

PDQ for ASD
The PDQ Model for Anxiety Reduction:
Improving Behavior and Achievement
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Picture- BRAINS

- ▶ Brain- My brain has a lot of parts to it.
- ▶ Racing- I can feel my brain beginning to race
- ▶ Anxious- I have chemicals in the middle of my brain that are taking over and stopping all of it from working. They operate like a fire does.
- ▶ Identify- I am feeling anxious right now.
- ▶ Need- I need to take action.
- ▶ Strategies- I have strategies that can help the chemicals deflate like a balloon.



Do: BODIES

- ▶ Breathe- 15 breaths. Count them. This helps deflate the balloon of chemicals.
- ▶ Organize- Organize your breathing. Breathe into the tops of your lungs, the chest and your diaphragm. Let out the breaths from the diaphragm, the chest and then the top of your lungs. When you blow out, you're breathing out the chemicals, if you blow from the bottom of your lungs. Breathe for two minutes
- ▶ Drink- Drink some water. Feel the water going down. Imagine it putting out the fire of anxiety in your head.
- ▶ Identify a place to go-If the chemicals aren't deflating quickly, you can go to a safe place in the room. But you don't have to go.
- ▶ Explore the other parts of your brain as they start to work- *I can breathe away the anxiety. I can feel the rest of my brain working. I have control.* If you don't, breathe again.
- ▶ Sense the chemicals going out. *Things will be ok, now. I can do this.*



Question: HANDS

- ▶ How am I doing now?
- ▶ Ask- *What is the teacher asking me to do?*
- ▶ Next- *What do I need to do next?*
- ▶ Do- *I can do this, or I can ask for help*
- ▶ Strategies- *I have strategies for dealing with this and I can use them again. The chemicals will not win.*

