

## 2020 Podcast Shows

### 1) **Ari Tuckman, PsyD, CST**

**Bio:** Ari Tuckman, PsyD, CST, has given more than 350 presentations and routinely earns excellent reviews for his ability to make complicated information understandable and useful. He is the author of four books: *ADHD After Dark: Better Sex Life, Better Relationship; Understand Your Brain, Get More Done; More Attention, Less Deficit;* and *Integrative Treatment for Adult ADHD*. His *More Attention, Less Deficit* podcast has more than 100 episodes and more than two million downloads. A psychologist in private practice in West Chester, Pennsylvania, he is a former member of CHADD's board of directors and serves as co-chair of the CHADD conference committee.

#### **Show ADHD 365**

##### **title: ADHD, Sex, and Relationships**

Is ADHD affecting your sex life? In this episode, Tuckman talks about why it's essential to address the relationship impact of ADHD. He also shares what his research tells us about the happiest couples, and recommends specific interventions for improving sex and romance in your relationship.

### 2) **Brandi Walker, PhD**

#### **Clinical Psychologist/Army Psychologist**

#### **US Army (Womack Army Medical Center) and Howard University**

**Bio:** Major Brandi Walker is an active duty officer in the Army's Medical Services Corps, serving as a clinical psychologist at Fort Bragg, North Carolina. She is a recent graduate of Howard University's clinical psychology program, where she specialized in children, adolescents, and families. She obtained a master's in rehabilitative counseling from the University of Maryland, College Park, and has held licensure as a graduate-level, licensed alcohol and drug counselor, and certified rehabilitation counselor. An advocate for research, Walker currently leads a nationwide community health study on ADHD and sleep in the pediatric population.

#### **Show: All Things ADHD or ADHD 365**

##### **Title: Health Disparities: Barriers to ADHD Diagnosis and Treatment**

What are the consequences of late diagnosis and treatment for ADHD in underserved and disenfranchised communities? Walker shares her insights into what healthcare providers, parents, and educators can do to decrease health disparities in the United States.

### 3) **Dr. Harris Finkelstein, PhD, LLC (No longer available)**

**Bio:** Harris Finkelstein, PhD, is a licensed psychologist in private practice located in Wilmington, Delaware, and Bryn Mawr, Pennsylvania. He specializes in the diagnosis and treatment of children, adolescents, and young adults, and provides evaluation and treatment to families in transition by request of attorneys and the family courts.

**Show: All Things ADHD**

**Title: What Should Parents Look for in a Good Evaluation for ADHD?**

Do you know what to look for in an ADHD evaluation? How do you know if your child is appropriately diagnosed? In this episode, we learn what to look for in an assessment and how to use the findings to seek school accommodations. When you better understand your child's learning abilities, you can help to ensure your child's success.

**4) Roberto Olivardia, PhD**

**Bio:** Roberto Olivardia, PhD, is a clinical psychologist and lecturer in the department of psychiatry at Harvard Medical School. He specializes in the treatment of ADHD, eating disorders, obsessive-compulsive disorder, and body dysmorphic disorder. He serves on the professional advisory boards for CHADD, ADDA, and the National Association for Males with Eating Disorders.

**Show: ADHD 365**

**Title: Growing Up with ADHD and Parenting a Child with ADHD and Dyslexia**

Roberto Olivardia shares his personal life and experience with ADHD and being a parent of a child with ADHD and dyslexia. This podcast is an up-close and personal journey of a little boy raised by loving immigrant parents in Somerville, Massachusetts, who successfully navigated through the challenges of ADHD and various sleep disorders.

**5) Roberto Olivardia, PhD**

**Show: ADHD 365**

**Title: ADHD and Suicide**

Research shows that children, adolescents, and adults with ADHD are at elevated risk for suicide. This show gives a comprehensive view of ADHD, a thorough understanding of the facts and myths about suicide, and identifies risk factors and important treatment considerations.

**6) Chris Dendy and Ruth Hughes**

**Bio:** Chris A. Zeigler Dendy, MS, is a popular author, educator, school psychologist, and mental health professional with over 40 years of experience. She's also the mother of three children with ADHD.

**Bio:** Ruth Hughes, PhD, has been a national leader in ADHD for many years. During her tenure as the CEO of CHADD, she helped to launch the widely recognized Parent to Parent training program, which has helped thousands of parents learn to manage ADHD in the family.

**Show: ADHD 365**

**Title: The Journey from High School to Young Adulthood with ADHD**

Are you concerned about how your child with ADHD will manage adulthood independently?

Launching successfully is difficult for many young adults with ADHD. Unfortunately, our late bloomers often don't have the necessary brain maturity and skills required to juggle the demands of transitioning to college or a full-time job at age 18. In this podcast, Dendy and Hughess share their personal experiences and strategies. They also provide information on career opportunities and ways to help your child with ADHD succeed.

## 7) Maggie Sibley and Gene Arnold

**Margaret Sibley**

**Bio:** Margaret Sibley, PhD, is a clinical psychologist and researcher at Florida International University. She studies executive functioning, motivation, and attention problems in adolescents and young adults. Sibley is the author of *Parent-Teen Therapy for Executive Function Deficits* and *ADHD: Building Skills and Motivation*.

**Gene Arnold**

**Bio:** Eugene Arnold, MEd, MD, is a board-certified child and adolescent psychiatrist. He is professor emeritus of psychiatry at Ohio State University. He graduated from Ohio State University College of Medicine summa cum laude, interned at University of Oregon, and took residencies at Johns Hopkins, where he earned the MEd, and served in the US Public Health Service.

**Show: ADHD 365**

**Title: A Conversation About of Marijuana and ADHD**

What are the advantages and disadvantages of using marijuana or its products for individuals with ADHD? What do you need to know? What don't we know yet?? Sibley and Arnold discuss what the research actually tells us.

## 8) Melissa Orlov: Founder of ADHD Marriage

**Show: ADHD 365**

**Title: What does a healthy ADHD couple look like?**

What does a healthy ADHD couple look like? Orlov discusses the most effective strategies for counseling and coaching, treatment issues and best practices, and how to avoid key pitfalls in your relationship.

**Title: The "Just Right" Relationship**

Based on decades of experience working with couples affected by ADHD, Orlov provides tools that can help you create a responsive relationship that feels "just right" for both individuals.

## 9) Joyce Cooper-Kahn

Joyce Cooper-Kahn, PhD, is a clinical child psychologist and author who specializes in direct services and consultation for youth, families, and schools dealing with ADHD and executive functioning weaknesses.

**Show: ADHD 365**

**Title: Building Better Executive Function Skills**

How does executive functioning relate to ADHD? How can you help children and teenagers build better executive function skills? Cooper-Kahn shares insight, practical strategies, and interventions you can use in your daily life.

## 10) Dr. Jon Thomas

Jon Thomas, EdD, LPC, has long been involved in research, treatment, and training with adolescents and young adults who have ADHD. He used this experience to develop an experiential, residential college readiness/success training program—the ADHD College Success Guidance Program--and an affiliated academic coaching model.

**Show: ADHD 365**

**Title: Improving Your Emotional Intelligence**

What is emotional intelligence? How can learning how to control their emotions help adults with ADHD improve academically, on their job, and in a relationship? Thomas shares insights on why emotional regulation is essential for people with ADHD and how it can help improve life's outcomes.