

The poster features several green line-art illustrations of leaves and foliage. In the top-left corner, there are three leaves of varying sizes. In the top-right corner, there is a cluster of leaves and some small circular shapes. In the bottom-left corner, there is a large, detailed leaf. In the bottom-right corner, there is another large leaf. The background is white with some light green wavy shapes.

P D A
&
N E U R O D I V E R S I T Y

Retreat Schedule

October 4th, 5th & 6th, 2023
Missoula, Montana

JourneysWithPDA.com

JOURNEYS
with **PDA**



Retreat Schedule

DAY 1:
WEDNESDAY

October 4th

- 8:00 - 8:30 Check-In
- 8:30 - 9:00 Welcome!
- 9:00 - 10:30 Amanda Diekman (@Lowdemandamanda)
Low-Demand Parenting
- 10:30 - 10:45 BREAK- Refreshments & Snacks
- 10:45 - 12:15 Heather Jessup, M.Ed (Journeys With PDA Co-Founder)
Understanding Co-Regulation
- 12:15 - 1:15 LUNCH- Provided by Journeys With PDA- Social
Connection
- 1:15 - 2:45 BREAKOUT SESSION 1:
Amanda Diekman (@Lowdemandamanda)
Supporting Siblings in Neurodivergent Families
- 1:15 - 2:45 BREAKOUT SESSION 2:
Kerissa Lyman (LivingLyman/Journeys With PDA)
Recognizing & Supporting Autistic Characteristics in PDA
- 2:45 - 3:00 BREAK- Refreshments & Snacks
- 3:00 - 3:30 Afternoon Coffee Chat
- 3:30 - 4:30 Co-Regulation & Self Regulation Time
DINNER- On your own

Retreat Schedule

October 5th

- 8:00 - 8:30 Check-In
- 8:30 - 10:00 Bailey Hoffner (@bad_french)
PDA Autism in the Workplace
- 10:00 - 10:15 BREAK- Refreshments & Snacks
- 10:15 - 10:45 Resource Fair- Explore various resources & books
- 10:45 - 11:45 Morning Coffee Chat
- 11:45 - 12:45 LUNCH- Provided by Journeys With PDA- Social Connection
- 12:45 - 3:30 Bowman Consulting Group
Self-Regulation: Repatterning the Nervous System
BREAK- Refreshments & Snacks
- 3:30 - 4:30 Co-Regulation Time- Ann Campbell
Somatic Experiencing Practitioner (SEP)
DINNER- On your own

Retreat Schedule

October 6th

- 8:00 - 8:30 Check-In
- 8:30 - 10:00 Karl Rosston, LCSW
Shining Light: Empowering Lives & Preventing Suicide
- 10:00 - 10:15 BREAK- Refreshments & Snacks
- 10:15 - 11:15 Morning Coffee Chat
- 11:15 - 12:15 LUNCH- Provided by Journeys With PDA- Social Connection
- 12:15 - 1:45 Melissa Neff, Ph.D.
The ABCs of Co-Occurring Conditions
- 1:45 - 2:00 BREAK- Refreshments & Snacks
- 2:00 - 2:30 Interactive Q & A- Journeys Team & Guests
- 2:30 - 3:30 Closing & Lagniappe