

2021 Available Podcasts for Sponsorship

1) Maggie Sibley and Gene Arnold

Title: A Conversation About of Marijuana and ADHD

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:

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.

2) Melissa Orlov:

Founder of ADHD Marriage

Title: What does a healthy ADHD couple look like?

Show:

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.

3) Dr. Jon Thomas

Title: Improving Your Emotional Intelligence

Bio: 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:

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.