1. Introduction

2. How Did We Get This Far and How Far Do We Need to Go?
   a. ADHD only recently understood in adults; less is understood in women
   b. Sari Solden, Dr. Patricia Quinn, Dr. Ellen Littman - contributors in the field
   c. More research needed, i.e. hormones, aging, addictions, co-morbidities
   d. Understanding/accepting helps when there’s confirmation via hearing others’ experiences

3. The Inner Experience: why it’s time to let go of internalized social expectations
   a. Shame = avoiding social situations, low self-esteem; not meeting ones’ academic, vocational potential; social/interpersonal opportunities avoided.
   b. Embarrassment = discomfort in social situations; “hiding” shortcomings, loss of authenticity and identity
   c. Self-worth = getting “stuck”; not moving forward; depression, anxiety, lack of confidence. Believing one is not a “good enough” mother/partner/spouse. Grieving over opportunities lost and what “could have been.”

4. You Are Not Alone - Personal Experiences
   Hearing others’ experiences and stories helps to confirm one’s own feelings and lessens isolation, fear and sadness and offers hope in moving towards a healthier, happier life with ADHD.

Discussion on how ADHD impacts:
   a. Relationships - tuning out, problems “holding your own” in
disagreements; staying connected
b. **Parenting** – when both parent and child have ADHD; fostering relationship with children in spite of ADHD.
c. **School/Workforce/Career** – fear of success; crisis of success (Sari Solden model); getting accommodations; dealing with distractions, procrastination
d. **Communication** – talking too much or too little; zoning out, staying connected
e. **Fear of disclosing one’s diagnosis** – pros and cons; who to tell, who not to tell; benefits VS repercussions
f. **Chronic disorganization** – housekeeping challenges; how/where to get help, tips
g. **Time management challenges** – tactics that work: day planners, timers, clocks
h. **Memory issues/hormones** – aging, executive function, tips
i. **Cooking/entertaining/holidays** – society’s expectations on women and how to get around it
j. **Procrastination** – how it interferes with productivity; stress; tips on getting started and staying on track
k. **Hypersensitivities** – sensory overload is common but rarely discussed or acknowledged by professionals: sense of touch, hearing, smell and the impact on women. Tips on how to deal with this.

5. **Now what?**

   a. Proper treatment - how to find it, what to expect
   b. Acceptance – first step in healing
   c. Education – necessary for self-understanding and helping family/friends to understand and accept you
   d. Support and resources- books, conferences, websites

**NOTES**
Resources for Women with ADHD

BOOKS/TAPES

Survival Tips for Women with AD/HD: Beyond Piles, Palms and Post-its, Terry Matlen, M.S.W., Specialty Press, Inc 2005


Women with Attention Deficit Disorder: Embracing Disorganization at Home and in the Workplace, Sari Solden, M.S., Underwood Books, 1995, 2005

Journeys Through ADDulthood, Sari Solden, M.S., Walker and Co, 2002


Driven To Distraction, Edward Hallowell, M.D. and John Ratey, M.D., Pantheon Books, 1994

You Mean I’m Not Lazy, Stupid or Crazy?, Kate Kelly and Peggy Ramundo, Scribners, 1995


Smart But Stuck: Emotions in Teens and Adults with ADHD, Thomas E. Brown, Ph.D., Jossey-Bass, 2014

The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps, Melissa Orlov, Specialty Press, 2010

The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents, Nancy Ratey, Ed.M, 2008


ADD in the Workplace, Kathleen Nadeau, Ph.D., Brunner/Mazel Books, 1997

Dismissed and Undiagnosed Dreamers: Video. Paula Stanford, Human Resource Network. To order: (405) 943-5073

ADD and Romance, By Jonathan Halverstadt, M.S., 1999

What Does Everybody Else Know That I Don't? Social skills help for adults with AD/HD, Michele Novotni, Ph.D., 2000

Understanding Women with AD/HD, edited by Kathleen Nadeau, Ph.D. and Patricia Quinn, MD., Advantage Books

FOR GIRLS
First Star I See, Jay Caffrey, Verbal Images Press, 1997

Understanding Girls with AD/HD, Kathleen G. Nadeau, Ph.D. and Ellen Littman, Ph.D., Patricia O. Quinn, M.D., Advantage books 1999

ORGANIZING
Organizing for the Creative Person, Dorothy Lehmkuhl and Dolores Catter Lamping, CSW, Crown Trade Paperbacks, 1993

How To Conquer Clutter, Stephanie Culp, Writer's Digests Books, 1990


ADD NEWSLETTERS/MAGAZINES
ADD Consults: Free e-newsletter. Sign up at www.ADDconsults.com
Attention Magazine, CHADD (Children and Adults with ADD), National office: (800) 233-4050
ADDitute Magazine, 800-856-2032, www.additudemag.com

CATALOGS
ADD Warehouse, 300 NW 70th Avenue, Ste. 102, Plantation, FL 33317, (800) 233-9273 www.addwarehouse.com
ORGANIZATIONS/CONFERENCES
ADDA (Attention Deficit Disorder Assoc)  www.add.org
CHADD National: 4601 Presidents Drive, Suite 300
Lanham, MD 20706 301-306-7070  www.chadd.org
LDA- Learning Disorders Assoc., 4156 Library Rd., Pittsburgh, PA 15234

ADD COACHING
Online Coaching: Queens of Distraction- (with Terry Matlen)
www.QueensOfDistraction.com
Directory of coaches: www.ADDconsults.com
ADD Classes: www.ADDclasses.com
Coach Training: ADD Coach Academy- www.addcoachacademy.com; American
Coaching Assoc: www.americoach.org/
ADHD Coaches Organization (ACO) www.adhdcoaches.org

PROFESSIONAL ORGANIZERS
National Assoc. of Professional Organizers (NAPO), 1033 La Posada Dr., Austin, TX
78752, (512) 206-0151

INTERNET/ONLINE RESOURCES
ADD Consults: Online consultations, referrals, resources, store, directory
Terry Matlen, ACSW, Director  www.addconsults.com  terry@addconsults.com
Queens of Distraction: www.QueensOfDistraction.com Terry Matlen, ACSW, director
Online ADD Store: www.myADDstore.com
CHADD: www.chadd.org
ADDA: www.add.org
Sari Solden: www.sarisolden.com
ADD Classes: www.addclasses.com
ADDitude: www.additudemag.com
A Dose of Healthy Distraction: http://adoseofhealthydistraction.com
ImpactADHD: https://impactadhd.com
Terry Matlen’s ADHD Checklist (humor)

If you answer “yes” to 5 or more, it’s time to get evaluated for possible ADHD:

1. You paint all your walls white because you can’t decide on a color scheme.
2. Your family’s favorite restaurant is the local hospital cafeteria because everyone can pick out what they want.
3. You buy 30 pairs of underwear because otherwise, you know you’ll run out of clean ones. And you still do.
4. Your wardrobe is all black and white so you don’t have to figure out what outfits go together.
5. You’ve learned the fine art of nodding while smiling because you can’t follow conversations at parties.
6. You freak when you’re introduced to someone with a double name, like Mary Ann, Ann Marie, etc. because you will never remember which part of the name comes first.
7. You’ve lived in your neighborhood for over 10 years and still don’t know your neighbors' names.
8. You’re afraid to get a cat because you’re worried he’ll starve to death.
9. Your gray roots are usually showing.
10. There are at least 5 bottles of ketchup in your pantry, but you keep thinking you’re running out and return with yet another bottle from the market.
11. You order pizza more than once a week.
12. You can remember your 5th grade teacher’s name, but not your child's.
13. There are permanent dents on your fingertips from spending too many hours on the internet.
14. You find your watch in the freezer.
15. You have nightmares about forgetting to pick up your 4 year old from nursery
16. You HAVE forgotten to pick up your 4 year old from nursery school.
17. The definition of a scavenger hunt is looking for your wallet in your purse.
18. You realize the milk has gone bad when you walk in the house and wonder who threw up.
19. You open up a new checking account every 12 months because you’ve given up trying to balance your account.
20. You find out you have three copies of The Dummy’s Guide to Organizing.
21. The back of your hands are purple from all the reminders you’ve written on them.
23. You own an iPod, cell phone, laptop, digital camera but can’t find their chargers.
24. You are unable to fold sheets.
25. You don’t pay your bills even when you have money in the bank to cover your checks.
26. Your handwriting is worse than your toddler’s scribbles.
27. You’ve forgotten to use a colander when draining the spaghetti in the sink.
28. Getting your eyes checked is a nightmare because you never know if “1” looks better than “2.”
29. You call your daughter by your sister’s name. Her entire life.
30. You’ve gotten a car wash twice in five years.

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