



## Thursday November 17, 2022 ADHD Professional Institute

### **1A | ADHD and Trauma**

Tracks: Adult | Psychologist/Healthcare  
Audience Level: Intermediate  
Presenter: Tonya Miles, PsyD

This interactive presentation will explore the impact of trauma on people with ADHD. Participants will learn about the vulnerabilities people with ADHD experience at both the individual level and the family level and how children and adults with ADHD become more susceptible to experiencing trauma. The facilitator will also discuss differentiating between trauma, ADHD, and other disorders in order to develop an effective treatment plan. Treatment strategies for co-occurring ADHD and trauma will be discussed.

### **1B | Evidence-Based Interventions to Treat Executive Function and Organization Skills Deficits in Children and Adolescents with ADHD**

Tracks: Psychologist/Healthcare | Coach/Organizer  
Audience Level: Intermediate  
Presenters: Margaret Sibley, PhD | Richard Gallagher, PhD

This workshop will provide training on how to effectively treat youth with ADHD using two empirically supported treatments: one for children of elementary-school age and one for teens. The co-presenters are the lead authors of the manuals used in randomized clinical trials. Participants will learn methods for identifying children with ADHD who show impaired executive functioning and practical reflections of those deficits in organization, time management, and planning. The workshop will teach the behavioral and cognitive methods for engaging youth and their parents, for guiding parents in supporting behavior change through behavior management principles, for building skills in youth, and for obtaining support from teachers.

### **1C | Productivity for How You're Wired: Connecting to Your Productivity Strengths**

Tracks: Adult | Coach/Organizer  
Audience Level: Intermediate  
Presenter: Ellen Faye

The purpose of improving our productivity isn't simply to say we're productive, the purpose is to create a better life—one with less stress and more ease. In this workshop you will learn how to understand your best conditions for productivity success as we (1) learn more about ourselves and (2) adapt that learning to productivity processes that fit how you're wired. This approach, coupled with easily



implementable and proven systems for setting priorities, identifying the conditions to do your best work, managing your to-do list, and self-driven accountability will empower you to uplevel your productivity systems and perspectives and drive long-term change.

## **1D | Neurophysiology of ADHD in EEG, Eye Tracking, Pupil Response, and Breadth of Perception: New Neurofeedback and Trigeminal Nerve Stimulation Effects**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Intermediate

Presenters: L. Eugene Arnold, MD, MEd | Dr. Sandra Loo, PhD | Roger deBeus, PhD | Quinn Painter | Nadja R. Ging-Jehli

New analyses from the International Collaborative ADHD Neurofeedback (ICAN) randomized controlled trial (RCT), a trigeminal nerve stimulation (TNS) RCT, and a novel doctoral dissertation study yield new insights into the perceptual, EEG neurofeedback learning, and neural connectivity of ADHD and how autistic (ASD) features impinge. Active NF reduced within-session and across-session EEG theta/beta ratio (TBR) and variability more than placebo, supporting the conclusion that the large pre-post improvement was not mainly due to TBR down training. ASD symptoms decreased from baseline to treatment end ( $p < .0001$ ), marginally more with NF than controls ( $p = .061$ ). The ASD decrease correlated significantly ( $p = .018$ ) with improvement in efficiency/accuracy of neural information processing. TNS, compared to sham, strengthened connectivity between anterior and posterior nodes of the default mode network and reduced connectivity between frontal and medial nodes of the salience and executive control networks. A novel conflict resolution task showed that (1) individuals with ADHD, compared to controls, have a narrower breadth of perception, smaller pupillary response, and more erratic eye tracking; (2) pupillary response is associated with accuracy; and (3) broader perception protects against errors at high ADHD symptom severity.

## **1E | Kids Are Coachable: A New Model to Provide Developmentally Appropriate, Competency-Based Coaching for Elementary School Children**

Tracks: Coach/Organizer | Related Service Provider

Audience Level: Intermediate

Presenter: Diane McLean, MEd, PCAC, MCC

One of the biggest misconceptions in the field of ADHD coaching is that young children are “uncoachable” due to a lack of language development, self-awareness, and maturity—that the only way to help young children is to coach their parents. While this method can be helpful to families, it is based on the traditional adult coaching conversation that relies solely on high-level verbal expression. This presentation by a master coach reveals a new coaching model based on research in play therapy, positive psychology, and child development and integrates over three decades of experience in education, counseling, and ADHD coaching to show how to provide developmentally appropriate, competency-based coaching to children ages five through twelve.



## **1F | The ABCs of Emotional Self-Connection – A Different Approach to the Challenge of Emotional Dysregulation**

Tracks: Psychologist/Healthcare | Coach/Organizer

Audience Level: Intermediate

Presenter: Larry Letich, LCSW-C

Many of our ADHD clients are periodically beset by powerful negative emotions that disrupt their lives, careers, and relationships, and make them feel doubly bad about themselves simply for having them. But coping techniques like counting to ten and cognitive techniques of self-talk frequently have very limited effect when emotions are triggered, because they don't get to the root of the emotion, which is a bodily experience below the level of words. The ABCs of emotional self-connection—Acknowledging, Being With, and (Self) Compassion—is a way of helping your client reach a new, more regulated and integrated state of being not by trying to control or talk themselves out of their feelings, but by connecting to their bodily felt experience and listening to their own inner self with compassion. Based on the mind-body self-help process known as Focusing, the ABCs is a simple, gentle, yet powerful and transformative process for emotional regulation and psychological integration. As a Focusing-oriented therapist and practitioner for approaching thirty years, the presenter would love to share with fellow ADHD clinicians what has helped him and his clients so much.

## **1G | ADHD in Perinatal Women**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Intermediate

Presenter: Allison Baker, MD

The transition to motherhood is a multifaceted and challenging time, with novel demands on women as they adapt to caring for their babies during a time of changing hormone levels in the acute postpartum period and sleep disruption. Being an effective mother requires the ability to control impulsivity, modulate attention, and get and stay focused, as well as utilize executive function skills, the largely frontal-lobe cognitive skills that are required for a person to tap into their intelligence and execute purposeful, goal-directed, problem-solving behaviors. The specific components that make up this collection of regulatory functions include the abilities to initiate behavior, to inhibit competing actions or stimuli, to select relevant task goals, to plan and organize a strategy, to sustain attention and effort, to shift strategies when needed, and to monitor and evaluate behavior. Women with ADHD (at least 3.6% of the adult female population) struggle in these domains, yet this population and the course of their illness in the peripartum period has received little attention and systematic study. The goal of this presentation is to describe the transition to motherhood for women with ADHD, with a specific focus on understanding the course of illness in the early postpartum period (starting at birth to six months postpartum) so that clinicians, patients and families have a more in-depth perspective on the issues and opportunities involved for perinatal women with ADHD.



## **2A | Design Thinking for ADHDers: Creative Problem-Solving Tools for Work and Home**

Tracks: Adult | Coach/Organizer

Audience Level: Beginner

Presenter: Abby Wilson

This interactive workshop will equip participants with practical and fun tools for creative problem solving from the field of design thinking. Design thinking is a way of working and solving problems that focuses on human needs, is inspired by curiosity and out-of-the-box thinking, and thrives in environments of rapid change and enormous complexity—the perfect fit for the ADHD brain! Come and spend some time with the presenter and learn how to deploy some of ADHD's superpowers in service of better home and work life.

## **2B | Helping Those Stuck in the Web: Understanding and Treating Those with Problematic Gaming, Social Media, Pornography, and General Screen Use**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Intermediate

Presenter: Jeremy Edge, LPC, IDGC

This presentation will cover research related to the pros and cons about video games, social media, pornography, and general screen use. We will learn how clients with ADHD are affected by screens and how to promote healthy, balanced screen use. We will cover symptoms, treatments, resources, and tools to help those with problematic screen use. Videos, case examples, games, and interactive feedback will promote engagement for this presentation.

## **2C | Beyond Video Visits: How Technology Can Help Advance Pediatric ADHD Care and Support**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Intermediate

Presenter: Steph Peters, PsyD, MS

It is essential that clinicians across settings find new ways of implementing evidence-based care while improving access, equity, and lowering overall cost of care. In this presentation, participants will learn about (1) ADHD care experiences that need dramatic implementation improvement and (2) actionable ways to incorporate existing technology to address these needs across different types of clinical settings.

## **2D | Emotions and CBT for Adult ADHD: Dealing with the Feelings of ADHD**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Russell Ramsay, PhD, ABPP



Even though emotions are not mentioned in the official list of symptoms for ADHD, they are a core component of living with ADHD. Cognitive-behavior therapy (CBT) is a well-established psychosocial treatment for adult ADHD, but one that is often thought to downplay emotions. This session will review the contemporary research on the role of emotions as well as how CBT deals with emotional issues as faced by adults with ADHD. This review will focus on various details about the role of emotions, difficulties faced by adults with ADHD, and how thoughts and beliefs about feelings affect emotions and coping with them, and the information and themes provided by emotions. These details inform various coping strategies for emotional regulation, including the role of action and reappraisal in changing feelings, as well as complementary emotional management options for adults with ADHD.

### **3A | Culturally Relevant Interventions Within a Holistic Health Model: Utilizing Ethnicity, Gender, and Socioeconomic Status to Create More Meaningful ADHD Interventions**

Tracks: Psychologist/Healthcare | Coach/Organizer

Audience Level: Intermediate

Presenters: Brandi Walker, PhD, (MAJ, Army) | Sharon Saline, PsyD | Linda Berg-Cross, PhD | Delane Casiano, MD

A psychiatrist and three clinical psychologists present a thought-provoking workshop where practitioners, researchers, and coaches are challenged to widen their lens to see ADHD and its impact on the individual and their family from a comprehensive holistic health perspective with sensitivity to the intersectionality of symptoms, health disparities, and multiple transcultural identities such as ethnicity, gender, culture, socioeconomic status, etc. These panelists will encourage you to consider lifespan development from adolescence through late adulthood and issues such as sleep, nutrition, gender, co-occurring conditions (to include substance use), and access to care/socioeconomic factors that undermine healing and adaptive functioning. All of these intersecting domains must be considered when building long-lasting, effective interventions.

### **3B | Strengthening Adult ADHD Relationships: Common Challenges and Solutions**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Anita Robertson, LCSW

This workshop will study the most common neurodiverse relationship challenges, executive dysfunction, and the role of the five pillars in addressing those challenges. Participants will practice effective neurodiverse relationship strategies, including communication skills that work for an adult with ADHD. Participants will leave feeling energized, armed with new information and methods to implement at home or with clients. Expect to get up out of your seat, move, and get your creative energy flowing.



### **3C | Empowering Yourself and Your ADHD to Connect with Others Using Dialectical Behavioral Therapy**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenters: Adam Ly | Maryna Mammoliti, MD

Dialectical behavioral therapy (DBT) is a psychotherapy modality that was created by Marsha Linehan. It teaches skills in four domains: interpersonal effectiveness, mindfulness, emotional regulation and distress tolerance. We will apply DBT skills to build a healthier relationship between yourself, your ADHD, and connecting with others using case studies.

### **3D | The Proven Formula for Using Webinars to Build Your Business**

Tracks: Coach/Organizer

Audience Level: Intermediate

Presenter: Alan Brown

How many webinars have you attended that taught you something of such great value that you became an ardent follower or customer of the presenter? Probably few. Because most webinars lack the proven formula for delivering value-bomb content and, ultimately, doing what webinars should do: grow your following and your business. Join an ADHD/productivity and business coach to learn the proven formula for creating, marketing, and delivering webinars that will build your business, delivered in a “checklist” format such that your handout will provide a step-by-step instruction manual for successful webinars.

### **3E | Using Structured Problem Solving to Reduce Parental Stress and Strengthen Parent-Child Relationships**

Tracks: Psychologist/Healthcare | Coach/Organizer

Audience Level: Intermediate

Presenter: Mary Smith

The presenter explains how using a structured problem-solving methodology based on the Lean Six Sigma DMAIC (Define, Measure, Analyze, Improve, Control) process can be used to promote collaboration and strengthen the parent-child relationship. This process positions parent and child to focus on the root causes of noncompliance and determine an appropriate solution. The process is aided by the collection of tangible performance data for real-life situations relevant to the family; nothing is left to perspective or interpretation of motive. This methodology contributes to the setting of realistic performance expectations, building performance awareness, creative problem solving, and opportunity to connect through immediate feedback and reinforcement for the new improved behavior. While the context of this presentation is set in the family coaching arena, this methodology can be use in all types of coaching situations. Participants will be given basic methodology templates and shown how to integrate this methodology into their family and/or coaching practice.



### **3F | Eye Movement Desensitization and Reprocessing (EMDR) as a Possible New Treatment to Address Symptoms of ADHD**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Advanced

Presenter: Noelle Lynn, LCSW

EMDR is an established therapeutic intervention to address PTSD and traumatic experiences. In this session, an EMDR practitioner explores the possible uses of EMDR in treating ADHD symptoms. Participants will learn more about how EMDR works and will hear examples of how EMDR can be successfully used to help those with ADHD overcome challenges they face.

### **3G | What to Do Besides Medication for Hyperactivity and Impulsivity**

Tracks: Educator | Parent/Caregiver

Audience Level: Beginner

Presenter: Kimberly Harrison, PhD

Learn hands-on ways to help children and teens manage the hyperactive and impulsive behaviors that can significantly compromise their ability to participate and succeed in everyday activities, including school. This workshop addresses non-medication strategies that can be used at home and school to help children and teens with ADHD stick to task, regulate emotions, and participate appropriately in social settings.

### **4A | How to Connect with a Larger Audience by Being a Great Podcast Guest**

Tracks: Psychologist/Healthcare | Coach/Organizer

Audience Level: Beginner

Presenter: Brendan Mahan, MEd, MS

Led by a professional podcaster, this workshop will provide professionals with a structured plan for using podcasts to increase their exposure in order to foster both their network and their client base. The workshop will explore ways participants can prepare themselves to be on a podcast, including the technology and hardware that might be needed, and how to know whether they're ready to be featured on a podcast. The workshop will also examine ways to get booked on a podcast and what to do once you are. Participants will receive a deep dive on what to do during the interview itself, how to connect with both the host and the audience, and how to come across as the experts that they are and ensure that listeners find their episode of the show memorable. Finally, the workshop will explore the best practices following the posting of the episode, including how to maximize exposure and how to leverage it to get more opportunities later.



## **4C | Can Virtual Reality, Video Games, and Neurotechnologies Effectively Treat ADHD?**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Advanced

Presenter: Randy Kulman, PhD

Neurotechnologies for the treatment of ADHD are burgeoning as tech companies are making enormous investments in this growing field. Professionals will need to be knowledgeable about these tools, both to inform their treatment of ADHD and to answer questions from their clients. While there is justifiable skepticism about the effectiveness of these interventions, many of the newest neurotechnologies are well researched, target specific aspects of ADHD, and make limited claims about who they will help. This presentation will demonstrate many neurotechnologies at the forefront of the field, discuss how to choose the best fit for clients, describe how best to apply these tools, and discuss our own research and observations with patients who are using these technologies.

## **4D | How to Help Clients Exit and Heal from Toxic Relationships**

Tracks: Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Stephanie Moulton Sarkis, PhD, NCC, DCMHS, LMHC

ADHD may be "weaponized" against victims and survivors of abuse. Learn evidence-based practices for identifying abusive relationships, helping your clients formulate an exit strategy, and learning how to rebuild. Toxic people can present as healthy and charismatic in therapy sessions—learn how to spot problematic behavior and identify intimidation in a relationship. Your client's life may depend on your knowledge and action.

## **4-NSA01 | Kicking Imposter Syndrome to the Curb**

Presenter: Mallory Band

This will be a peer-support group where all individuals have a safe place to listen, share, and collaborate with others. We will participate in role-playing activities and help individuals work through real challenges related to imposter syndrome and ADHD.

## **5A | Stemming the Tide: Helping Adults with ADHD Regulate Their Emotions**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Marcy Caldwell, PsyD

Thirty to seventy percent of adults with ADHD have impairing levels of emotional dysregulation, affecting their relationships, productivity, parenting, and self-esteem. In fact, emotional dysregulation has been found to have a more significant impact on overall well-being than either inattention or hyperactivity symptoms alone. This dysregulation is caused by both neurobiological and processing



differences in the ADHD brain and therefore needs to be addressed differently than neurotypical dysregulation. This session will review these differences and outline a model for understanding the unique ways that ADHD brains process emotion. We will then discuss ADHD-friendly, evidence-based strategies for helping adults better regulate their emotions.

## **5B | Minimize Admin Time, Maximize Coaching Time: Software and Systems for Coaches**

Tracks: Coach/Organizer

Audience Level: Intermediate

Presenter: Lollie Weeks

As solo entrepreneurs, coaches wear many non-coach hats and all those hat changes can quickly gobble up our two most precious and finite resources: time and energy. For coaches, wasted time and energy equals missed opportunities and unrealized revenue, and dramatically increases the potential for burnout. So how can we “create” more hours in our day? An ADHD coach and business development consultant will walk you through the steps to identify opportunities to streamline business administrative processes, zero in on the right systems and software for your coaching business now and in the future without wasting time and money, and maximize your time and energy so you can focus on coaching more clients and developing new ideas that will take your businesses to the next level while maintaining a healthy work-life balance to support the most precious resources of all to your business—you, the coach!

## **5C | My Medicine Isn't Working Anymore**

Tracks: Adult | Physician/Psychiatrist

Audience Level: Intermediate

Presenter: Heather Brannon, MD

Treating adult ADHD can be difficult and confusing. There are many significant factors besides medication that affect how well a patient does. The presenter will explain evidence-based, practical strategies to make it easier to treat adult ADHD cases that aren't straightforward.

## **5D | Effective Responses to Challenging Behaviors: Staying Connected to Children and Teens**

Tracks: Psychologist/Healthcare | Parent/Caregiver

Audience Level: Intermediate

Presenter: Tish Taylor, PhD

This presentation will increase your awareness of challenging behavioral patterns commonly presented by children and teens with ADHD and/or oppositional defiant disorder. In addition, your agency to respond wisely to these behavioral patterns will improve and consequently allow you to better model and teach more effective coping abilities to your child or to the children you serve. The ultimate goal is to increase positive emotional connections with children and teens despite their behavioral and emotional challenges.



## **5E | A Virtual Reality Classroom for Attention Process Assessment in Children with ADHD and Beyond**

Tracks: Psychologist/Healthcare | Related Service Provider

Audience Level: Intermediate

Presenter: Albert Rizzo, PhD

Advancements in computing power, virtual reality (VR) and video game technology are creating new opportunities for addressing childhood clinical conditions in ways that were undreamed of back in the bygone days of the twentieth century. The capacity of VR technology to create controllable, multisensory, interactive 3D stimulus environments, within which a child's performance can be recorded, measured, and analyzed, offers clinical assessment and intervention options that are not possible using traditional methods. This presentation will present the rationale and research support for the use of a VR classroom designed to assess attention processes in children with ADHD under immersive and realistic conditions typically found in an everyday classroom environment. Data from a large normative sample (n=695) of children (M/F; ages 6-13) will be presented in contrast to the performances of children with ADHD to illustrate the value of this technology-based application for diagnostic and treatment-evaluation purposes for ADHD and beyond.

### **5-NSA01 | Researchers Roundtable Discussion**

Moderator: Andy Harris

Join us for a highly interactive roundtable discussion designed to give you access to the scientists presenting their findings at this conference. Don't miss this opportunity to engage directly with current researchers in the field of ADHD.

### **5-NSA02 | Authentic Connections Games**

Presenter: Roxanne Jarrett

Looking for a fun, engaging way to meet new people or get to know your friends even more? Laced with giggles, wows, and sometimes tears, authentic connection games go way beyond small talk to celebrate our uniqueness as well as our common bonds. Also called authentic relating games, they allow strangers, friends, and intimate partners to develop and experience the skills and joys of interpersonal relating. Influenced by theater games, icebreaker games, and empathy exercises, this method of deepening personal connections became popular in San Francisco in the 1990s. Attendees will have the opportunity to play at least one of each game configuration and will be encouraged to choose a variety of game cohorts, and to listen and reflect in real-time. From meditative depths of presence to ecstatic heights of joy, participants will be guided through an inspiring adventure through the complexities of the human condition. Authentic connection games provide participants with a profound sense of well-being and an experiential toolkit that they can use right away to make every part of their lives more fulfilling.



## **6A | Predictors of Postsecondary Outcomes**

Tracks: Educator | Parent/Caregiver

Audience Level: Advanced

Presenters: Michele Bauman Joseph, EdD | Bonnie Jones

Neurodiverse individuals often struggle to successfully transition into young adulthood. The social, cognitive, and organizational requirements of college, employment, and independent living can be challenging for these adolescents as they strive to adapt to new environments. Their diversity presents unique abilities to see the world differently which impact their significance in the world. The findings of this study suggest student communication profiles as a key indicator of success in postsecondary outcomes.

## **6B | Solopreneurship Isn't the Only Way! Creative Approaches to Getting Started as a New ADHD Coach**

Tracks: Coach/Organizer | Related Service Provider

Audience Level: Advanced

Presenter: Frankie Berkoben, MSc

Starting out as a new ADHD coach doesn't have to mean solopreneurship and all the admin and overwhelm that entails. In this session, we provide multiple case studies with recently established coaches, business mentors, and industry veterans, ranging from solopreneurship to group practice to corporate settings. The session will explore the many ways that focusing on connection rather than isolation can strengthen not only the coaching community but also improve access to (and standard of) care for the ADHD community.

## **6C | Neurology, Trauma and Substance use: A Systemic Dilemma**

Tracks: Psychologist/Healthcare | Educator

Audience Level: Intermediate

Presenter: Mary Kima Dolson, MSW

This session will educate attendees about the relationship between neurology, trauma, and substance use in the ADHD community. The presentation will provide observational insights into the experience of individuals who have been affected by this intersection of experiences and address this community's barriers to housing, employment, and treatment for ADHD. There will be an open discussion around how the community of mental health providers, coaches, and educators can meet the needs of this population.

## **6D | The Double Whammy of Chronic Illness and ADHD**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenters: Casey Dixon, MSEd, PCC, BCC, SCAC | Emily Whelden



Did you know that people with ADHD are at greater risk of developing chronic illness? Having a chronic illness impacts ADHD and ADHD impacts chronic illness. Having ADHD makes consistent performance more difficult because of impaired executive functions: remembering details, making choices, establishing self-supportive habits, organizing information, planning. Adding in a chronic illness, which also makes consistent performance difficult is a double whammy for many with ADHD. In the presentation, we discuss how you can better manage your ADHD in order to improve chronic illness health outcomes by making changes in your habits, via tracking and by talking to and advocating with your healthcare providers.

## **6E | All-In! Building Meaningful Connection and Engagement with Teenagers and Young Adults with ADHD Through Group Coaching**

Tracks: Coach/Organizer | Related Service Provider

Audience Level: Intermediate

Presenters: Alan Graham, PhD, PCC, MCAC | Faelyne Templer | Stephanie Monks

Coaching is a well-recognized and effective intervention for people of all ages living with ADHD. Teenagers and young adults with ADHD, who are going through some of the most formative years of their lives, can be challenging to engage in the coaching process. As a result, they can miss out on the full benefits, insights, and learnings of the experience, feeling like prisoners instead of participants in the coaching process. By creating conditions in through group coaching where members of this demographic can build powerful connections, feel heard, validated, psychologically safe, and empowered, coaches can more effectively support teenagers and young adults through these important and formative years. In this highly interactive session, participants will learn effective techniques to build psychological safety, build confidence, generate participation, and build a community of peer leaders through group coaching with teenagers and young adults.

## **6-NSA01 | Inspiring Self-Leadership: Learn Through Play**

Presenter: Joanne Principe

Those of us who are neurodiverse often find ourselves saying statements such as "*But I thought you said... this not that.*" Communicating effectively is essential to success in every facet of life and work. This session's activity helps intuitively and authentically grow this capacity through physical movement plus visual and verbal techniques. Small groups co-create solutions to the puzzling scenario collaboratively. The appreciative inquiry approach is leveraged in exercise.



## **Opening Keynote | Real World Data, the Evolving Landscape of Clinical Research, and Implications for ADHD Care Management**

Presenter: Scott H. Kollins, PhD

The opening keynote presentation will provide an overview of the concepts of real-world data (RWD) and real-world evidence (RWE), and how these types of data can be important to facilitate treatment development and clinical care. The presentation will highlight how RWD/RWE can complement more traditional clinical trials, as well as some of the practical and ethical issues in the collection, aggregation, and analysis of patient data gathered from real world sources. The implications of the RWD/RWE movement will be discussed specifically from the standpoint of ADHD care management and treatment development.

## **Friday Sessions November 18, 2022 General Sessions**

### **Friday Keynote | Lost in the Transitions: The Impact of Under-Recognized ADHD in Marginalized Communities Across the Lifespan**

Presenter: Napoleon Higgins, MD

ADHD occurs across the lifespan, affecting individuals and outcomes. This talk will focus on how marginalized communities are affected by undertreated ADHD. We will look at the issue of bias in clinicians and educators and discuss how this bias affects diagnosis and treatment. The intent is to close the gap regarding treatment and prevent poor outcomes from ADHD.

### **FA01 | All About Boundaries and ADHD Relationship Success**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Melissa Orlov

The presenter will provide the information and tools couples need to move away from the resentment, anger, frustration, and relationship harm caused by parent-child dynamics (PCD) between partners. PCD is one of the most common, and most destructive, struggles that couples affected by ADHD face, and moving out of PCD is critical to a couple's health and happiness. Since creating stronger personal boundaries is one of the fastest and best ways to move away from PCD, the presenter will cover what boundaries really are; how to differentiate between the "nice to haves" and "absolutely necessary" boundaries; how to use boundaries to overcome PCD; the benefits of good boundaries; how to manage disputes around boundaries; and traps to resist when defining your own boundaries. Come learn the



benefits and how-tos of moving away from the disordered boundaries of the parent-child dynamic with which you and your partner struggle.

## **FA02 | Research Symposium I | What's New in Treatment Guidelines for ADHD**

Tracks: Physician | Mental Health

Audience Level: Advanced

Presenter: Steven R. Pliszka

Over the last several decades, various professional organizations and government entities have promulgated treatment guidelines for the treatment of ADHD. A brief history of the various guidelines will be presented, with emphasis on how the guidelines differed by the governmental or professional body that developed them. Recent controversies over guidelines will be discussed, particularly in regard to mitigating any biases of guideline development. Finally, the unifying treatment principles of the various guidelines will be highlighted to help clinicians optimize their treatment of ADHD.

## **FA03 | The Importance and Impact of Proud Self-Disclosure**

Tracks: Adult | Coach/Organizer

Audience Level: Beginner

Presenter: Jaye Lin

While accurate knowledge of ADHD is rapidly growing in the general public's awareness, many ADHD-affected individuals still feel uncomfortable disclosing their ADHD in their workplaces, to their friends and families, and in public forums. This can lead to feelings of shame, feelings of inadequacy, and otherness. For those who are comfortable and unashamed of their ADHD, there is a huge opportunity to create ripples of positive impact to others through self-disclosure. This talk takes a look at the presenter's past exposure to individuals who have proudly self-disclosed their ADHD, how that exposure has led to her own proud self-disclosure, and in turn, the positive impacts in the ADHD community at Google and beyond. It also looks at the responsibilities and hurdles that can arise from self-disclosure and how to manage those on an ongoing basis.

## **FA04 | Does My ADHD Retire with Me? Supporting the Transition from Work to Retirement**

Tracks: Adult | Coach/Organizer

Audience Level: Intermediate

Presenter: Daniella Karidi

In this interactive presentation, participants will learn to support individuals transitioning from work to retirement and those already in retirement. We will explore some of the current research and literature that focus on adults with ADHD above the age of 55. People spend years building their career, profession, and business, but rarely dedicate sufficient time and resources to planning their retirement. We will examine the role of the coach and techniques for coaching and planning for retirement. In addition, we will explore an assessment tool designed by the presenter to assist in the evaluation and



prioritization of areas that relate to retirement, to help retirees recognize and overcome ADHD-specific obstacles, and to play to their strengths. This tool can assist in creating a map of areas the retiree needs to develop to find the path toward a fulfilling retirement. Participants will have the opportunity to complete a version of the assessment tool and discuss possible interpretations of the results.

### **FA05 | The Inattentive Gardener: Horticulture Therapy for ADHD**

Tracks: Adult | Psychologist/Healthcare  
Audience Level: Intermediate  
Presenter: Linda Roggli

ADHD and gardening go hand in (garden) glove! Digging in the dirt can sharpen focus, relieve stress, improve executive function, and boost dopamine levels. It also ticks a lot of boxes for time-honored ADHD treatment: meditation, exercise, nutrition. Not just for "green thumb" types, this session offers compelling evidence that gardening and horticulture therapy can be an important strategy for adults with ADHD. You'll leave with ideas on how to implement this inexpensive, simple yet effective tool, regardless of age or gardening experience. Brown thumbs welcome!

### **FA06 | School and the ADHD Child: Section 504 and Special Education**

Tracks: Parent/Caregiver | Mental Health Clinician/Coach/Physician  
Audience Level: Beginner/Intermediate  
Presenter: Jeffery S. Katz

Are you concerned about your ADHD child in school? Academic problems, behavioral issues, or just the nagging sense that they are not doing as well as they really can? Do your child's school frustrations follow them home, making family life itself stressful for everyone? School interventions are a primary aspect of treatment for ADHD. Our schools have an obligation, by law, to assist students with ADHD. Section 504 or special education services are the key to changing your child's life in school. This section gives you the power tools that get the school working WITH you and your child, so that they are successful at school and prepared for their future.

### **FA07 | Sexting, Texting, and Cyberbullying, Oh My!**

Tracks: Educator | Parent/Caregiver  
Audience Level: Beginner  
Presenter: Susan Hoyer

If you are reading this, it is likely you or someone you know has experienced inappropriate interactions on a digital platform. Resolving these issues is stressful and difficult. This session will identify issues with utilizing digital media and provide resources to help navigate the digital world.

### **FA-NSA01 | Black Women with ADHD: A Discussion Forum**

Moderator: Inger Shaye Colzie



ADHD is a real yet invisible condition that affects every aspect of our lives. Join this discussion exploring the unique challenges facing Black women with ADHD.

## **FA-NSA02 | Living with ADHD as an Adult Man: Notes from The Road**

Presenters: Doug Snyder and Mike Fedel

ADHD is often described as a neurodevelopmental disorder of childhood. But it doesn't go away. And some of us (like the presenters) were not even aware until later in life. ADHD can be a lifelong travel companion. Getting past grief and shock to acceptance, and recognizing the impact ADHD has on our careers and relationships—all while holding down a job and being a partner and or parent—is a tall order. Join us for an honest look at the challenges facing men with ADHD.

## **FB01 | How to Get Your Children with ADHD to Talk About Friendship, Open Up About Tough Topics, and Get Help**

Tracks: Parent/Caregiver

Audience Level: Beginner

Presenter: Caroline Maguire

As a parent of a child with ADHD, it's hard to watch your child shut you out and refuse to talk about friendship, joining in or self-advocating. This workshop will teach parents how to break through to any child or teenager with ADHD so you can talk about friendships, tough topics and build a stronger relationship. The presenter will use techniques from her groundbreaking book *Why Will No One Play with Me?* to arm parents with strategies to break down defensive barriers, listen reflectively and keep the lines of communication open.

## **FB02 | Preparing Middle and High School Students with ADHD for a Successful Future**

Tracks: Educator | Parent/Caregiver

Audience Level: Beginner

Presenter: Chris Z. Zeigler Dendy

Key executive skills that are critical for success in middle and high school are also essential for success in college and the work world. Specific challenges linked to deficits in executive functions, such as difficulty getting started on tasks, completing long-term projects, forgetting assignments or chores, being disorganized, and often being late will be discussed. Intervention strategies will also be reviewed. Tips for enhancing leadership skills and knowledge of career opportunities will also be discussed.



## **FB03 | Why Is It So Hard, Boring, Unappealing to Even Think About Relaxation? And Why It's Great for ADHD**

Tracks: Adult | Coach/Organizer

Audience Level: Beginner

Presenter: Stephanie Antoine

Have you ever tried to relax, but were just too bored? Does the idea of relaxing feel like a luxury you cannot afford? Do you feel like you would, if you could, but *ADHD!*? Yet we know that relaxation increases productivity, improves sleep and cognition, and makes us more efficient, too. We will examine why the idea of relaxing can repel us, we will look at the benefits for ADHD when we succeed in relaxing, and discuss some paths to experience relaxation.

## **FB04 | Understanding How to Treat Women with ADHD from an Evidential, Clinical Perspective**

Tracks: Adult | Parent/Caregiver

Audience Level: Intermediate

Presenters: Phillip Anderton | Lisa Mangle

New and emerging outcomes from a large patient population in the United Kingdom are revealing two important additions to the understanding of ADHD. Women with ADHD can have much better outcomes from medical treatment than previously experienced when their menstrual cycle is understood and accommodated in their treatment regime. And although not exclusively constrained to men, males with hypertension can be successfully treated with stimulant medication, opening up a new approach to improving medical outcomes for men with ADHD. These research outcomes from the UK highlight what can be achieved, and they challenge existing, conservative practices.

## **FB05 | The ADHD Coaching Process: Building an Environment of Safety, Connection, and Trust to Create Powerful Possibilities**

Tracks: Adult | Educator

Audience Level: Beginner

Presenter: David Giwerc

The presenter will define the purpose of ADHD coaching and describe the specific skills well-trained ADHD coaches employ to co-create positive change in their clients' lives. He will identify and describe examples of new self-awareness, success, and fulfillment that clients experience with ADHD coaching. He will also present a summary of coaching research that provides evidence of these significant benefits. If you want to learn how the ADHD coaching process works to create sustainable progress and success in the lives of adults with ADHD, you will want to attend this dynamic and informative session.



## **FB06 | Networking 101 for Professionals, Coaches, and Job Seekers—ADHD Focused**

Tracks: Adult | Coach/Organizer

Audience Level: Intermediate

Presenter: Lynn Miner-Rosen

*“It’s not WHAT you know, but WHO you know.”* Networking can open the door to talking with highly influential people you wouldn’t otherwise be able to talk to or find easily. But, it is so important for anyone starting a new business, growing a practice, or looking for a job! To be successful in your next life venture, you will need to know how to network with people in the twenty-first century. Communication is one of the essential skills in our life, and networking is just that: reaching out and connecting with people! Fact (Forbes 2022): 80% of the available jobs right now are NOT posted on the internet. Research on the importance of networking is scarce. Still, a mountain of research shows that professional connections lead to more job and business opportunities, broader and deeper knowledge, improved capacity to learn more about a certain business, faster advancement, and greater status and authority. Building and nurturing professional relationships also improves work quality and increases job satisfaction. In this talk, participants will learn all about the “current and factual” definition of networking, the types of networking you can do, and tips and tricks for each attendee—whether you have ADHD or any other neurodivergent challenges around meeting new people and networking. We are here to support you!

## **FB07 | Moving from Shame to Restoration: Strengthening Treatment of ADHD in the African American Community**

Tracks: Psychologist/Healthcare | Parent/Caregiver

Audience Level: Beginner

Presenter: Cheryl Hamilton

This workshop will identify cultural barriers and stigmas related to ADHD and promote effective strategies to assist with dismantling negative perceptions associated with ADHD. This presentation will provide practical tools and techniques to help practitioners, community workers, and educators when working with individuals diagnosed with ADHD.

## **FB-NSA01 | Creating and Maintaining an ADHD-Friendly Healthy Wellness Plan: One Step at a Time | Cumberland G**

Presenter: Liz Brown | Alan Graham

Creating and maintaining a healthy wellness plan can be challenging for those with ADHD even when we are well aware of the benefits. In this interactive workshop, we will explore the latest research on how regular exercise, proper nutrition, restful sleep, and stress management can help improve symptoms for children and adults with ADHD. We will discuss how to create and maintain an ADHD friendly wellness plan that will lead to improved wellbeing. We will practice evidence-based stress reduction tools and physical movement that can be done quickly and without the need for equipment. Participants will leave with an individualized wellness plan and tools and resources to help clients, family members, or friends.



## **FB-NSA02 | ADHD Influencers Panel**

Moderator: Brendan Mahan

Panelists: Jessica McCabe, Dani Donovan, Rene Brooks, John Hazelwood

Through the shared experience of these influencers, you'll learn what it's like to connect with a worldwide audience of ADHDers. We will be discussing what it's like to be an influencer-advocate and all things ADHD.

## **FC01 | Adult ADHD and Social Capital: Managing Your Relationship Accounts**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Russell Ramsay

Many adults with ADHD face a double whammy of not only their own struggles with facets of ADHD, but also the ripple effects of these problems on their relationships and reputations with others—especially when feeling misunderstood. This session will use the idea of social capital as a way to understand both the actual or perceived costs of ADHD on relationships and as a means for better navigating and improving relationships. Many of elements of the "social glue," including the social emotions that are affected by ADHD will be reviewed and some resulting mindsets and behavior patterns—including some assumptions and criticisms by loved ones of adults with ADHD. Strategies for improving connections with others will be presented and audience interaction is encouraged.

## **FC02 | How to Create a Secure Functioning Relationship When One Partner Has ADHD**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Lisa Rabinowitz

Dr. Stan Tatkin, founder of Psychobiological Approach to Couple Therapy (PACT), developed a therapeutic model that helps couple's therapists counsel couples utilizing neurobiology, attachment theory, arousal regulation, and the principles of fairness and justice. The presenter will explain the PACT model and how to use it to work with couples with ADHD. This presentation will peel away the layers of hurt and pain that form in relationships due to parent-child/persecutor-victim patterns, insecurities due to attachment and unfairness and injustice. She will also provide methods for changing these ingrained patterns from a strength and capacity-based approach instead of a deficit model.

## **FC03 | Women, Executive Function, and Emotional Labor**

Tracks: Adult | Coach/Organizer

Audience Level: Advanced

Presenter: Regina Lark

This presentation examines the connection between women, emotional labor, and executive function.



Emotional labor is important to understand because it slams into executive function at home, causing disorganization, clutter, and other issues commonly seen by organizers and coaches.

## **FC04 | ADHD and the Anxiety Spectrum: Effective, Evidence-Based Strategies for Managing Worry, Social Distress, Perfectionism, and Procrastination in Children, Teens, and Young Adults**

Tracks: Psychologist/Healthcare | Parent/Caregiver  
Audience Level: Intermediate  
Presenter: Sharon Saline

In the wake of two years of uncertainty wrought by the COVID pandemic, the mental health needs of children, adolescents, and emerging adults with ADHD have intensified in ways that we have not previously seen. Young people with ADHD are now living with increased rates of anxiety that interfere with their social, educational, and emotional development. Worry and fear have increased the natural biological agitation, distractedness, and impulsivity that accompanies living with ADHD, so that daily apprehension, social anxiety, and unrealistic performance expectations have escalated. Craving a sense of security that is often unattainable, young people with ADHD need additional support from clinicians, coaches, educators, and parents to reduce the powerful influence anxiety exerts and the ways it holds them back. In this session, the presenter discusses how anxiety works and what professionals and caring adults can do in assisting children, teens, and emerging adults to reduce their worries and improve their resiliency. After examining the physiology and psychology of anxiety, she will discuss how to change an individual's relationship to worry, reduce negative thinking, and uncover the core limited beliefs that fuel persistent social anxiety, perfectionism, and procrastination. Participants will learn how to help young people evaluate their strengths, try new behaviors, reduce harmful comparisons, and develop self-soothing techniques in both familiar and novel situations. Using cognitive behavioral, insight-oriented, and mindfulness interventions, the presenter will share practical, research-based strategies for enhancing self-regulation, social confidence, and self-compassion in anxious children, adolescents, and emerging adults. Armed with these tools, young people will develop the confidence and coping skills they need to move forward bravely in today's unpredictable world.

## **FC05 | Management of Medications for the Treatment of ADHD**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist  
Audience Level: Intermediate  
Presenter: Carolyn Lentzsch-Parcells

Research shows that optimal, multimodal treatment of ADHD including the use of medication where appropriate is essential for the overall health and wellness of those of us with this condition. However, finding and managing the optimal medication regimen can often be easier said than done. In this session, we will explore strategies for starting, titrating, optimizing, and managing medications used for the treatment of ADHD, including stimulant and nonstimulant medications. We will discuss current guidelines and troubleshoot strategies for addressing a variety of common challenges including side effects, utilization of adjunct medications, decreased efficacy, and comorbid conditions. Lastly, we will address some of the barriers to care that can prevent those of us with ADHD from obtaining optimal medical management.



## **FC06 | College Accommodations and 504: Getting What You Need to Succeed**

Tracks: Parent | Coach | Psychologist/Healthcare | Student

Audience Level: Intermediate

Presenter: Ruth Hughes

The transition to college is a high-risk time for many of our students with ADHD, and receiving accommodations in college is very different from high school. Learn about the accommodations that will help college students with ADHD succeed. We will discuss the process, documentation, student rights, and the changing role of parents. Find out what to do if a student is not receiving the support he needs, and discover what research tells us makes the difference in the success of our college-bound students.

## **FC07 | The Impact of ADHD on Neurotypical (and Neurodiverse!) Siblings and Family Members**

Tracks: Psychologist/Healthcare | Parent/Caregiver

Audience Level: Intermediate

Presenters: Jane Indergaard | Jeremy Didier

This interactive presentation will explore the multifaceted ways having a sibling or a child with ADHD affects individual family members as well as the family as a whole. The presenters will share the latest research on families with ADHD as well as tackle the challenging sibling support issues frequently experienced in families living with ADHD. Participants will assess and learn to address their own mental health needs and create structures for sibling support. Armed with knowledge and strategies, families will thrive and not just survive when living with ADHD.

## **FC-NSA01 | Nurturing Your Whole Self: Body-Based Healing Practices for ADHDers**

Presenter: Elizabeth Brink and Anna Lopez

We are not born disconnected from our bodies and inner worlds. Through painful experiences and navigating a world obsessed with performance, we unlearn how to communicate with ourselves. This can result in chronic stress, overwork, and a myriad of mental and physical health challenges. If you have ADHD, then you know this all too well. The presenters will share briefly about why somatic healing practices are ideal for neurodivergent people and then demonstrate several practices to get you started. Participants will have lots of time to ask questions and generate ideas for ways to incorporate body-based awareness into their daily lives. If you've wondered what all the talk of somatic work is all about, this workshop is a great introduction! Note: Participation in somatic practices during this session is optional. No experience is needed.



## **FC-NSA02 | ADHD Brain Owner's Manuals**

Presenter: Sarah Kesty and Kristen Milliken

Your ADHD brain didn't come with an owner's manual, but you can write one in this fun and productive session. Join your presenters to learn and practice the process of identifying, organizing, and using strategies that work for your brain. You will leave the session with the beginnings of an actual brain owner's manual.

## **FD01 | Strategies to Build Perspective-Taking and Situational Awareness in Children and Teenagers with ADHD Who Struggle Socially**

Tracks: Parent/Caregiver | Physician/Psychiatrist

Audience Level: Intermediate

Presenter: Ryan Wexelblatt

Social executive function skills are the executive function skills used when we are communicating and sharing space with others. Lagging social executive function skills are common in people with ADHD and are poorly understood by professionals and parents. This session will provide strategies for parents to help build the two most prominent social executive function skills lagging in people with ADHD: perspective-taking and situational awareness. This session will not be about role playing or teaching scripted socially appropriate behaviors; rather, it will focus on building these two prominent social executive function skills from their foundation. The information will be applicable for parents of children, adolescents, and young adults ages eight through young adulthood.

## **FD03 | Mindfulness for Everyone: Distracted and Restless, Aware and Resilient**

Tracks: Adult | Parent/Caregiver

Audience Level: Beginner

Presenters: Lidia Zylowska | Mark Bertin

New to mindfulness? Tried mindfulness and found it difficult? Not sure where to start? Or do you want to take your practice to the next level? Come to this interactive session, guided by two leaders in the field integrating mindfulness into ADHD care. Two ADHD and mindfulness experts (a developmental pediatrician and an adult psychiatrist) will answer all your mindfulness questions in an open Q and A format. Our emphasis will be on making mindfulness real and useful for you—a busy mind and a restless body are expected and not an obstacle to getting started. We will cover questions from birth to adulthood, ranging from how to bring mindfulness to children and families to how to tailor your own mindfulness practice to manage ADHD. Mindfulness is a valuable tool for managing life with ADHD as well as a practice for personal growth.



## **FD04 | Distracted and Dyslexic: Having ADHD and Dyslexia**

Tracks: Educator | Parent/Caregiver

Audience Level: Beginner

Presenter: Roberto Olivardia

Almost half of people with ADHD also have a learning disability, such as dyslexia. This presentation will focus on the similarities and differences between ADHD and dyslexia, since research shows that having both clinically presents differently than just having one of these issues. Attention will be paid to the genetic, biological, and neuropsychological similarities and differences between the two. How ADHD and dyslexia present throughout the lifespan will be discussed, as well as strategic treatment interventions and recommendations for academic accommodations. Special attention will be paid to the social-emotional issues that students with ADHD and dyslexia face, as well as promoting self-esteem and self-advocacy in this vulnerable population. The presenter will share personal anecdotes as someone with ADHD and learning issues and as a parent of two teenagers with ADHD and dyslexia.

## **FD05 | Early Career Influencer/Communicator Award**

Tracks: Adult

Audience Level: Beginner

Presenter: Zachary Gershon

The International Conference on ADHD's Early Career Influencer/Communicator Award was created to recognize excellence and novelty in the creation of content about ADHD and support of those living with ADHD by up-and-coming influencers. Come hear two of the inaugural winners of this award, Dr. Sasha Hamdani (@thepsychdoctormd) and Stacey Machelie Newsome (ADHD IS THE NEW BLACK), discuss their journeys from diagnosis to online content creation and the value of sharing information about and creating community around ADHD in the digital world.

## **FD06 | Navigating the Complexities of ADHD and Burnout**

Tracks: Adult | Coach/Organizer

Audience Level: Intermediate

Presenter: Casey Dixon

Does having ADHD make you more susceptible to burnout? What do we know from research and the stories of real people with ADHD about burnout? The presenter will take a deep dive into the complexities of burnout when you have ADHD. She will define burnout and explore why it can be difficult to differentiate from ADHD. She will help those with ADHD and those who work with them to assess the possible signs of ADHD-style burnout and describe four steps those with ADHD-style burnout can take to reduce burnout.



## **FD07 | ADHD and Electronics: The Game-Life Balance**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Advanced

Presenter: Edore Onigu-Otite

Electronics are a key component of the modern child's daily life, central to their education, communication, connection to the world, and safety. While we do not like to think of young children as addicted, they can become insatiable about gaming, a risk that is increased in children with ADHD. The link between ADHD and problematic gaming in children is poorly understood, resulting in unclear guidelines over their use. Current practices do not identify the risks, onset, or progression of addictive behaviors in the child with ADHD and ways to prevent them. This work aims to review clinical aspects of the association between ADHD, its treatment, and problematic electronic gaming behaviors in children while also showing how healthy gaming activities can promote the child's development and the strength in connection.

## **FD-NSA01 | The Power of Peer Support: Panel Discussion**

Moderator: Suzanne Sophos

Panelists: Suzanne Sophos, Yulia Rafailova, Scott Seward, Zach Gershon

Join us for a frank and lively discussion about how and why being part of an ADHD peer support community can improve the lives of those impacted by ADHD. Peer support can be an important part of a holistic, multimodal ADHD treatment plan to improve ADHD outcomes in adults. It can also provide a space of growth and support for parents of ADHD children, potentially improving home life and outcomes for children with ADHD. We will be joined by panelists who actively run weekly and monthly peer support groups in their communities. They'll talk about their experiences of starting, promoting, facilitating, and managing various ADHD peer support groups. If you wondered how support groups work or want to try to start your own, this session is for you. Audience members are encouraged to bring their questions.

## **Saturday Sessions November 19, 2022 General Sessions**

### **SA01 | Crushing Procrastination: Surprising Science and Simple Solutions**

Tracks: Adult | Coach/Organizer

Audience Level: Beginner

Presenter: Alan Brown

For our ADHD brains, procrastination can be a burdensome constant challenge with significant costs to our careers, relationships, personal fulfillment, and general happiness. In this high-energy presentation



with engaging interactive exercises throughout, an ADHD/productivity coach shares a wide range of easy-to-apply evidence-based solutions, as well as the not-so-obvious costs of procrastination, the surprising science about procrastination, and the six common barriers to action that underlie our everyday procrastination—with six simple “brain hack” shifts to break down those barriers and get into action. If you or someone you love is struggling with procrastination and its many costs, this presentation is a must-attend.

## **SA02 | RESEARCH SYMPOSIUM II: ADHD in the 21<sup>st</sup> Century: Inconvenient Truths and Unmet Needs**

Track: Physician/Psychiatrist | Psychologist/Healthcare

Audience Level: Intermediate

Presenters: James M. Swanson | Ari Tuckman

A recent and impressive consensus statement by the World Federation of ADHD provides “evidence-based assertions about the disorder” and describes scientific and clinical advances supported by “firm statements about the nature, course, outcome causes, and treatments” of ADHD. A recent chapter in a book, *Neuroscience in the 21<sup>st</sup> Century* (Swanson, Rommelse, Cotton, Sonuga-Barke, Jensen, and Castellanos, 2022) provides an alternative approach that focuses on controversies about diagnosis, treatment, epidemiology, prognosis, and pathophysiology, which suggests some “inconvenient truths” that may be impeding scientific advances and some critical “unmet needs” that should not be ignored.

## **SA03 | Organizing the Disorganized Child**

Tracks: Parents | Educators

Audience Level: Beginner

Presenter: Amy Cushner

Children with learning differences and attention difficulties often have challenges in organizing their work and prioritizing their work choices. This can lead to underactivation, feelings of inadequacy and/or anxiety, and withdrawal from work. This workshop will explain how to recognize the types of attention deficits and support the growth of executive functioning skills, offering strategies to help these children develop organizational skills.

## **SA04 | ADHD and Student Discipline from Kindergarten Through College and Beyond**

Tracks: Educator | Parent/Caregiver

Audience Level: Intermediate

Presenters: Susan Stone | Kristina Supler

Students with ADHD are more likely to be disciplined than their peers. In this session, two attorneys draw on their many years of experience in this area to cover the types of disciplinary issues they see in their practice through their work with students with ADHD, along with how they navigate those issues depending on age. Additionally, they discuss accommodations and helpful tips for parents and



educators. Participants in this workshop will leave with a better understanding of disciplinary issues involving students with ADHD, how to avoid such issues, and how to better support students with ADHD.

### **SA05 | ADHD and PTSD: Similarities, Differences, and Comorbidity in Special Populations, such as Children, the Undiagnosed, Military Families, and BIPOC Communities**

Tracks: Psychologist/Healthcare | Parent/Caregiver  
Audience Level: Intermediate  
Presenter: Brandi Walker

Research on people who have residual trauma symptoms following exposure to an acute stressor supports the notion that trauma sequelae presents quite similarly to ADHD. Statistics note that people with ADHD are at a higher risk of experiencing trauma, actually multiple traumas. Similarly, a higher risk remains for children, particularly those who grow up exposed to violence and/or neglect; people who meet criteria for ADHD but were never diagnosed; military family members, considering their multiple transitions and daily life with military members who have complex trauma histories; and the BIPOC communities' countless exposures to microaggressions, macroaggressions, discrimination, glass ceilings, and racial trauma. Take this insightful, clinical, yet practical journey with the presenter as she provides an engaging, interactive presentation on distinguishing the signs and symptoms of trauma versus ADHD, and the necessity of treating ADHD and trauma from a contextual perspective versus one-dimensionally.

### **SA06 | Explaining ADHD to Children: An Empowering Framework for Helping Children Understand Their Uniquely-Wired Brains and Show Them They Are Not Alone**

Tracks: Educator | Parent/Caregiver  
Audience Level: Intermediate  
Presenter: Liz Angoff

Talking to kids about ADHD is tricky! Yet, if we do not have these conversations with our children, they tend to create their own narratives for why things are hard—and these narratives are often negative and isolating. In this workshop, you will learn a five-step approach to changing that narrative, discovering empowering and personalized language to talk about ADHD with your child or the children you work with. This approach builds on research looking at how to talk to young people about their differences using collaborative, growth-mindset, and neurodiversity-affirming frameworks to show them the power of their amazing brains.

### **SA07 | How to Pick the Perfect Planner for Your Brain**

Tracks: Adult | Coach/Organizer  
Audience Level: Beginner  
Presenter: Nathalie Pedicelli

Many studies have confirmed that the planning skills of someone with ADHD are compromised due to executive function weaknesses. As a result, many people with ADHD struggle at getting things done,



particularly when it is not an interesting task. Long-term planning to reach goals is often a vague idea that is stored somewhere in our brains without specific a specific action plan. Planners are like the external hard drive, helping us offload our busy brain of things to remember. But which planner to choose? Knowing what features work best for our creative brains can significantly increase our usage of said planner. This session is geared for the general public but also for organizers and coaches who want to improve the lives of their clients. Participants will have the opportunity to start designing what is needed for their perfect planner, whether readymade or made by themselves on the computer.

## **SB01 | How to Actually Get Things Done**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenter: Ari Tuckman

People with ADHD often struggle to get things done, but the million strategies that are supposed to work often don't feel all that helpful. Why not? Productivity isn't as simple as top ten tips or just do it. Fortunately, there are ways to tilt the odds of success to make it more likely that you will be able to complete more of those tasks that don't light you up. Rather than hoping that you will somehow find the motivation in the heat of the moment, we will discuss strategies to help you (or your clients) bring your best, know what needs to be done when, and create the necessary motivation.

## **SB02 | Mental Flexibility: Stretching the Muscle Between Your Ears**

Tracks: Adult

Audience Level: Intermediate

Presenter: Liz Lewis

What's hard, sticky, and sometimes a bit awkward? Not THAT. I'm talking about your brain. Some people call it poor executive function. I call it Simone Biles syndrome, because ADHD adults do a lot of mental gymnastics, but many of us lack the flexibility that Biles has spent so many years cultivating. Let's talk about how it shows up, and what we can do about it.

### **Learning Objectives**

## **SB03 | New Findings from MADDY Randomized Controlled Trial of Multinutrients for ADHD & Emotional Dysregulation**

Tracks: Psychologist/Healthcare | Physician/Psychiatrist

Audience Level: Intermediate

Presenters: L. Eugene Arnold | Jeanette Johnstone | Brenda Leung | Lisa Robinette

In the Micronutrients for ADHD in Youth (MADDY) study, 126 children ages 6-12 with ADHD and emotional dysregulation were randomized to multinutrients containing all known vitamins and essential minerals at doses between RDA/RDI and upper limit versus placebo for eight weeks, yielding 54% responders (CGI-I=1-2, much improved or very much improved) with multinutrients versus 18% with placebo. All children took multinutrients weeks nine to sixteen. In the group originally assigned to multinutrients, the responder rate increased from 54% at week eight to 66% at week sixteen. In



participants initially assigned to eight-week placebo who took multinutrients for the final eight weeks, responder rate increased from 18% to 62%. Responders had significantly lower urinary glyphosate at baseline than non-responders ( $p=0.05$ ). Although blood levels of some minerals changed with supplementation, multinutrients appear beneficial to children with ADHD and emotional dysregulation regardless of baseline mineral status. Response to multinutrients was sustained for sixteen weeks; most effect appears by week eight, but modest additional benefit seems to accrue with additional time. Glyphosate burden may interfere with response to multinutrients or be a marker of multinutrient non-response.

## **SB04 | Putting Motivation Into Your Own Hands: Promoting Physical Activity in the Lives of Adolescents with ADHD**

Tracks: Psychologist/Healthcare | Parent/Caregiver  
Audience Level: Beginner  
Presenter: Nicole Lewis

This presentation will provide specific, evidence-based practice strategies that parents and caregivers can implement in their daily living activities to help increase motivation and promote a more physically active environment for their child with ADHD. The presenter will further discuss relevant and current research on how physical activity, when used as a supplemental treatment approach, can help to increase the brain's neurobehavioral functions, and increase a child's cognitive and social-emotional well-being. Parental education is essential to promoting a physically active lifestyle.

## **SB05 | We're All in This Together: Thriving as a Family with ADHD**

Tracks: Adult | Parent/Caregiver  
Audience Level: Intermediate  
Presenter: Tamara Rosier

We all know that the presence of ADHD can profoundly affect the stability (and sanity) of a family. Happy occasions like holidays and vacations can turn into chaotic and emotional rollercoasters. ADHD families can learn how to work together and live in harmony. In this session, you will identify some of the family patterns plaguing your family and find valuable ways of addressing them.

## **SB06 | Behavior Management Techniques for ADHD: Essential Skills, Tips and Tools for Teachers and Parents Managing Struggling Students in School and at Home**

Tracks: Educator | Parent/Caregiver  
Audience Level: Beginner  
Presenter: Megan Reimann

In this session we will focus on specific classwide behavior management strategies and explore ways to infuse the teaching of important cognitive/executive skills such as attention shifting, focus, chunking time and assignments, modifying instruction and accommodating for students who struggle with information management, processing and working memory issues, planning and problem solving,



initiation and task persistence. We will also explore and demonstrate how to use Michael Grinder's "7 Gems" to influence appropriate "student and learner" behaviors and improve student engagement in the learning process. Attendees will leave with a better understanding of how executive functioning skills affect learning and classroom behaviors, how to assess and define lagging skills in order to intervene appropriately, as well as have access to specific charts, tools and strategies that teachers can take back and use immediately.

## **SB07 | Improving Social Competence in Children with ADHD**

Tracks: Educator | Parent/Caregiver

Audience Level: Intermediate

Presenter: Amber Larue

Room: Pegasus B

This presentation will provide information on how to increase social competence in children with ADHD, as they often have difficulty building and maintaining social relationships. Social competence is a vital piece to child development. Attendees will learn the importance of social competence in development and how to use evidence-based interventions such as social behavior mapping, video-modeling, and perspective-taking exercises to increase social skills in children with ADHD.

## **SB-NSA02 | ADHD Influencers Panel**

Presenter: Brendan Mahan

Panelist: Rene Brooks | Jessica McCabe | Dani Donovan | John Hazelwood

Through the shared experience of these influencers you'll learn what it's like to connect with a world-wide audience of ADHDers. We will be discussing what it's like to be an influencer-advocate and all things ADHD.

## **SC01 | ADHD and Recovery: Treatment Options, Community, and Support Strategies for People Living with ADHD and Addiction Challenges**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenters: Jeremy Didier | Chris Foster

People with undiagnosed and/or poorly managed ADHD often develop substance use disorder as they try to find ways to manage their ADHD symptoms. While the link between addiction and ADHD is well established, treatment options for those with a dual diagnosis are not quite as clear. Experts agree that a holistic approach provides the greatest chance for success; treating only the substance use disorder and ignoring the ADHD symptoms can result in relapse and significant life challenges. Unfortunately, many individuals trying to stay sober while managing their ADHD are met with inconsistencies from medical professionals and conflicting directions from within their respective recovery groups. Those who are also facing legal challenges and commitments in the justice system must struggle with balancing the additional demands on their executive function skills and have even more limited treatment options. In this interactive presentation, two professionals with ADHD share their personal experiences, strength,



and hope as they found different but equally rewarding paths toward managing ADHD while in recovery. Participants will learn about the science behind addiction and ADHD, and will be able to identify risk factors for development of both. This session will also explore the latest research and information on ADHD, addiction, and sobriety, as well as review success strategies for navigating the recovery community. Adults with ADHD, particularly those who are struggling with suspected or confirmed substance use disorder, will benefit from this presentation as will any individual whose life has been affected by addiction via a friend, family member, or colleague.

## **SC02 | I'm Late! I'm Late! Practical Approaches to Understand and Manage Time Blindness and ADHD**

Tracks: Adult | Related Service Providers

Audience Level: Beginner

Presenter(s): Zara Harris

This presentation will explore the challenges experienced by many adults with ADHD of managing time both in the home and in the workplace. The term “time blindness” will be explained as an essential executive function, and practical approaches will be explored to help improve it. There will be a hands-on display of tools, clocks, and planners (both paper and digital) that others have used successfully help improve their time skills.

## **SC03 | Women with ADHD: The More You Know**

Track: Adult

Audience Level: Intermediate

Presenter: Michelle Dougher Frank

As more women than ever before seek ADHD diagnosis and treatment, this presentation seeks to elevate the conversation to address the ways in which ADHD differs in women. The presenter’s goal is to provide women with ADHD and ADHD service providers alike with the knowledge base they need to feel confident navigating issues specific to women with ADHD. This talk will include research updates on topics including hormonal impacts, eating disorders, relational challenges, co-occurring conditions, and treatment considerations to arm you with an essential understanding of what ADHD really means for women. From there, you will be encouraged to think about ADHD support and success in new ways and be provided with some helpful hints for supporting common challenges. This session is for women with ADHD as well as the service providers who support them. Sure to provide some “aha moments” and tangible strategies for support, probably along with a side of humor, the speaker’s engaging presentation style is a fit for anyone looking to gain a deeper understanding of the issues facing women, how to help women with ADHD, or longing to feel seen and supported on their personal ADHD journey.



## **SC04 | Scaffolding Renovations for Young Adult Transitions: Enhancing the Point of Performance with Visual Aids**

Tracks: Coach/Organizer | Parent/Caregiver

Audience Level: Intermediate

Presenter: Kate Barrett

Ease the transition from high school to young adulthood. Externalizing the prompts for performance through visual aids provides reminders at the point where things need to occur. With so many options, how can you best help your young adults identify and renovate their scaffolding for success? Using curious inquiry we can invite them to envision this new future self and co-create the supports necessary for success. Young adults will feel empowered to identify, develop, and demonstrate the ability to hold themselves accountable, manage time, and capture information that builds independence and awareness tailored to their needs. This session will focus on the process of partnering with your young adult to identify, brainstorm, and plan structural changes that they can begin to implement and practice prior to leaving the nest. We will review the basics of how the shifts in physical “points of performance” can stress executive functions and explore the types of visual supports that meet their needs in this next season of adulthood.

## **SC05 | Courageous Accountability**

Tracks: Adult | Psychologist/Healthcare

Audience Level: Intermediate

Presenters: Eric Tivers | Kat Hoyer

Many adults with ADHD say they have a love-hate relationship with accountability. For some, it’s the only way to ever get anything done. For others, it stirs up feelings of anxiety, shame, and disappointment. The presenters will share lessons from facilitating over 1800 hours of coaching and accountability groups. The session will explore communication strategies, relationship dynamics, technology solutions, meeting agendas, and other best practices for effective accountability in a variety of different settings.

## **SC06 | Improve Communication in Families with Collaborative Conversation Tools**

Tracks: Parent/Caregiver | Related Service Provider

Audience Level: Intermediate

Presenter(s): Elaine Taylor-Klaus

Do you wish your kids (and maybe your spouse) would stop reacting all the time, and start communicating in a way that’s clear and respectful? Or maybe that you could start having important conversations that you’ve been avoiding because you’re always walking on eggshells? Get the scripts and techniques you need to have better conversations: defuse defensiveness, get buy-in, provide feedback, hold family members accountable, and improve your relationships right away.



## **SC07 | Understanding the Obstacles to Self-Awareness via Dr. Russell Barkley's Executive Function Construct**

Tracks: Adult | Coach/Organizer

Audience Level: Intermediate

Presenter: Jeff Copper

Success in life is often correlated with self-awareness. In this presentation, we will take a deep dive and focus on the self-awareness aspect of executive function as defined by Dr. Russell Barkley's new construct of ADHD, which shifts the way we look at the condition. Using Dr. Barkley's model, we will analyze other executive function tools like emotional self-regulation and working memory to understand how these are obstacles to being self-aware. We'll address best practices in helping people with ADHD become self-aware, the delicate balance needed to address this issue, and the art of working with people to gain self-awareness to become more successful in life.

## **SD01 | ADHD Expert Q&A: What Could Possibly Go Wrong?!**

Tracks: Adult | Parent/Caregiver

Audience Level: Beginner

Presenter: Roberto Olivardia | Mark Bertin

This is your chance to be impulsive and ask a panel of ADHD experts a question that has been burning in your mind before you forget it. Three ADHD experts and friends will answer your questions as well as each other's in what will be an interactive and dynamic session. Bring your serious questions and also your sense of humor. Audience members will be able to ask questions and answer polls through an app in real time (fingers crossed!). Technology, three ADHD experts and friends, and a roomful of ADHDers and their allies: what could possibly go wrong?

## **SD02 | A Checklist-Based Approach to Managing ADHD**

Tracks: Adult | Parent/Caregiver

Audience Level: Beginner

Presenter: Keith Griffin

Living with ADHD can be hard. Put too much structure in place and we might trigger our inner rebel. Depending on our working memory is a recipe for disaster, yet so many of us think we'll remember all of the things that help us to live a successful life despite ADHD. In this presentation, you will learn about the power of checklists, how they can be used in various areas of your life and ADHD treatment plan, and receive samples of checklists you can start using to improve your ADHD experience right away.



### **SD03 | ADHD in Pregnancy: How ADHD Affects the Experience of Pregnancy, What We Know About Stimulant Use, and Best Tips for an ADHD-Friendly Pregnancy**

Tracks: Adult | Coach/Organizer

Audience Level: Intermediate

Presenters: Dusty Chipura | Alix Bacon

ADHD affects people who menstruate throughout their lifecycle—from puberty to menopause—and pregnancy is no different. Many pregnant people worry and wonder about the safety of stimulant medication use during pregnancy, how they will manage their ADHD symptoms, and what parenting a newborn will be like for them. In this session, a registered midwife and an ADHD coach discuss what the scientific literature tells us about stimulant use during pregnancy, how ADHD may affect pregnant people, and some tips and strategies to have an ADHD-friendly pregnancy.

### **SD04 | In the Zone: The Athletic Mindset, Flow, and ADHD**

Tracks: Psychologist/Healthcare | Parent/Caregiver

Audience Level: Beginner

Presenter: Sarah Cheyette

Learning to be "in the zone"—in other words, to access the flow state of athletes—is a recently popular management technique that founders, CEOs, and entrepreneurs rely on in order to achieve their best outcomes. In this workshop, you too can learn how to achieve "flow" and how that applies to understanding and managing ADHD. The biology of ADHD and the biology of the flow state are both discussed, including factors that affect both. The key question is: how can the rest of us non-athletes use the powers of the flow state in order to improve focus, motivation, and energy? You will leave this workshop with a much better understanding of ADHD, as well as how to use the power of Olympic coaches to help bring forth you or your ADHDer's best performance.

### **SD05 | Preparing Teens, Young Adults, and their Parents for Academic & Life Success**

Tracks: Psychologist/Healthcare | Parent/Caregiver

Audience Level: Intermediate

Presenters: Diane Dempster | Jay Bacrania

Concerned about your teens and emerging adult kids? Are you struggling to guide them to become more independent but frustrated that they're not as eager for your help as you'd like them to be? Eliminate power struggles by learning strategies to guide your emerging adults to learn from mistakes, practice and get feedback, and feel motivated to take ownership of their lives and education.



## **SD06 | The Coach Approach to Happier Together**

Tracks: Adult | Coach/Organizer

Audience Level: Intermediate

Presenters: Robin Nordmeyer | Joyce Kubik

This presentation shares the learnings and strategies that emerged from *Marriage Uncomplicated: Bringing Back the Joy in Relationships with ADHD*, an eight-week workshop and research study with couples. The workshop ran for eight rounds over a period of three years. Data was collected, strategies were tested, and approaches refined. The outcomes showed that even the most stressed of marriages can focus on ways to be happier together. Learnings from the study were implemented into a group coaching program that followed. Couples and ADHD coaches can learn from these insights to support their relationship and coaching goals.

## **SD07 | The Unfunny Parent’s Guide to Good Humor: Radically Optimistic Parenting for ADHD Kids Who Can Bounce Back**

Tracks: Coach/Organizer | Parent/Caregiver

Audience Level: Beginner

Presenter: Liz Welshman

Good-humored parenting can help families living with ADHD cope with the ups and downs of everyday life, reconnect, and provide a supportive environment for kids to bounce back shame-free from their mistakes. But how can exhausted parents of kids with ADHD go from stressed out and “walking on eggshells” to cheerful optimism, even when emotions run sky high? In this interactive workshop, parents will explore how they can prioritize their own emotional needs to breathe the fun back into home life, recover from setbacks and raise young ADHD adults who can confidently meet the challenges of the big wide world.

## **SD08 | Update on Emotional Regulation in ADHD: Emotional Dysregulation and Rejection Sensitivity**

Tracks: All

Audience Level: Intermediate

Presenter: Bill Dodson

There has been a longstanding need to update and expand the diagnostic criteria for ADHD and, in particular, for adults with ADHD. Over the last five years, discussion of the emotional component of ADHD has become much more active, especially in Europe. Three concepts have been put forward—Emotional Dysregulation (ED), Deficient Emotional Self-Regulation (DESR), and Rejection Sensitivity Dysphoria (RSD)—that share many features but also differ in significant ways. This session is an update on the thinking on the emotional component of ADHD and where this concept may be headed in the foreseeable future.



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## Closing Keynote | Relabeling Yourself After an ADHD Diagnosis

Presenter: René Brooks

For some people, hearing the words “*It’s ADHD*” brings relief. For others, it can produce feelings of shame. So much of that is bound up in the idea of ADHD being a label—something we’ve been taught to avoid at all costs. Here’s how I relabeled myself after my ADHD diagnosis, and how you can begin to define what your label is.

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