

***Untangling***  
***A Radical Approach to Treating with Women with ADHD for Clinicians***

Sari Solden, MS

Co-Presenter - *Michelle Frank PsyD*

2018 Annual International Conference on ADHD  
Thursday, November 8, 2018 8:30 am – 9:30 am

*Audience*

Mental health professionals and Coaches and Health Professionals

Material based on book to be released by New Harbinger Publications in 2019 by Sari Solden, MS and Michelle Frank, PsyD

This session is a complement to workshop for women with ADHD

*Untangled: A Radical Approach for Women with ADHD*

Sat, November 10, 2018 4:15 pm – 5:30 pm

and is based on same perspective by same presenters.

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***Note to attendees***

Please feel free to bring case material to discuss as time allows  
Presentation and informal discussion format

**Introduction**

“Radical” approach to helping women with ADHD explained.

The simple but radical idea is that instead of *fixing* yourself, you learn to be yourself.

Necessary and traditional approaches include medications and strategies for executive functioning challenges. Today’s session focuses on helping women from a clinical perspective based on thirty years experience that broadens the concept of ADHD treatment.

Women with ADHD can free themselves from self-defeating beliefs through the process we call “untangling,” in which women learn to separate their brain-based challenges from their core sense of self. This process will be explained and discussed.

How this approach is aligned with Acceptance Commitment Therapy, positive psychology, systems theory, and narrative therapy.

Your current approach to counseling in general can be adapted to counseling women with ADHD.

Instead of exclusively approaching executive functioning challenges through strategies to control and fix it, women must also, at the same time, learn to live successfully with and accept these difficulties.

Subjects include but not limited to:

## **Presentation**

- Identifying experiences and sources of internalized shame including cultural and family messages about differences, gender based rules, roles, and social expectations and applying them to client work
- Understanding the depth of shame that women with ADHD bring into therapy and how to process and move through this emotional legacy with clients in session – even for those who aren't ADHD “specialists”
- Helping women with ADHD move from shame, avoidance, hiding, and pretending toward authenticity and engagement
- Helping women with ADHD use effective communication using “whole person language”
- Helping women with ADHD practice “Mindful Authenticity” and break through barriers that inhibit growth and progress

## **Discussion**

Case examples

Q and A

### ***A “Radical” Approach To Helping Women With ADHD (for mental health professionals)***

## **Synopsis**

Two psychotherapists and leading experts in the field of women with ADHD explain their “radical” approach to and for women with ADHD to mental health professionals who want to help these clients accept who they are, executive function challenges and all!

The presenters encourage the professionals to help their clients resist the cultural stigma and deeply internalized shame - based narrative that develops as a result of being a woman living with an invisible difference like ADHD. The session explains the process of what the presenters call “*untangling*” in which women are helped to separate out their brain - based challenges from their core value as a woman.

The session emphasizes that while strategies are helpful, the work with these woman often is about accepting and valuing themselves even with their executive functioning challenges that collide with their deeply internalized idealized view of what it means to be a good enough woman. The session steers the professional away from the common pitfall of colluding with their client’s desire to be fixed as a pre - condition for living a valuable life, having equal power and respect in relationships, and moving toward creating a meaningful life that works for them.

In a session that mirrors the Untangling session for mental health professionals, this session addresses women with ADHD directly. Two psychotherapists and leading

experts in the field of women with ADHD explain their “radical” approach to and for women with ADHD who want to accept who they are, executive function challenges and all! The presenters encourage the women to resist the cultural stigma and deeply internalized shame- based narrative that develops as a result of being a woman living with an invisible difference like ADHD. The session explains the process of what the presenters call “untangling,” in which women are helped to separate out their brain-based challenges from their core value and sense of self-worth.

The session emphasizes that while strategies are helpful, the work for these woman is also about accepting and valuing themselves even with their executive functioning challenges that collide with their deeply internalized idealized view of what it means to be a good enough woman. The session steers women away from their desire to be fixed as a pre-condition for living a valuable life, and towards achieving equal power and respect in relationships and creating a meaningful life that works for them while effectively supporting their brain-based differences.