appropriate medical treatment if required. We may also use the information you provide to contact you and/or the emergency contacts in the event of an emergency, to respond to enquiries and to ensure your well-being. If you do not provide this information we cannot provide this service. We may share your personal information with medical staff if needed.

**Pricing & Cancellation:**

As outlined in the price guide shared with all participants upon registration, group therapy programs adhere to a 7-day cancellation policy. Participants may cancel their registration for a group program by responding to the 7-day final confirmation text message. If a participant cancels their attendance after the 7-day final confirmation notification, they will be billed in full. Further pricing details can be found in the price guide.

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Web: [www.ameliareadpsychology.com.au](http://www.ameliareadpsychology.com.au)  
Ph: 0420 21 470



# Frequently asked questions

## Can I charge this program to my child's NDIS funding?

Yes! The NDIA recognises the significance of parental training and allocates a dedicated section in the price guide for it, termed as Carer/Parent Training, which can be billed to your child's NDIS funding. It's worth noting that Parent training services are available for utilisation even if not explicitly mentioned in the plan. The decision to access our assistance lies entirely in your hands, reflecting your Choice and Control.

## Is this a group therapy program?

Whilst this program is designed and facilitated by a psychologist, it is general in nature and not a substitute for 1:1 therapy. The program is designed to give participants the ability to connect with other like-minded individuals and learn neurodiverse-affirming parenting strategies in a safe environment. The program's activities will be focussed on building practical strategies and constructive take-aways

## When will I be billed for this program?

The invoice for this program will be sent at the end of the program. If you require an alternative billing cycle, then please make sure to communicate this during the registration process.

## Where will this program be hosted?

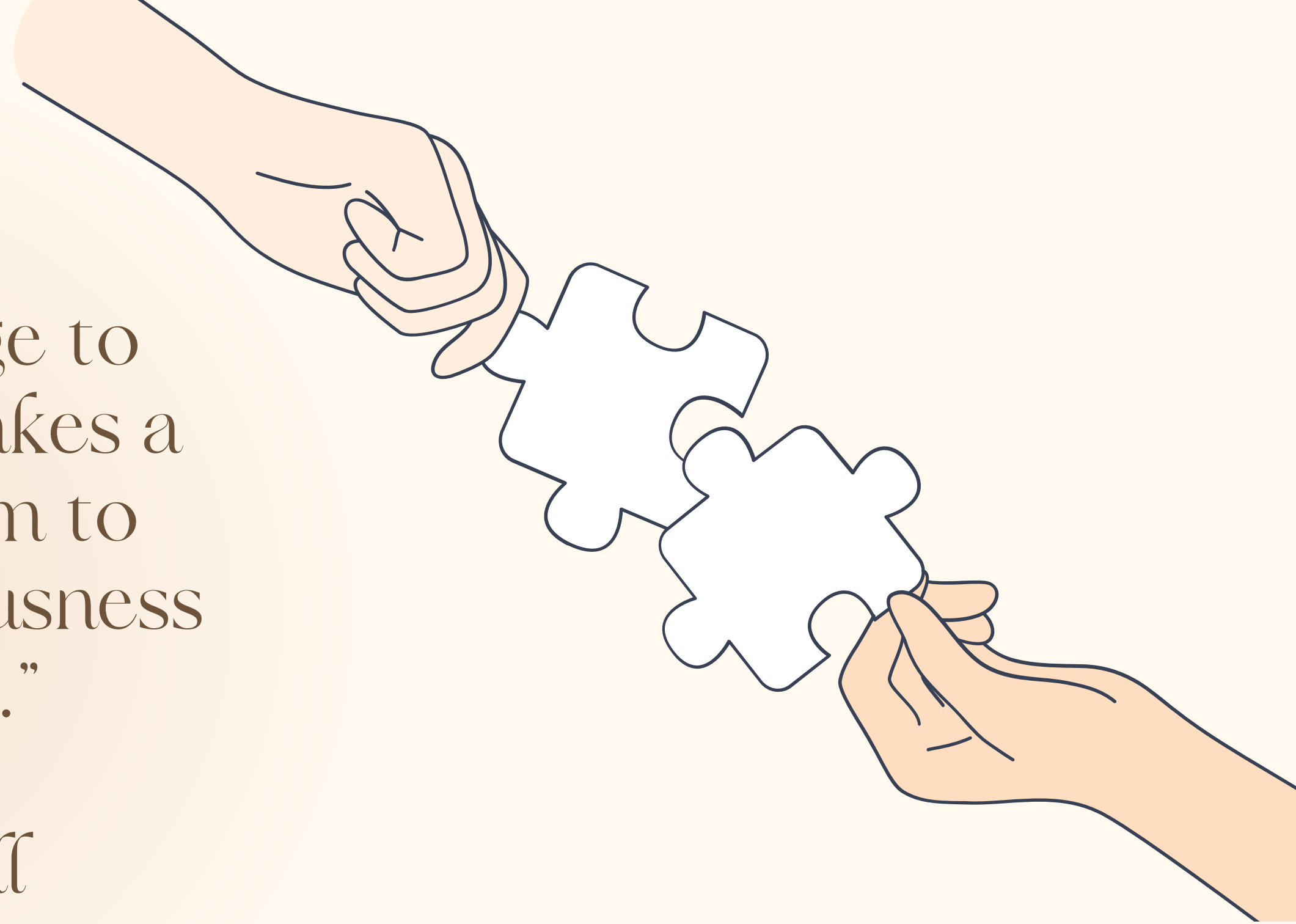
Shop 7/37a Tallebudgera Creek Road, Burleigh Heads, 4220  
**[See our website for further information and our clinic's parking guide]**

## How many people will be in the program?

For educational group programs, the group size can vary from 7-10 participants. This is to ensure that participants also have the opportunity to connect with other like-minded individuals and feel a sense of community.

*“It takes a village to raise a child. It takes a child with autism to raise the consciousness of the village.”*

*~ Elaine Hall*



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