



Tuesday, December 5, 2023

10:00 AM – 11:00 AM

Title: Keynote | ADHD: Music to My Ears

Presenter: Steven Sharp Nelson

Presenter Bio: Steven Sharp Nelson is an award-winning, Billboard-charting, YouTube rock star—in a cellist sort of way. His music invites people in from all walks of life and tastes. He has inspired millions through his music, awakening a newfound love for the cello or classical music, rekindling a forgotten passion, or showing, by example, how to simply smile in order to enjoy life more fully. He plays many instruments and combines multiple elements from these instruments, most notably guitar and percussion, into an innovative and revolutionary way of playing the cello. He is broadly considered a pioneer in exploring the versatility of the instrument. In addition to his cello prowess, he is an award-winning composer, arranger, and entertainer. He has toured the globe performing his works.

Nelson subscribes to Johann Sebastian Bach's mantra: *"Music is for the Glory of God and for the enlivening of the soul."* He also believes that, as Beethoven once said, *"Music is the electrical soil in which the spirit lives, thinks, and invents."* He draws his inspiration from a firm belief in a loving God, two incredible parents that have sacrificed so much to offer him the opportunities he enjoys today, and most of all an amazing wife and four cute-as-can-be children.

Tracks: Adults

Audience Level: Beginner

Session Description: Steven Sharp Nelson, world renowned musician and content creator, will serenade you with storytelling and song as he shares his ADHD-powered journey from wondering how to survive junior high through his quest to become the only musician to play atop the Seven Wonders of the World. Mix together cello, ADHD, and an insatiable need for sushi and you get Steven Sharp Nelson, one of the most watched musicians in the world. A self-titled "dorky dad," he attributes his hard-earned, unlikely success story to his unending love for helping people feel the worth of their own soul through music. Name a concert venue, he's sold it out. Name an iconic place in the world, he's filmed a music video there with The Piano Guys. His content is watched and streamed over three million times EVERY DAY—the Piano Guys YouTube channel has more than two billion views. He has performed and spoken to two million people across the world. As much as he loves all of this, his favorite thing in the world is one-on-one time with his wife and each of his four children, who tolerate and sometimes even love his quirky, creative persona.

11:00 AM – 12:00 PM

Title: Couples with ADHD: Focus on the Way Forward

Presenter: Jonathan Hassall

Presenter Bio: Jonathan Hassall is an ADHD and executive function coach and director of Connect ADHD Coaching, providing services internationally from Brisbane, Australia. His background includes psychiatric services and serving as scientific advisor on ADHD in the pharmaceutical industry. He trained as an ADHD coach through US coaching organizations and offers individual and group programs for people with ADHD. He is a regular speaker at national ADHD meetings in Australia and the United States. He is a board member of ADDA and a published author. His focus includes





the translation of relevant executive function theory to help individuals with ADHD find and embrace their “neuro-native” state supporting adaptation and realization of potential.

Tracks: Adults & Therapists

Audience Level: Intermediate

Session Description: Relationships that have ADHD in them can be challenging, impacting both partners. Support that is not wholly focused on the individual with ADHD as the problem to be solved, and that is based instead on resolving the relationship issues in order to support growth for both partners, can be difficult to find. Creating a successful relationship with ADHD present requires a focus on creating reliable awareness of self, each other, and each partner’s neurological and emotional makeup; agreed-upon and reliable objectives and measures for their delivery; and behaviors based in effective (adaptive) communication, consistency, and patience for the individual and shared experiences. This presentation will discuss the challenges for couples with ADHD and the ADHD professionals working with them. The presenter will offer an approach that focuses on the relationship in order to support growth and happiness for both individuals.

Title: Screen Fiends: Helping ADHD Children Navigate Social Media

Presenters: Lara Honos-Webb, PhD & Pendleton King

Presenter Bios:

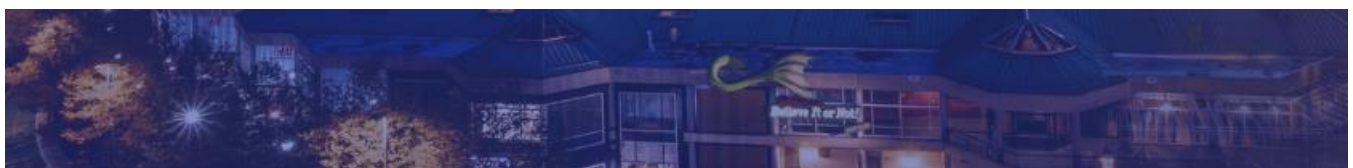
Lara Honos-Webb, PhD, is a clinical psychologist licensed in California. She is a cofounder and chief clinical officer of Bonding Health, a childhood ADHD startup. She is author of *Six Super Skills for Executive Functioning* (2020), *Brain Hacks*, *The Gift of ADHD*, *The Gift of ADHD Activity Book*, *The Gift of Adult ADD*, *The ADHD Workbook for Teens*, and *Listening to Depression*. Her work has been featured in *USA Today*, *Newsweek*, *The Wall Street Journal*, and *US News & World Report*. Honos-Webb completed a two-year postdoctoral research fellowship at the University of California, San Francisco, and has been an assistant professor for graduate students. She has published twenty-six scholarly articles. Her website is www.addisagift.com.

Pendleton King is a co-founder and CEO of Bonding Health, a parent training startup focused on improving the parent-child bond. He grew up with ADHD and has been researching the mental health space as an investor and partner at Innovating Capital and PKJ Ventures for the past ten years. He is passionate about novel solutions to the youth mental health crisis.

Tracks: Parents & Caregivers

Audience Level: Beginner

Session Description: Screen Fiends is a presentation designed to provide parents and professionals with essential skills and strategies to help children and adolescents navigate challenges associated with social media and screen time. Studies have shown that screen time often exceeds recommendations, with teens spending approximately seven hours and twenty-two minutes per day, excluding time for school or homework. The presentation will address the impact of social media and smartphone problematic use on executive functioning skills. The six super skills for building executive functioning will be reviewed, including finding gifts, setting goals, chunking, emotional regulation, boosting motivation, and finding focus. A key tool explored in the presentation is envisioning oneself a year into the future and contemplating the advice that future self would provide. This approach has been shown to improve academic performance and reduce negative behaviors. Attendees will gain insights into the effects of excessive screen time on young people's mental health and the importance of executive functioning skills in navigating the digital landscape. They will also learn practical strategies to support ADHD children and adolescents in managing their social media and screen time, helping them develop a balanced relationship with screens and protecting their mental well-being.





Title: The ADHD Tax: How to Avoid and Thrive

Presenter: Rick Webster

Presenter Bio: Rick Webster specializes in finance, entrepreneurs, and ADHD-related complications. He founded Renafi, dedicated to creating ADHD-friendly resources and support systems. He serves as the regional coordinator for CHADD NorCal and as a member of CHADD's national chapter advisory board. He is a past member of the CHADD board of directors. He leads *Success Clinics* for CHADD and teaches ADDA's *Money Matters* series. He has been a speaker at multiple conferences, a presenter in the "ADDAverse," and a featured financial expert on such podcasts as *Hacking Your ADHD*, *Parenting with Impact*, *How to ADHD*, *ADHD reWired*, *ADHD Support Talk*, and *ADHD365*. *ADDitude* magazine readers rated his presentation, *The ADHD Tax*, one of the best of 2022.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

Session Description: Have you forgotten to pay a bill and incurred a hefty late fee? Failed to file and/or pay taxes? Visited a sporting goods shop to buy sneakers and walked out with a kayak? Blown up a budget and plunged into debt? Bought items, misplaced them, and bought them again? Wasted money on therapies or products that promise to cure symptoms of ADHD—such as the impulsivity that caused you to buy yet another unproven wonder cure? Are you chronically underachieving and failing to advance in your career? ADHD and its accompanying weak organization skills, memory problems, and impulsivity can create financial obstacles and punishments. To change destructive patterns of spending, you must first understand the psychology and neurobiology that drives some of these behaviors, create awareness, and set up support structures to stay on track. The ADHD Tax isn't only about money. It's about all of the collateral emotional damage we sustain along the way. It's in the desperate anxiety of keeping a roof over one's head and food on the table. And, it's in the depressive anguish of "knowing better, but not doing better." Come learn strategies and tactics to substantially reduce the ADHD tax.

11:00 AM – 12:30 PM

Title: Acceptance and Commitment Therapy for the Neurodivergent Brain

Presenter: Ginny Nikiforos

Presenter Bio: Ginny Nikiforos has over twenty years of psychotherapy and skill-building experience working with adolescents, parents, and adults with experiences in ADHD, autism, anxiety, depression, OCD, and trauma. She is a passionate advocate for those who are neurodivergent, running Chicago-based ADHD support groups through CHADD, providing counseling within her own practice, and running nationwide executive functioning skills groups. She is on the board of the Association for Contextual Behavioral Science (ACBS) Chicago chapter. She supports adults and couples in increasing awareness of helpful and unhelpful patterns, engaging in acceptance and compassion, and developing meaningful steps to increase fulfillment within all facets of life.

Tracks: Therapists

Audience Level: Intermediate

Session Description: This session will focus on providing an introduction to the six flexibility processes of acceptance and commitment therapy (ACT) specific to those who are neurodivergent. Each flexibility process will include examples and experiential exercises to help define the process, identify when unworkable problems occur within the process, and have a working example how to apply the core process. Specific consideration will be given to emotional barriers that





can lead to procrastination (such as shame and guilt), perfectionism, and people-pleasing tendencies that are likely to be present in those who are neurodivergent. Attendees will get an opportunity to experience and utilize each core process so they are in a more powerful position to recognize psychological flexibility and inflexibility, and to support patients and clients in increasing psychological flexibility.

12:00 PM – 1:00 PM

Title: Thriving with ADHD at Work: Strategies for Success and Advocacy

Presenter: Tina Squire

Presenter Bio: Tina Squire is a strength-based ADHD and workplace coach with over twenty years of experience as an employer, business leader, and HR professional. Having been diagnosed with ADHD late in life, and with children who have a variety of diagnoses, such as Asperger syndrome, dyslexia, anxiety, and ADHD, she has extensive experience with neurodiversity and understands the challenges it poses. Initially trained as a coach in 2003, she has applied this powerful technique in her roles ever since. In her role as a non-executive director and ADHD expert, she works with individuals and organizations to improve education policies, practices, and inclusion.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

Session Description: This session provides practical strategies and guidance to help individuals with ADHD navigate the unique challenges encountered at work. Identify your unique talents and strengths and how they translate into valuable assets in the workplace. Learn how to find accommodations and strategies that you can implement yourself whether you have declared your ADHD or not. We will discuss how to handle formal and informal meetings pertaining to performance that may appear confrontational. As a result of this session, you will gain the ability to effectively communicate with colleagues and leadership teams, enabling you to feel empowered to take action and advocate successfully for yourself in a professional environment.

Title: Thriving with ADHD: Power of the Eight Cs

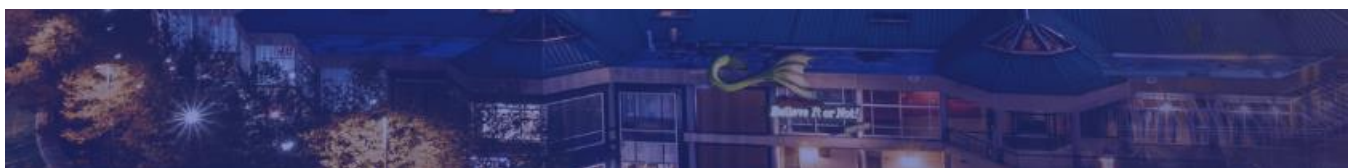
Presenter: Jamie Blume

Presenter Bio: Jamie Blume is a certified ADHD Life Coach, Internal Family Systems practitioner, and ADHD coach trainer for ADDCA. She supporting individuals and families through personalized ADHD coaching as well as mentors and trains aspiring ADHD coaches towards credentialing and practice creation. Jamie integrates her background in health and wellness into her coaching and education practices — incorporating the healing properties of nature, mindfulness, and self-compassion to help her clients notice what may be blocking their way. Jamie is an engaging speaker, dedicated to raising awareness about ADHD-related challenges and solutions and driving positive change in the lives of those affected.

Tracks: Adults, Coach & Professional Organizer

Audience Level: Beginner

Session Description: In this engaging and interactive session, we will examine how the Eight C's of self-leadership can empower individuals with ADHD and help them thrive in the face of daily challenges. The Eight Cs of Self-leadership represent confidence, calmness, creativity, clarity, curiosity, courage, compassion, and connectedness. More than simply personal descriptors, the Eight C's drive behavior and help those with ADHD regulate thoughts, beliefs, emotions, and actions, and can ultimately lead to personal growth, healing, and transformation. During our session, we will unpack





each of these qualities individually and explore how they work together to form a holistic sense of self. We will examine ways to incorporate the Eight Cs and learn how they can inspire and empower those with ADHD. The skills developed by learning, understanding, and incorporating the Eight Cs will open doors of opportunity. Studies confirm that self-awareness, self-compassion, and self-acceptance are fundamental tools to help individuals with ADHD navigate challenges more effectively, develop healthier habits, and feel more empowered and in control of their lives. Through lecture, participation, and experiences, our session will inspire a deep understanding of the Eight Cs, explore techniques to tap into their benefits, and share practical strategies of how to implement them.

Title: When to Worry About Your Child's Worries

Presenter: Jerry Bublick, PhD

Presenter Bio: Jerry Bublick, PhD, is the director of the intensive pediatric OCD program and a senior psychologist at the Child Mind Institute. He is a cognitive and behavioral psychologist who specializes in the treatment of OCD. Dr. Bublick has provided direct patient care and extensive supervision to professionals in the CBT treatment for anxiety disorders. He has led workshops on OCD and anxiety disorders, and in his role as a public lecturer he has presented at primary and secondary schools, academic medical centers, community health organizations, and professional conferences.

Tracks: Parents & Caregivers

Audience Level: Beginner

Session Description: This session will educate and inform people about childhood anxiety disorders and provide skills and strategies for caregivers and educators to better support anxious children. The speaker will provide practical signs and symptoms for parents and educators to be observant towards.

12:30 – 2:00 PM

Title: Start with Sleep: Practical Approaches to Sleep

Presenter: Marlee Boyle

Presenter Bio: Marlee Boyle is a registered respiratory therapist, certified in clinical sleep health, with over ten years working in the sleep industry. She works directly with sleep medicine patients, families, and practitioners to coordinate and manage patient care, improve outcomes, educate clients and the community, and advocate for the importance of good sleep in healthcare. Sleep Works provides sleep education, counselling, coaching, courses, and keynotes virtually so anyone can access support for their sleep health from the comfort of their homes. Sleep Works also collaborates with experts in executive function coaching to tailor evidence-based sleep strategies for neurodivergent populations.

Tracks: Adults

Audience Level: Beginner

Session Description: Join this session for an educational and interactive discussion around sleep and adults with ADHD. Living with ADHD puts individuals at a higher risk of having sleep problems than individuals who are neurotypical. Learn how to make sleep a priority in your daily life and why sleep is always a good place to start. This session will deliver pragmatic strategies to improve sleep when you struggle with executive functioning and getting a good night's rest. It is a challenge for anyone to change their habits and behaviors; add sleep deprivation and ADHD to that and it can feel insurmountable, but the Start with Sleep approach teaches small steps that can be taken today that will have BIG impacts on improving your sleep. Attendees will receive a quick Start with Sleep reference handout. Sweet dreams!





1:00 PM – 2:00 PM

Title: Disruption to Direction: Overcoming ADHD Overwhelm and Underwhelm

Presenter: Brooke Schnittman, MD, PCC, BCC

Presenter Bio: Brooke Schnittman, MA, PCC, BCC, is an experienced and compassionate ADHD coach with over seventeen years of experience. She has dedicated her life to helping individuals with ADHD. With a bachelor's degree in education and a master's degree in special education from New York University, she has a deep understanding of how ADHD can impact individuals' learning and lives. As an adult with a late ADHD diagnosis, she left the school system in 2018 to create a specially tailored program for individuals with ADHD, called 3C Activation®. Coaching With Brooke offers coaching and resources to over one million individuals with ADHD daily, and aims to impact a hundred million over the next five years.

Tracks: Adults

Audience Level: Intermediate

Session Description: In this session we will uncover: (1) What is momentum and how does it work? (2) The ten ways ADHD can disrupt momentum (underwhelm, exciting new idea/dopamine rush, hyperfocus, overwhelm, burnout, low dopamine, emotional dysregulation, feelings of failure/RSD, comparison/RSD, and shut-down); (3) Eleven key strategies for building and maintaining momentum; and (4) The secret support system that maintains momentum (you were taught this as a kid, but everyone overlooked it then). Explanations of all concepts will be included along with practical tools to be implemented.

Title: Help Your Teenager or Young Adult Make Friends

Presenter: Caroline Maguire, MEd, PCC

Presenter Bio: Caroline Maguire, MEd, PCC, is an author, speaker, frequent media contributor, and founder of a social emotional learning methodology. She holds a master's degree in education, and since 2004 her primary focus has been to help children of all ages make friends and thrive. She is the author of *Why Will No One Play with Me?* winner of the Best Parenting and Family Book 2020 as awarded by American Book Fest.

Tracks: Parents & Caregivers

Audience Level: Beginner

Session Description: The presenter will use techniques from her groundbreaking book to help parents empower their teens with unexpected strategies like building skills in the "learning zone," implementing micro-steps to help teenagers with social avoidance, and working with the ADHD brain to make friends through high-interest activities.

Title: The Magic of ADHD Coaching: Connect, Learn, Thrive

Presenters: Evan Kirstein, Roxanne Fouche, & Jill Linkoff

Presenter Bios:

After graduating from The Ohio State University with a bachelor's degree in psychology, Evan Kirstein moved to San Diego and earned a master's degree in education at Alliant University and a teaching credential. He is a certified ADHD coach and devotes his professional career to creating success in academic, psychological, and behavioral education. Currently living in Atlanta, he coaches and consults with executives, partners, and professionals. He has developed a practice aimed at leveraging a growth mindset while challenging the barriers of self-development. Together, he and his clients take action on ambitions, motivations, and visions by co-creating qualitative and quantitative goals.





Roxanne Fouche specializes in strengths-based coaching of bright college students and adults with ADHD, weaknesses in executive functioning, and/or learning differences. She also provides consulting for students, families, and schools/universities. In addition to extensive coach training with an emphasis on ADHD, she has graduate training in special education, a professional certificate in educational therapy, and a certificate in positive psychology. She has both personal and professional understanding of ADHD's advantages and challenges, and is passionate about helping her clients discover their potential and flourish with ADHD. Based in San Diego, she provides coaching in person, by phone, or Zoom.

Jill Linkoff is a respected ADHD coach in Baltimore, Maryland, working throughout the United States with clients via Zoom. She incorporates researched-based strategies and solutions from top ADHD experts who have provided a solid foundation on what works. Her mission is to translate that into a real-world ADHD-informed application of information, validation, and evidence-based strategies that can truly change her clients' lives. She specializes in her ADHD coaching to work with high-performing professionals in medicine, law, psychiatry, and entrepreneurs struggling with ADHD. Her coaching practice also includes supporting families, couples, and women diagnosed later in life struggling to find balance.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: During this session, the presenters will provide a description of ADHD coaching and the ADHD and executive function challenges addressed. They will summarize research that supports ADHD coaching as part of a comprehensive, multimodal treatment plan. They will also provide short coaching demonstrations, followed by the identification of common challenges and supportive strategies from students, couples, families, and adults from mail room to boardroom. They will describe how coaching helps clients leverage their strengths to develop individualized strategies, tools, and habits through each stage of life. Time will be reserved at the end of the session for questions, answers, and resources.

2:00 PM – 3:30 PM

Title: Helping Those Stuck in the Web: Understanding Online Addictions

Presenter: Jeremy Edge, LPC, IGDC

Presenter Bio: Jeremy Edge, LPC, IGDC is the owner and founder of the counseling practice, Escapingthe.com, PLLC. He is an International Gaming Disorder-certified counselor, which is the leading certification for working with people with gaming disorder. He's also obtained the digital wellness certificate through the Digital Wellness Institute. He provides counseling services to help clients experience balanced, healthy screen use. After personally experiencing the negative effects of problematic gaming, he devoted his work to helping others find balance with online activities. In addition to problematic screen use, he works well with men of all ages and his team works with teens, young adults, adults, and families.

Tracks: Parents & Caregivers, Therapists

Audience Level: Intermediate

Session Description: This presentation explores how to balance online activities. Gaming and social media are fun activities but can be addictive. Parents and teachers can struggle to find ways to navigate online use with teens, especially if they have ADHD. This presentation helps professionals learn practical ways to support teens with ADHD with navigating healthy screen use.





2:00 PM – 3:00 PM

Title: ADHD at Work

Presenter: Juli Shulem, MS, PCC, CPC

Presenter Bio: Juli Shulem, MS, PCC, CPC, is a productivity coach and industrial organizational psychologist. She's an expert in helping those struggling with organizing, being productive, and follow-through. With coaching, her clients become more efficient, less stressed, and better able to manage their time. She coaches individuals around overwhelm and frustration reduction, productivity, task/time management, efficiency, prioritizing, decision-making, and the special challenges of life with ADHD.

Most of her clients are entre/solopreneurs or corporate leaders around the world. Clients benefit from learning her techniques to help with focusing, organizing, dealing with distraction, plus creating structure, systems, and boundaries. She works one-on-one with clients or in groups, and provides presentations to corporations.

Tracks: Adults

Audience Level: Intermediate

Session Description: This presentation is aimed at those who struggle with ADHD in the workplace—whether it is you or someone you work with. This presentation is for you—whether YOU are the employee with ADHD, the leader of a team with a direct report with ADHD (or suspected ADHD); or perhaps you work for a boss with ADHD. Understanding some of the ways that the ADHD individual can become “stuck,” as well as the dynamics and challenges confronting those employees, will help the colleague or supervisor understand how to better support and motivate. Learning how to approach various situations with awareness, compassion, and potential strategies can create a cohesive and functional working environment for everyone.

Title: Did You Just Call Me a Dopamine?

Presenters: Mike Legett & Alicia Kohls, MEd

Presenter Bios:

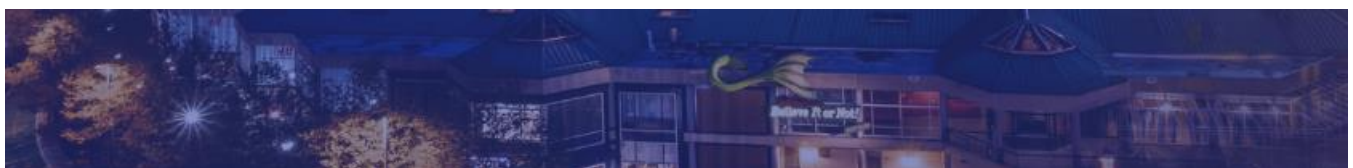
Mike Legett is a lifelong nerd. Her coaching combines scientific knowledge with an intuition honed by years of teaching people across the globe. After graduating college she started a PhD program in Molecular genetics at Emory University. Frustrated by a lack of ADHD support, she left academia to pursue dance full time, continuing to obsessively devour information on ADHD and the brain. She was one of the world's top blues dance instructors for over a decade; she regularly headlined and taught pedagogy at prestigious events. Now she's thrilled to be coaching with The Center for Living Well with ADHD.

Alicia Kohls, MEd, is the founder of SpiritED Bloom, an organization dedicated to helping spirited children and women bloom and grow. She has vast experience and knowledge in wellness, self-care, brain development, executive functioning, effective learning modalities, teaching strategies, and neuroscience. She has over ten years of combined experience working as an educator, coach, and consultant, specializing in working with children and people who are neurodivergent. With a master's degree in education, her background, and her personal journey with ADHD, she brings a wealth of knowledge, the ability to effectively express concepts, and practical applications to better understand and support ADHD brains.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: Big, scary, neuroscientific words: ADHD conferences are full of them! But behind that jargon lies a wealth of information that can help ADHDers to live better lives. These dynamic presenters provide a basic





understanding of the brain's overall structure and function (including how ADHD brains differ from non-ADHD brains) in a way that's interactive, engaging, and... dare we say... *fun*? This session will help break down the science language barrier and replace it with a basic understanding of how brains work and what makes ADHD brains so unique.

Title: Excelling in Math with ADHD

Presenter: Brenda Rubin, MA, BCC; & Laura Jackson

Presenter Bio:

Brenda Rubin, MA, BCC, is a board-certified coach under the Center of Credentialing and Education. She obtained her bachelor's degree in psychology from Lehigh University and her master's degree in counseling psychology from Monmouth University. She is also a graduate of the International Coaching Federation-accredited JST Coaching & Training program for teens and college students and a member of CHADD. Her specialties include working with individuals who have experienced trauma, ADHD, ASD, anxiety, emotional dysregulation, sensory disorders, behavior disorders, learning differences, and much more. When she isn't coaching at Life Anchored Coaching, she is home with her supportive husband, two wonderful kids, and a precious dog. She enjoys exercising, traveling, volunteering, and spending time with her family and friends.

Laura Jackson is a mom, a writer, and a parent advocate for those with a math learning disability. She is the author of the book, *Discovering Dyscalculia*, and a consultant for families and educators supporting students with dyscalculia. She is the founder of www.DiscoveringDyscalculia.com, an online resource for parents, teachers, students, and adults. Her awareness of this disability began in 2017 with her own daughter's diagnosis. Since that time she has been on a quest to research everything she can learn about dyscalculia, while also raising awareness for this little-understood or recognized learning disability. When she isn't writing or leading workshops, she can be found spending time outdoors in the beautiful Pacific Northwest with her husband and two teen daughters.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Parents & Caregivers

Session Description: It is estimated that one in every five students with ADHD struggle with math. This session will provide current research and information infused with real life stories of raising children struggling in math due to ADHD and a specific learning disability in math. Understand how ADHD impacts a student's experience with math. Identify the math challenges that occur because of ADHD and those caused by a specific learning disability in math. Receive practical tools and information on effective strategies and accommodations to help students thrive in the classroom, at home, and in everyday life. The presenters combine their expertise and personal experience to bring insight and education for professionals, teachers, and parents.

2:00 PM – 3:30 PM

Title: Helping Those Stuck in the Web: Understanding Online Addictions

Presenter: Jeremy Edge, LPC, IGDC

Presenter Bio: Jeremy Edge, LPC, IGDC is the owner and founder of the counseling practice, Escapingthe.com, PLLC. He is an International Gaming Disorder-certified counselor, which is the leading certification for working with people with gaming disorder. He's also obtained the digital wellness certificate through the Digital Wellness Institute. He provides counseling services to help clients experience balanced, healthy screen use. After personally experiencing the negative effects of problematic gaming, he devoted his work to helping others find balance with online activities. In addition to problematic screen use, he works well with men of all ages and his team works with teens, young adults, adults, and





families.

Tracks: Parents & Caregivers, Therapists

Audience Level: Intermediate

Session Description: This presentation explores how to balance online activities. Gaming and social media are fun activities but can be addictive. Parents and teachers can struggle to find ways to navigate online use with teens, especially if they have ADHD. This presentation helps professionals learn practical ways to support teens with ADHD with navigating healthy screen use.

3:00 PM – 4:00 PM

Title: How to Eliminate Swiss-Cheese Organizing in Households

Presenter: Lisa Woodruff

Presenter Bio: Lisa Woodruff is a productivity specialist, a home organization expert, and a former teacher. As the founder and CEO of Organize 365®, she provides physical and motivational resources teaching busy individuals how to take back control of their lives with functional systems that work. She knows that organization is more than just fifteen-minute daily tasks or cute ways to use fun containers. She's successfully taught and professionally organized people who struggle with ADHD. She has helped hundreds of women in Cincinnati, Ohio—and thousands of women worldwide—get their homes organized and keep them that way.

Tracks: Adults

Audience Level: Beginner

Session Description: Eighty-seven percent of Americans surveyed believe that organization is a learnable skill. And yet, those same Americans self-rated their personal success in organizing the spaces in their households with 13%-18% grades of success (unpublished data). Organization is a learnable skill, but the current marketplace is selling an interior design outcome as the picture of what an organized household should look like—leaving many, especially those diagnosed with ADHD, feeling an organized home is unattainable. This session will break down household organization into a roadmap with achievable steps leading to an organized home. Learning the skill of organization takes time. It is as much about the order in which spaces in the household are organized as it is about the method for doing so. In this presentation, learners will understand: Why dedicated weekends of decluttering and organization frenzies yield short-lived periods of organization. How repeated decluttering sessions lead to over-decluttering, making learners more fearful about discarding items they may use one day. Why some spaces need consistent organization and maintenance, and other spaces can be organized once and maintained indefinitely. How long it will take to organize your whole home and what successes you will notice.

Title: Make Exercise FUN & DONE the ADHD Way!

Presenter: Kristin Galbreath

Presenter Bio: Kristin Galbreath (pronounced GAL • breath) is an ADHD and life coach, a speaker, and the founder of Octopus ADHD Coaching. Frustrated by the lack of knowledge about ADHD in women when she was diagnosed in 1995, she has a special interest in helping women learn to work with their ADHD and to accept themselves as whole and capable. She combines her science-based, ADHD-specific life coach training with a lifetime of personal ADHD experience to successfully partner with her clients as they move from overwhelm and self-blame to action, self-kindness and a simpler and more rewarding life that makes room for revisiting old dreams or following new ones. To learn more, visit her website: octopusadhdcoaching.com





Tracks: Adults

Audience Level: Intermediate

Session Description: How can we move from KNOWING that our bodies and brains need regular exercise... to actually DOING it? We need a different approach to exercise because most of the best practices we've been taught over the years do not reliably engage the attention of our interest-based brains. Additionally, when we redefine exercise as any physical activity, it opens up more possibilities for getting exercise, including the option to have fun and to include others like our children, grandchildren, older family members and friends, as well as to do what the presenter calls "incidental exercise." The presenter and attendees will explore and perform some fun activities that count as exercise, but don't "feel" like exercise. You will learn and practice a brief, seated tap dancing routine then leave with a list of ADHD-friendly exercise strategies.

Title: The Things Moms Don't Say Out Loud

Presenters: Patricia Sung; Liz Lewis

Presenter Bios: Patricia Sung supports moms who have ADHD (or suspect they have it) to understand their ADHD, so they feel confident running their family/work life. If you're looking for more than theoretical textbook advice, she teaches from a unique viewpoint from her years of effective application in the classroom, serial entrepreneurship, and teaching middle school. Her Top 5 Parenting podcast, *Motherhood in ADHD*, is a lighthouse for mamas who have ADHD. An introverted midwesterner at heart, she has adopted the word "y'all" and resides in Houston, Texas, along with her two young boys and extroverted non-ADHD husband.

Liz Lewis is a writer, coach, and conversation starter. She is the founder of the Enclave and HealthyADHD, where she helps women talk more honestly about the messy parts of life with ADHD. In her "spare" time she is writing her first book and has every reason to believe it will be turned in on time. She lives in central Pennsylvania with her husband, son, one dog, and too many houseplants.

Tracks: Adults

Audience Level: Beginner

Session Description: Calling all moms with*** ADHD! You probably feel like you're constantly overwhelmed and careening toward burnout. You want to be the best mom you can be, but you aren't even sure how to support yourself. In this workshop, the presenters will discuss the taboo stuff that nobody talks about; the guilt, shame, and overthinking that are ravaging your experience of motherhood. Come to connect with other moms, give and receive support, and see your struggles in a new light.

3:30 – 5:00 PM

Title: Coaching and CBT for Adult ADHD: Diverse Approaches

Presenters: David Giwerc, MCAC, MCC; Russell Ramsay, PhD

Presenter Bios: David Giwerc, MCAC, MCC, is the president of the ADD Coach Academy (ADDCA), the global leader in comprehensive ADHD coach training. ADDCA's level 1, basic, and level 2, advanced coach training programs are accredited by the International Coach Federation (ICF), and the Professional Association of ADHD Coaches (PAAC), the governing bodies of the life coaching and ADHD coaching professions. His internationally recognized coaching practice is dedicated to empowering ADHD entrepreneurs and executives. He was inducted into the CHADD Hall of Fame and received the ACO Founders Award for his many contributions in the field of ADHD coaching and research.

Russell Ramsay, PhD, is a licensed psychologist specializing in the assessment and psychosocial treatment of adult ADHD.





Before retiring from the University of Pennsylvania to start a solo telepsychology practice in July 2023, he was professor of clinical psychology in psychiatry and co-founder of PENN's Adult ADHD Treatment and Research Program. Dr. Ramsay is widely published, including five books on adult ADHD, has lectured internationally, and is in the CHADD Hall of Fame. His next book, *CBT Workbook for Adult ADHD and Anxiety*, is slated for publication in spring 2024 by New Harbinger.

Tracks: Adults

Audience Level: Beginner

Session Description: In terms of non-medical interventions for adult ADHD, ADHD coaching and cognitive-behavioral therapy (CBT) are often among the first options mentioned in terms of addressing the day-to-day difficulties commonly faced by people with ADHD. There are simultaneously many similarities and important differences between these two approaches and how they can help adults with ADHD to better manage affairs in their daily lives and fulfill their potential. Coaching and CBT stem from different theoretical backgrounds and contexts and there are important differences in training, how professional services and supports are delivered, and who is adequately trained and qualified to deliver the respective services (or not). The aim of this session is to explore these various similarities, differences, limitations, and opportunities provided by ADHD coaching and CBT for adult ADHD. The session will be led by an experienced ADHD coach and a psychologist who specializes in CBT for adult ADHD, who will present their respective models and engage in a dialogue with each other and with attendees to examine these various topics and look at what these approaches look like "in action" and how they—individually and together—can work to support the well-being of adults with ADHD.

4:00 – 5:00 PM

Title: Email Overwhelm? Learn How to Take Control of Your Inbox!

Presenter: Lisa Kerr

Presenter Bio: Lisa Kerr is a business productivity expert, a chartered accountant with a background in corporate finance, human resources, project management, and process efficiency. She spent more than twenty years in senior financial and operational roles before launching Consulting with Kerr in 2020. She is late-diagnosed ADHD and autistic, parent to a neurodivergent child, and business mentor to numerous neurodivergent entrepreneurs. She recognizes the strengths her neurodivergent brain provides, but ADHD and autism present challenges in the workplace. Through her personal experience and training as an ADHD life coach with the iACT Center, she also provides neurodiversity consulting to businesses and coaching to individuals.

Tracks: Adults, Coaches & Professionals

Audience Level: Beginner

Session Description: As a business productivity expert and late-diagnosed ADHD entrepreneur, the presenter spent years learning strategies and techniques to keep on top of an inbox, whether it's Microsoft Outlook or Gmail. In this session, she will share her top tips so you can take back control of your emails.

Title: Executive Dysfunction Luncheon: How to Cook When We Just Can't

Presenter: Jaye Lin

Presenter Bio: Jaye Lin is an ADHD coach, educator, speaker, and podcaster in the Seattle area. Before starting her ADHD coaching practice, she was the first and only ADHD-trained peer coach at Google, where she also co-founded the ADHD-Women@Google ERG. She formerly owned a restaurant and food truck in San Jose, California. Aside from coaching, she runs a learning program and podcast, both titled *Now Presenting: ADHD*. She's the co-founder of The





Monoceros Initiative, creating events that bring various ADHD professionals and content creators to the same collaborative table. She received coaching training from ADDCA, instructional design training from the University of Washington, and culinary arts training from the Professional Culinary Institute.

Tracks: Adults

Audience Level: Beginner

Session Description: Do you find it difficult to cook for yourself on a regular basis? Does the process of procuring ingredients and cooking feel daunting to you? Does the thought of cleanup make you completely turned off to cooking? Do you consider yourself to be a “bad cook”? Do you often not have the spoons left in the day to cook? Do you create elaborate plans for big dinners, then get stressed out and feel dissatisfied with your results? Do you buy ingredients and fresh produce, only to have them wither and rot in the “vegetable hospice”? If you answered “yes” to any of the above, this session is for you. We’ll go over a lot of the difficulties with cooking that can arise from our ADHD, and provide targeted strategies for facing each scenario by working with our ADHD brain, instead of against it. Then we’ll have a live cooking demo, showcasing recipes for all kinds of scenarios, like food to make on low spoons days that require no prep, no knife, and no cutting board, simple-to-make dishes that wow at a potluck, and more. You can be a wonderful, confident cook. Let’s show you how!

Title: Motivating Disengaged Learners by Teaching Executive Function Strategies

Presenter: Sheri Wilkins, PhD

Presenter Bio: Sheri Wilkins, PhD, has worked in education as a paraprofessional, teacher, university professor, and professional developer and has extensive experience in advising, coaching, training, and facilitating. She has expertise in direct instruction, positive behavior supports, curriculum and instruction, special education and systems change. In 2009, following the car accident and traumatic brain injury of one of her children, Dr. Wilkins focused her attention on researching specific strategies for developing executive function skills and sharing those strategies with parents and educators. This experience led her to write, with coauthor Carol Burmeister, *FLIPP the Switch: Strengthen Executive Function Skills*.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: Educators and parents will learn why students with underdeveloped executive function skills may appear to be unmotivated and how EF deficits are linked to low levels of self-regulation in students with ADHD. They will learn how weak EF skills may appear as behavioral problems and how building the EF skills of students may reduce behavioral incidents. Participants will learn how developing a growth mindset can increase the self-regulation skills of students, leading to greater motivation and more school success. They will leave the session with specific strategies that can be used and shared with others immediately to increase the EF skills of students who are struggling at school and in other environments. Participants who struggle with EF skills themselves will be presented with ideas of strategies that can be adapted and used by adults to support their own EF skills.

5:00 – 6:00 PM

Title: ADHD-Friendly Ways to Organize Your Workspace

Presenter: Catherine Avery

Presenter Bio: Catherine Avery is an ADHD productivity coach and podcast host of *The Uncluttered Office for ADHD*. A certified neurodiversity coach and trauma-informed coach, she helps her clients close the fifty open tabs in their brains,





one tab at a time. She has spoken for many groups, including ADDA and CHADD, and was featured in the *Washington Post* on ADHD, mental health, and organization.

She is a former queen of clutter, recovering Type-A Wall Streeter, cancer survivor/thriver, and a diagnosed-late-in-life ADHDer. She believes that to be truly productive we need to learn how to be intentionally unproductive.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

Session Description: Getting and staying organized is challenging for people with ADHD brains. Having an office that supports you and your uniquely wired brain helps you be more productive and frees up space in your brain for creativity. In this presentation, participants will learn simple and easy strategies to maintain a functional organized workspace.

Title: Carrot or Stick? What Parents Miss When Motivating Their Child

Presenter: Mary Smith

Presenter Bio: Mary Smith is an ADHD Life Coach primarily focused on families and parents. Her corporate experience in continuous process improvement, organizational process design, and change management, combined with her specialized ADHD coach training, allow her to create innovative strategies and parent education programs that take families from chaos to collaboration. After fourteen years, she knows coaching results in improvement. However, she considers it an utmost victory when her client families build trusting, collaborative partnerships. 2023 marked the first year she shared her unique strategies with fellow coaches. She is happy to announce the creation of an affiliate network providing these tools for other coaches to use in their practice.

Tracks: Coaches & Professional Organizers, Parents & Caregivers

Audience Level: Intermediate

Session Description: This presentation is designed for frustrated parents who feel they have tried everything they know to motivate their child to change their behavior, but nothing has worked. The presenter offers an explanation of why the (over)use of rewards/punishments fails to inspire sustained changes in the behavior of children with ADHD. In short, it's because the use of rewards/punishments do not account for the impact ADHD has on the reward pathway in the brain. There is more to consider than "carrot or stick." Discover how meeting the psychological needs for autonomy, connection, and competence are key ingredients in creating motivation for your child (and any human, really). Then, learn two behavioral improvement strategies based on meeting these needs. One, for correcting behavior during the incident. The second, for developing daily routines that promote independence in daily life. Participants will be given basic methodology templates and shown how to integrate these strategies into their family and/or coaching practice.

Title: "I've Tried Everything!" Personalizing ADHD Systems for Results

Presenters: Diane Dempster, MHSA, CPC, PCC & Elaine Taylor-Klaus, MCC, PCC

Presenter Bios:

Diane Dempster, MHSA, CPC, PCC, is a professional coach, speaker, author, and educator with twenty years of corporate leadership experience. She is the co-founder of ImpactParents.com, a coaching organization for parenting neurodiverse kids, co-creator of Sanity School® and the Sanity School® Certification Program for professionals. An experienced leader, expert in change management, and all-around life sherpa, she helps clients create deep, sustaining change and open their eyes to life. And no one needs this more than parents of complex kids. She received a master's degree from the University of Michigan and coaching certification from the Institute for Professional Excellence in Coaching.

Elaine Taylor-Klaus, MCC, CPCC, co-founded the first global coaching organization for parenting neurodiverse kids (ImpactParents.com, originally ImpactADHD®). The mom in a complex family of five, she co-created a collaborative





problem-solving method for fostering independence using a coach approach, based on the foundational principles of professional coaching: the Impact Model for Parenting Complex Kids. An author, speaker, parent educator, coach, and trusted advisor, she is the co-creator of Sanity School® for Parents, coauthor of *Parenting ADHD Now! Easy Intervention Strategies to Empower Kids with ADHD*, and the author of *The Essential Guide to Raising Complex Kids with ADHD, Anxiety and More*.

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

Session Description: If you've ever tried UNSUCCESSFULLY to motivate yourself with incentives or use reward charts with kids, then this workshop is designed for you. Instead of trying yet another standardized system that works for someone ELSE (or someone else's kid) with ADHD, join us to learn how you can personalize systems—simply and flexibly. We'll explore the two categories of systems and three key purposes for using them, as well as eight core components to personalize systems so that you can improve their effectiveness and tap into intrinsic motivation. You'll even learn a process for modifying a structure when it doesn't work the first time, instead of throwing it out and starting over. This session teaches participants what to consider when creating systems and structures so that they'll work in the real world for both kids and adults with ADHD—without making things too complicated or hard for other people involved (who may also have ADHD, too).

5:00 – 6:30 PM

Title: ADHD in Women and Girls: Treatment to Thrive

Presenter: Rebecca Richey, PsyD

Presenter Bio: Rebecca Richey, PsyD, is the clinical director of Colorado Women's Collaborative Healthcare. She previously worked as an assistant professor in the University of Colorado's School of Medicine (CUSOM) as the director of behavioral health for the Women's Integrated Services in Health Clinic. She has been a clinician for nearly twenty years and is passionate about integrated care, leadership and advocacy in psychology, and women's health. She specializes in psychological testing for women, including ADHD diagnosis.

Tracks: Adults, Medical

Audience Level: Intermediate

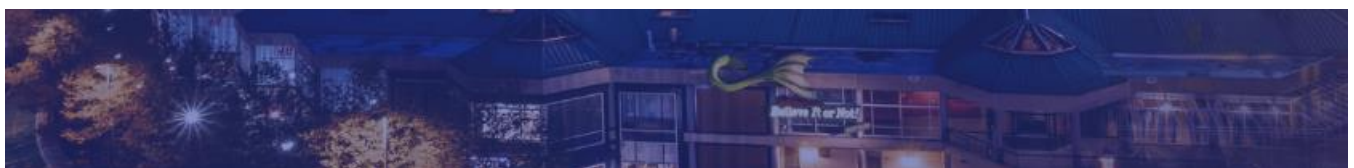
Session Description: This session will educate multidisciplinary healthcare providers, educators, advocates, researchers, and community members in the effective treatment of ADHD among women and girls. Topics of discussion will feature a brief ADHD protocol created by Colorado Women's Collaborative Healthcare clinicians, medication management guidelines aimed at non-prescribers, and holistic, whole-woman treatments for ADHD. This session will feature in-vivo practice of skills related to cognitive behavioral therapy, mindfulness-based therapy, and acceptance and commitment therapy. Handouts of each and a clinician workbook will be included in this presentation. Clinical examples will be presented for discussion, and diversity, equity, and inclusion considerations will be woven throughout.

6:00 – 7:00 PM

Title: Flexible Thinking: EF Strategies to Improve Performance and Reduce Stress

Presenters: Michael Greschler, Med & Shelly Levy, MEd, MS

Presenter Bios:





Michael Greschler, MEd, serves as the director of the SMARTS Program, overseeing the development of the program, leading curriculum development and instructional design teams and working closely with educators across the United States and around the world to develop professional development programs to support the success of all students. In addition, he works as an educational specialist, using executive function strategy instruction to support teenagers and young adults. He is a frequent presenter at workshops, conferences, and webinars and has authored chapters and articles on topics related to executive function. He holds a master's degree in human development and psychology from the Harvard Graduate School of Education.

Shelly Levy, MEd, MS, is director of professional development and training at the Research Institute for Learning and Development. She leads professional development training and webinars on executive function strategy instruction and the implementation of the SMARTS executive function curriculum. She also provides coaching to general education and special education teachers across the country. As an educational specialist, she works with students of all ages, elementary school through college, who struggle with learning, attention, and executive function challenges, and provides specialized instruction and academic support in the areas of reading, writing, test preparation, and executive function skills.

Tracks: Educators & Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: How can executive function strategies help students to learn when they feel stuck, anxious, and overwhelmed? Join us to learn practical, hands-on strategies that help students to think flexibly, overcome obstacles, and reduce stress as they master their work at home and in the classroom.

Title: From Chaos to Control: Planning Strategies That Work for ADHD

Presenter: Nikki Kinzer

Presenter Bio: Nikki Kinzer is the founder of Take Control ADHD. Since 2010, she has helped adults and college students around the world better manage their lives in harmony with their ADHD. In addition, she offers group coaching, online courses, and her monthly membership designed around planning. Kinzer co-hosts *Take Control: The ADHD Podcast*, with nearly six hundred episodes and millions of downloads since the show launched in 2010. The show focuses on all subjects ADHD and a roster of industry leading experts, practitioners, and health professionals as guests. She is certified through the ADD Coach Academy (ADDCA) and the International Coaching Federation (ICF) professional coaching certification programs.

Tracks: Adults

Audience Level: Beginner

Session Description: This presentation will focus on helping individuals with ADHD improve their planning and time management skills. Participants will walk away with a better understanding of why planning can be difficult and how to overcome these challenges using effective tools, techniques, and strategies. They will have the opportunity to practice a time blocking exercise and receive hands-on guidance on how to use a calendar and task manager effectively. The presentation is designed with practical application in mind; walk away with the tools you need to make planning a practice in your own life and primed with new ways to think about how you can make use of your time most effectively.

Title: Homeschool for ADHD Students: Flexibility Facilitates Learning and Thriving

Presenter: Kathy Kuhl

Presenter Bio: Kathy Kuhl trains and coaches parents who homeschool, that is, who direct their children's education. After teaching in a public middle school, she homeschooled her son with ADHD and dyslexia for grades 4-12. Then she





interviewed sixty-four families homeschooling students with ADHD and other learning challenges to write a handbook for anyone teaching children and teens who learn differently. Since then she's written two other books on homeschooling and created an online course on homeschooling students with ADHD. She advises parents privately and speaks internationally to support parents of exceptional children. She lives near Washington, DC, with her husband, enjoys reading and hiking, and blogs at Learndifferently.com.

Tracks: Parents & Caregivers

Audience Level: Beginner

Session Description: Homeschooling provides parents ways to direct and customize education for students with ADHD. Despite the number of homeschooling families doubling since 2020, misconceptions about homeschooling remain. Homeschooling differs radically from school-at-home and virtual schooling. Homeschoolers can set goals to address their students' particular strengths, passions, and weaknesses. Data from interviews reveal how parents adapt curriculum, learning environment, schedule, and instruction to help students with ADHD thrive. Learn why parents of students with ADHD choose to homeschool, how the pandemic altered home learning, what advantages parents find in homeschooling, and what struggles they face. Discover the plentiful curriculum options and resources available, as well as tips for setting goals and schedule and selecting curriculum. Learn how to connect with homeschool support virtually and in real life. Learn about training opportunities for the homeschooling parent-educators.

6:30 – 8:00 PM

Title: Fostering Creativity in and Outside of the Classroom

Presenter: Matthew Zakreski, PsyD

Presenter Bio: Matthew "Dr. Matt" Zakreski, PsyD, is a clinical psychologist who specializes in working with neurodivergent (gifted, 2e, ADHD, autism, etc.) people and has presented over two hundred times all over the country and internationally.

Tracks: Parents & Caregivers

Audience Level: Beginner

Session Description: Creativity is the mark of an engaged learner. But what is creativity? How do we foster it? And how do we allow our students to be creative while also following best practices in education and assessment? This interactive, hands-on session is about understanding what creativity is (and what it isn't) and how to use it effectively in and outside the classroom. We will discuss manifestations of creativity, skills to make space for creativity in assessment, class discussion, and social-emotional learning.

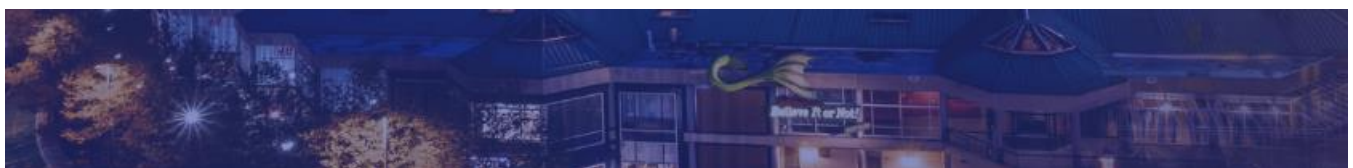
Wednesday, December 5, 2023

10:00 AM – 11:00 AM

Title: Keynote | The Power and Peril of Online ADHD Information

Presenter: Tracey Marks

Presenter Bio: With board certifications in general and forensic psychiatry, Tracy Marks promotes mental health and wellness through her private practice, books, and her popular YouTube channel, *Mental Health Doesn't Have to Be a Mystery*. She is the author of three books: *Master Your Sleep*, *Bipolar Basics*, and *Why Am I So Anxious?* These works





provide insights into various mental health conditions, emphasizing the link between mental wellness and sleep, and offering practical strategies for managing symptoms and improving overall wellbeing. Dr. Marks started her YouTube channel in 2018, and since then it has garnered a significant following for its easy-to-understand, comprehensive coverage of complex mental health topics. She maintains her psychiatric practice in Atlanta, Georgia. Her holistic approach to mental health and her dedication to public education have made her a respected figure in her field and a valuable resource for those seeking to understand and improve their mental health.

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

Session Description: The presenter will describe the prevalence and outcomes of ADHD among college students. She will review the landscape of ADHD treatment for college students, characterizing current patterns in care and common campus clinic policies that address assessment and treatment. Finally, she will address practical implications of these findings for current college students and high school students looking to establish care after transitioning to college.

11:00 AM – 12:00 PM

Title: ADHD with Social Anxiety: Often Ignored

Presenter: Thomas E. Brown, PhD

Presenter Bio: Thomas E. Brown earned his PhD in clinical psychology at Yale University and then served on the clinical faculty of the department of psychiatry at Yale School of Medicine for twenty years while operating a clinic in Connecticut for children and adults with ADHD and related problems. In 2017, he relocated to California, where he opened his Brown Clinic for Attention and Related Disorders in Manhattan Beach. He has taught continuing medical education courses on ADHD for the American Psychiatric Association for eighteen years and has given lectures and workshops in hospitals, medical schools, universities, and for professional and advocacy groups throughout the United States and in more than forty other countries. Dr. Brown is a clinical professor of psychiatry and neuroscience at the University of California Riverside School of Medicine and is an elected fellow of the American Psychological Association, the APA Division of Psychopharmacology and Substance Abuse, and the Society of Clinical Child and Adolescent Psychology. He has published thirty articles in professional journals and seven books on ADHD with translations in twelve foreign languages. His 28-minute video on YouTube, *What Is Attention Deficit Hyperactivity Disorder?* has received more than eight million views. His website is www.BrownADHDclinic.com.

Tracks: Adults, Therapists

Audience Level: Intermediate

Session Description: Many individuals with ADHD also have social anxiety, a persisting fear of being exposed to others in social interactions where they might be negatively evaluated, embarrassed, or humiliated. That fear is out of proportion to actual risks in the situation. Social anxiety disorder is associated with higher rates of school dropout and unemployment, and fewer satisfying friendships. In the United States, about 12% of adults and about 9% of teens have social anxiety. Social anxiety can often be helped by psychotherapy, behavioral methods, and/or medication, but most do not seek treatment until after fifteen or twenty years of experiencing symptoms.

Title: Appropriate Accommodations and Goals for ADHD Students Under Section 504 and IEP

Presenter: Jeffrey Katz





Presenter Bio: Jeffrey Katz, PhD, is a clinical psychologist in private practice in Virginia Beach, Virginia. He has many years of involvement with CHADD. Dr. Katz is presently the co-chair of CHADD's Public Policy Committee, serves on the Professional Advisory Board, and is a member of the Board of Directors. Dr. Katz specializes in the evaluation and treatment of children, adolescents, and adults with an emphasis on ADHD as well as other behavioral and learning issues. In addition, he frequently attends school meetings, bringing his knowledge of ADHD, learning disabilities, and school-based interventions, together with his knowledge of educational regulations, to ensure that students receive the support they need. Dr. Katz is frequently asked to speak to groups of parents and professionals, sharing his knowledge of ADHD, interventions, and current issues.

Tracks: Educator & School Professional, Parents & Caregivers, Therapists

Audience Level: Intermediate

Session Description: The knowledge that teachers and school administrators have about ADHD varies between States, between school districts, and between schools in the same district. Most regular education and special education teachers sorely lack in understanding students with ADHD, students' needs and how to address them in Section 504 Plans and IEP's. This session will discuss how to identify an ADHD student's needs and the accommodations and/or IEP goals that are appropriate for them- no more will the student just "complete their assigned work"! Furthermore, the session will provide an outline to follow in school meetings to obtain information you need from teachers', the reasoning for what you want, and the resources you need for the 504 Plan or IEP to be properly written. Not to be forgotten, how to follow-up with the school to assure compliance with the plans and goals that are written. Fortunately, with what you will learn, you can provide invaluable information to the school about your child and their needs, knowing what the school is required to provide. Dr. Katz will also provide a printout of accommodations and goals that he has found most valuable.

Title: Leveraging Technology and Apps for ADHD

Presenter: Micah Saviet, MSW, LMSW, CEAP, BCC

Presenter Bio: Micah Saviet, MSW, LMSW, CEAP, BCC, received his master's degree from the University of Maryland School of Social Work. He is director of Springer Institute. Saviet is a board-certified coach and social worker in clinical practice. He is particularly drawn to researching and exploring client-centered, behavioral-based strategies aimed at helping individuals with ADHD and others cope more effectively, and thrive. A published author and international conference presenter, he can be reached at micah@springerinstitute.org.

Tracks: Adults

Audience Level: Intermediate

Session Description: Recent years have seen an expansion in digital technology innovation to help support the lives of individuals with ADHD and related challenges across the lifespan. In this session, participants will learn about digital tools (apps, biofeedback, virtual reality, digital therapeutics, etc.) relevant to each of six executive function domains through exploring: mechanism of action, targeted ages, recommended treatment time, prices/available platforms, supporting research, and unique considerations. Attendees will come away from this session with broader knowledge of current digital tools available for managing ADHD symptoms, a framework for appraising quality and legitimacy of digital tools, and increased confidence in being able to optimally choose tailored tools for potential users.

11:00 AM – 12:30 PM

Title: The Nuanced Interplay of ADHD and ASD





Presenter: Beth Pitchford

Presenter Bio: Beth Pitchford earned a master's degree in Adlerian psychotherapy and counseling from the Adler Graduate School, where she focused on learning about autism and how various aspects of Adlerian psychology could compliment the standard use of cognitive behavioral therapy with people on the autism spectrum. Pitchford became passionate about working with people on the "invisible" part of the spectrum (formerly known as Asperger's syndrome) after she realized that neurodivergency has a significant presence in her family who have spent most of their lives wondering why they felt so different.

Tracks: Therapists

Audience Level: Intermediate

Session Description: Identifying the subtle differences between autism and ADHD is difficult and, at times, impossible. Considering the high rate of comorbidity between the two diagnoses, it is important for therapists, parents, educators, and self-advocates to be knowledgeable about the traits of each and the traits of when they are co-occurring.

12:00 PM – 1:00 PM

Title: Communication Techniques that Work for ADHD-Impacted Couples

Presenter: Melissa Orlov

Presenter Bio: Melissa Orlov is the founder of ADHDmarriage.com and the author of two award-winning books on the impact of ADHD in relationships: *The ADHD Effect on Marriage* (rev. 2020) and *The Couple's Guide to Thriving with ADHD* (2014). She is considered one of the foremost authorities on the topic of how ADHD impacts adult relationships. A marriage consultant, she helps ADHD-affected couples from around the world to rebalance their relationships and learn to thrive through her seminars and books. She also leads a team of consultants dedicated to helping couples affected by ADHD and teaches marriage counselors and other professionals about effective marriage therapy for couples dealing with struggles related to ADHD. Orlov blogs for Psychology Today and at www.adhdmarrriage.com, where she hosts a large community of adults learning about ADHD in relationships. She has been interviewed by many, including the *New York Times*, CNN, *Today*, and *US News and World Report*.

Tracks: Adults, Therapists

Audience Level: Intermediate

Session Description: Communication in neurodiverse relationships can be challenging. This presentation provides the information you need to use four specific communication techniques that help bridge your communication gap, calm your interactions, and understand each other better.

Title: It's Who You Know: Connecting with the Right Referrals

Presenter: Rachel Fryman, PhD

Presenter Bio: At Attention Therapy of New York, Rachel Fryman, PhD, explores with clients the impact of ADHD on relationships, academic achievement, job performance, and overall well-being. She also teaches at Wurzweiler School of Social Work and consults for Prizmah: Center for Jewish Day Schools. She was a social worker in the learning resource program at Adelphi University and served as director of learning support at a parochial school supporting students, faculty, and families as well as coordinating services. Dr. Fryman earned her PhD at Smith College. She supervises students, consults with clinicians and educators, and writes and lectures about neurodiversity, trauma, and the intersection of mental health and Judaism.





Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Intermediate

Session Description: This session is intended to provide valuable information on how to support ADHD children by understanding and identifying the right services to assess and manage ADHD from a multimodal approach so children can thrive both at home and at school. This session will define the multimodal approach, as well as explain types of referrals and explore using case examples when an issue may need one professional over another at a given time when a child is being evaluated or has a confirmed diagnosis of ADHD. The presenter will address collaborating with existing community resources (such as community and hospital mental health services, college counseling and testing centers), as well as review how school districts may provide services entitled to students under the IDEA Act ranging from early intervention, CPSE, and CSE to Individualized Education and 504 Plans. The presentation will conclude with a summary of ADHD and possible comorbid conditions and how the goal of early diagnosis, assessment, and support at school and home is to mitigate the negative impact and support the strengths of the ADHD child in order to live, learn, thrive with ADHD.

12:30 PM – 2:00 PM

Title: ADHD Coaching for Adults: Advancing the Field

Presenter: Elizabeth Ahmann, ScD, RN, PCC, NBC-HWC

Presenter Bio: Elizabeth Ahmann, ScD, RN, PCC, NBC-HWC, has a master's degree in nursing and a doctorate in public health. She is director of research at Springer Institute. In addition to a coaching practice focused on clients with ADHD, she is a member of the ACO's research committee and is a professor and subject matter expert in the health and wellness coaching department at Maryland University of Integrative Health. A published author and international conference presenter, she can be reached at eahmann@muih.edu.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

Session Description: ADHD coaching is an emerging field with a growing evidence base. However, ADHD coaching for adults has received little attention in the research literature. So, what, then, constitutes best practice in the field? In this session, you will learn what a panel of experienced ADHD coaches, of varied training backgrounds, identified as key components of the ADHD coaching process, including guidelines for an initial (discovery/intake) session, a regular ongoing session, and a closing session for coaching adults with ADHD. You'll also have an opportunity to discuss these guidelines and share your feedback with the researchers, in this way contributing your own expertise to advancing the field of ADHD coaching.

1:00 – 2:00 PM

Title: ADHD Life in the Golden Years: Connecting Generations

Presenter: Betsy Walters

Presenter Bio: Betsy Walters was born in Los Angeles, California, the youngest of seven children. She studied ADHD life coaching with Laurie Dupar at the iACTCenter in 2021 and achieved her CALC on January 31, 2022. She is also interested in somatic coaching. She earned two bachelor's degrees—one in English Literature and one in Communications. After college, she went to New York City to study acting and movement with Sanford Meisner. She lives in Raleigh, North Carolina, and works as a technical writer while she is building her coaching business. She also sketches and writes young





adult fiction. She was also briefly a Theater arts teacher.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

Session Description: The purpose of this presentation is to “introduce” the conference attendees to life in the Golden Years for those with ADHD and hopefully to incite others to act. It is about this age group and their struggles with ADHD. The session begins with an introduction of topic and objective. The presentation covers medical facts about older people with ADHD, including symptoms and comorbidities. Then video interviews are presented of three to five older ADHD clients, when they were diagnosed, what their symptoms are, and what they are currently struggling with. The next segment focuses on the need for and offers ways of connecting with the older population, what they can teach us, and how to support them so that they thrive in their later years. The presentation calls for greater public awareness.

Title: Making Use of Google Tools to Manage Family Life

Presenter: Jessica Schreyer, PhD

Presenter Bio: Jessica Schreyer, PhD, is a professor of English and department head at University of Dubuque. She is also a mom of three fun and busy kids.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: Attendees will learn how to use free, simple, digital tools to help manage family life. This includes managing schedules, tasks, and shopping. By incorporating even one of these tools into family life, attendees can decrease the cognitive load required on a daily basis, improve their communication amongst people in their families, and have easy access to information when needed.

Title: Parents and Kids: Coexisting in Households with ADHD

Presenters: Hilary Stern, MEd & Elyse Dub, PhD

Presenter Bios:

Hilary K. Stern, MEd, is a certified ADHD life coach, an ADHD consultant, and the founder of ADHD Advance Coaching and Consulting LLC. She has taught sixth, fourth, third and first grades, and she holds a bachelor’s degree in elementary education and a master’s degree in education administration. Professional development and collaboration with others have both been driving forces in all that she has achieved both in and out of the classroom. Currently, she offers teacher, corporate and parent workshops on ADHD, conducts parent and corporate coaching groups, and provides one-to-one coaching and consulting for older teens, parents and adults with ADHD or ADHD symptoms.

Elyse Dub, PhD, is a licensed psychologist and certified school psychologist with over two decades of experience working in the private and public sectors with families, parents, children, and adults. She has several professional publications and is an active member of the American Psychological Association (APA) and the National Association of School Psychologists (NASP). Dr. Dub is the founder of Insight Onsite, a mental wellbeing company developed to help address the loneliness and work-life stress experienced by many prior to and because of living through a global pandemic. The goal of Insight Onsite is to help businesses build retention by enabling stronger people connections and relationships at work through interactive discussions during the workday about the shared life concerns outside the office that can impact loyalty, productivity, and engagement at work. For additional information go to www.insightonsite.org or elyse@insightonsite.org.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner





Session Description: When children are diagnosed with ADHD, the adults in the home can feel frustrated, lost, and stressed in terms of managing the behavioral and emotional dysregulation that may occur in their children. However, it is often the adults within the home that are experiencing similar symptoms and behaviors, possibly for many years. With diagnoses of ADHD in adults seemingly on the rise, this realization can bring up a multitude of feelings and reactions. This workshop will help demystify and normalize some of those reactions and help set families up for success.

2:00 – 3:00 PM

Title: Cannabis Use Patterns and Motivations of Postsecondary Adults with ADHD

Presenter: Ramona Sharma

Presenter Bio: Ramona Sharma is a research coordinator at the University of British Columbia and the Canadian Institute for Inclusion and Citizenship in partnership with Statistics Canada. She has also spent years working as a special education program coordinator with students of all ages with learning difficulties, including ADHD, ASD, FASD, and SLDs. Her research interests include cannabis use and academic success among postsecondary adults with ADHD, nicotine use among youth, and the intersectionality of culture, ethnicity, and ADHD. Sharma is a polyglot and identifies as an adult third culture kid (TCK). She grew up globally in a diplomatic family, has lived in eleven countries, and currently resides in Vancouver, British Columbia, Canada.

Tracks: Adults, Medical

Audience Level: Intermediate

Session Description: This session will discuss the recent cannabis use behaviors of college students aged nineteen and older with diagnosed and undiagnosed ADHD. Findings surrounding cannabis use frequency, quantity, daily sessions, and reasons from a Canadian survey study will be outlined with respect to gender, ADHD subtype, ADHD diagnosis status, and stimulant medication use.

Title: Organizing Your Life Now for The End That Comes Later?

Presenter: Daniella Karidi, PhD, CPC

Presenter Bio: Daniella Karidi, PhD, CPC, is an ADHD coach and founder of ADHDtime in Encino, California. At ADHDtime, she helps individuals with ADHD achieve success and fulfillment during challenging life transitions such as going to college, starting a job, and reaching retirement. Prior to becoming an ADHD coach, she managed the center for students with disabilities at Loyola University Chicago, and completed a PhD at Northwestern University in Evanston, Illinois, with research focusing on ADHD. Her doctorate and master's degree in learning disabilities from the University of Haifa, Israel, prepared her to become a neurodiversity advocate and coach. She has received executive coaching training from the College of Executive Coaching and ADHD coach training at JST.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Advanced

Session Description: Planning for the worst, for the end of one's life, can be challenging, stressful, and create anxiety. This is especially true if you have ADHD, and you are struggling with time blindness and future thinking. In this session participants will learn about the liberation of planning and preparation for no longer living. They will understand what happens when you do not plan for the end and the negative effects of procrastinating. The session will explore the challenges of planning for the future when you have ADHD and introduce strategies to address such challenges. It will investigate the main categories of tasks that should be completed to organize your life for the future. Participants will have the opportunity to prioritize their own end-of-life plan in an exercise focused on creating a strategic plan





appropriate for individuals with ADHD. The goal of this session is to provide participants with the tools and resources needed to start to consider plans and prepare for the end of life while managing their ADHD.

Title: Understanding and Supporting the Gifted and ADHD Learner

Presenter: Julie Skolnick, MA, JD

Presenter Bio: Julie Skolnick, MA, JD, is the founder of With Understanding Comes Calm. She passionately guides parents of gifted and distractible children, mentors twice-exceptional adults, trains educators, and advises professionals on how to bring out the best and raise self-confidence in their 2e students and clients. Skolnick serves as secretary to the Maryland Superintendent's Gifted and Talented Advisory Council, as an advisor for the Bridges Graduate School of Cognitive Diversity, as the Maryland liaison for Supporting the Emotional Needs of the Gifted (SENG), and as a committee member for the National Association for Gifted Children (NAGC). She is also an advisor to *The G Word*, a feature documentary currently in production. Skolnick produces virtual conferences for educators and parents, hosts empowerment groups, and publishes a free newsletter. Her book, *Gifted and Distractible: Understanding, Supporting, and Advocating for Your Twice Exceptional Child*, releases October 2023 (PenguinRandomHouse). Her three twice exceptional children keep her on her toes and uproariously laughing. Her therapist is a poodle named Tigger. Learn more at www.WithUnderstandingComesCalm.com.

Tracks: Parents & Caregivers, Educators & School Professionals

Audience Level: Beginner

Session Description: Easy things are hard and hard things are easy for gifted children with ADHD. Difficult mathematical equations, complex models, or philosophical and existential considerations may seem like innate skills, but getting out the door in the morning, brushing teeth, and turning in homework are often difficult tasks for this twice exceptional profile. In this session, caregivers and educators gain a deep understanding of the similarities and differences between the gifted and ADHD profiles and why one elicits a "glass half full," and the other a "glass half empty," response—and why neither response is okay. Come ready to learn strategies and advocacy tools to bring out the best and raise self-confidence in your gifted/ADHD learners. If you are looking for a "diagnose and fix" approach—do NOT come to this session! We will utilize a strengths-based approach and will encourage and empower parents and educators to lean into their 2e learners by developing a strong personal connection and embracing the gifted/ADHD learners' incredible and unique perspective.

2:00 – 3:30 PM

Title: Cognitive Disengagement Syndrome: Research Updates and Treatment Considerations

Presenter: Joseph Fredrick, PhD

Presenter Bio: Joseph Fredrick, PhD, is an assistant professor of pediatrics at Cincinnati Children's Hospital Medical Center and University of Cincinnati College of Medicine. His clinical work focuses on the assessment and treatment of ADHD and co-occurring problems, including cognitive disengagement syndrome. He leads the CDS program at Cincinnati Children's Hospital, which provides evaluation and treatment services for children and adolescents with CDS.

Tracks: Parents & Caregivers

Audience Level: Beginner

Session Description: This presentation will discuss the research on cognitive disengagement syndrome (formerly called sluggish cognitive tempo) as an important construct for understanding ADHD heterogeneity and discuss treatment considerations.





3:00 – 4:00 PM

Title: Executive Functions: Developing Positive and Motivating Self-Talk

Presenter: Michael McLeod, MA, CCC-SLP, TSSLD

Presenter Bio: Michael McLeod, MA, CCC-SLP, TSSLD, is an ASHA-certified speech-language pathologist and executive function/ADHD specialist. He is the owner of GrowNOW ADHD, LLC, a specialized private practice in Philadelphia, Pennsylvania. He partners with many public and private schools to assist them in developing their executive functioning programming, by training staff and working directly with students and families. He has presented nationwide and internationally, training families and professionals on his unique GrowNOW treatment model for fostering executive functions and resiliency.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: When focusing on the unique skill of internal language, we can empower students to develop personalized, and resilient self-talk to boost executive function skills by giving them the tools to construct it. In this training, the presenter describes the assessment and treatment of executive function deficits by utilizing a language-based approach. He presents research-based strategies that helps us to view executive functioning from a new standpoint and how to effectively treat it.

Title: Self-Care for Caregivers with ADHD

Presenters: Brendan Mahan, MEd, MS

Presenter Bio: Brendan Mahan, MEd, MS, is the host of the *ADHD Essentials* podcast, an internationally recognized expert on ADHD, executive function, anxiety, and neurodiverse parenting. He is a highly engaging, sought-after speaker, coach, and consultant. A former teacher, mental health counselor, and principal, he helps individuals, families, schools, and businesses manage the challenges of ADHD, anxiety, and neurodiversity through an approach that blends education, collaborative problem-solving, and accountability with compassion, humor, a focus on strengths and growth, and his trademark Wall of Awful™ model. He has been featured in the *Washington Post*, *Bustle*, *LinkedIn*, *Understood*, *Tilt Parenting*, *How to ADHD*, *ADD Crusher TV*, and *ADDitude*.

Tracks: Adults

Audience Level: Intermediate

Session Description: Many ADHD strategies seem to assume people with ADHD exist in a vacuum where avoiding the distractions and interruptions that undermine our ADHD is a simple matter of prioritization. But for caregivers, priorities are often muddled by their obligations, both expected and unexpected, to those they care for. This session will explore ways caregivers can manage their ADHD and related needs while also attending to the needs of those in their care. Participants will examine the ways caregiving affects their ADHD and impacts their ability to manage the disorder. They will also analyze the typical challenges caregivers face and how those challenges might affect their ADHD, and explore the positive and negative ways their values affect them as caregivers. This will be followed by a review of ways caregivers can better work with and manage their ADHD while attending to the needs of those in their care.

Title: What Everyone Needs to Know About ADHD Medications

Presenter: Carolyn Lentzsch-Parcells, MD





Presenter Bio: Carolyn Lentzsch-Parcells, MD, is a board-certified pediatrician and the owner and President of Girls to Women/Young Men’s Health and Wellness Fort Worth, a multifaceted clinic dedicated to meeting the physical and emotional needs of adolescents and young adults. Dr. Lentzsch-Parcells is also an assistant professor of pediatrics at the Texas Christian University Burnett School of Medicine. As a physician with ADHD herself, she has a special interest in caring for patients and families with ADHD and learning issues. She regularly speaks to parent, student, and professional audiences on subjects such as parenting, ADHD, depression, anxiety and stress, adolescent development, sexuality, and preparing for college.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: In this session, the presenter will first discuss why we use medications to treat ADHD before then walking through the medications most commonly used to treat ADHD. She will look at stimulant and nonstimulant medications, including how they work and why we use them, and discuss the similarities and differences among these medications as well as the current guidelines for the use of medication in the treatment of ADHD and recent research. Finally, she will discuss and dispel some of the key myths and misconceptions surrounding these medications that are some of our greatest barriers to care.

3:30 – 5:00 PM

Title: Connecting the Dots: Intergenerational ADHD and Family Coaching

Presenter: S Katherine Sanders

Presenter Bio: S Katherine Sanders, a late-diagnosed autistic and ADHDer, trained with ADDCA as coach for adults and families. With a “normal for ADHD” career path—including a PhD in Bronze Age religion, custom wedding dress designer, and commissioned traditional artist--she enjoys spinning many plates while parenting her AuDHD teenager. She was the first member of her family to attend university and the first adult with a formal diagnosis, but the stories of her childhood about her great grandparents indicate she is definitely not the first ADHD or neurodivergent member. Her practice focuses on late-diagnosed adults and families who live with the impact of undiagnosed and unsupported ADHD.

Tracks: Coaches & Professional Organizers, Medical

Audience Level: Beginner

Session Description: Coaching can transform lives—the normal individual sessions for adults or for children are powerful and recognized as important element of the “gold standard” of ADHD support. The impact on the wider family—especially for potentially undiagnosed adults and grandparents—raises important questions for families and coaches alike. How can coaches support and coach families who may require a combination of group *and* individual sessions—particularly when the understanding of ADHD has developed and more adults are diagnosed in their middle and later years? What happens if family coaches work only with a child or teenager, while the ADHD of others continues to impact the emotional, practical, and environmental life of the wider family? How do we move toward a coaching model that allows the safe exploration of ADHD and the difference between coach, educator, and arbitrator or mediator, encouraging family growth and wider positive ADHD awareness?

4:00 – 5:00 PM

Title: Capture Your Successes: Tool Against Negativity





Presenter: Patty Blinderman, PCC, PCAC, ACCG

Presenter Bio: Patty Blinderman, PCC, PCAC, ACCG, is an ADHD coach, founder of the ADHD-Friendly membership platform, and host of the *ADHD-Friendly* podcast. For more than a decade, she has been supporting her clients to level the playing field in order to thrive with their ADHD. She offers additional resources, such as the popular *ADHD-Friendly Owner's Manual*, at ADHDFriendly.com.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: One of the most challenging aspects of ADHD is tied to negativity bias. Human beings have brains wired for negativity, and this is exacerbated by ADHD. This session will demonstrate how to utilize success journals to guard against a negative mindset and shift to a positive mindset with greater ease. The presenter will discuss different ways to begin success journals and explore various formats with examples. Participants will leave the session having begun their new success journals.

Title: Eating with ADHD: Reducing Chaos and Nourishing Your Brain

Presenter: Nicole DeMasi Malcher

Presenter Bio: Nicole DeMasi Malcher is a registered dietitian and certified diabetes educator, with a master's degree in nutrition and food science. After receiving an ADHD diagnosis in her thirties and struggling with eating and body image for most of her life, she dedicated her career to helping adults with ADHD heal their relationship with food and body image through intuitive eating. In 2020, she founded the *Eating with ADHD* online course and community, where she's helped over five hundred adults with ADHD break free of the binge-restrict cycle and eat confidently. Her coaching programs provide all the knowledge, tools, and accountability needed to stop chaos around meals and improve your health.

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

Session Description: Eating with ADHD is often chaotic and challenging. Most recommendations around health and wellness don't address the unique challenges people face with ADHD and promote restrictive diets that are harmful to mental and physical health. This session will explore the unique ways ADHD affects a person's relationship with food, including difficulties recognizing hunger and fullness cues, planning and cooking meals, emotional eating, and using food for stimulation. The presenter will discuss the link between ADHD and why it's not lack of willpower that's stopping you from living a healthier lifestyle. With practical steps to reduce overwhelm, overeating, and bingeing, attendees will leave with a comprehensive understanding of how to approach eating in a healthy and sustainable way.

Title: Understanding Accommodations: Surviving and Thriving in the Workplace

Presenter: Jennifer (Jen Bee) Bernard

Presenter Bio: Jennifer (Jen Bee) Bernard, the founder of bADDass Coaching, is a passionate certified ADHD coach, helping individuals navigate their ADHD journey and encouraging them to live by their rules. She also provides neurodiversity education and coaching to organizations, helping them establish cultures where neurodivergent employees thrive. While there's no "one-size-fits-all" approach to ADHD, she believes the key to unlocking our potential is to embrace our differences and leverage our unique abilities safely and authentically. Her genuine interest in neuropsychological research has deepened her understanding of ADHD personally and professionally, motivating her to pursue a doctorate in industrial/organizational psychology next fall.

Tracks: Adults





Audience Level: Beginner

Session Description: “Accommodate” often means going out of one’s way to meet another person’s needs. For some adults who feel their ADHD is a burden to friends, families, or employers, “accommodation” equates to “imposition.” Instead, they exhaust themselves adapting to challenging environments, often settling for jobs that strip them of their distinctiveness. While some ADHD adults have spent a lifetime suppressing symptoms to stay undetected as they contend with their neurotypical colleagues, an uptick in adult ADHD diagnoses has others facing these challenges for the first time. This session is for anyone who feels they might benefit from workplace accommodations or is uncertain how to ask. It helps ADHD adults overcome employment barriers such as disclosure and psychological safety that may prevent them from requesting such provisions. The speaker will examine all aspects of ADHD in the workplace beyond executive functioning, including the mental and emotional tolls. Participants will learn metacognitive strategies to understand their coping mechanisms and turn them into tangible tools, allowing them to confidently and effectively articulate their needs and value to employers. Attendees will leave empowered to ask for accommodations and ready to break the stigmas and stereotypes surrounding ADHD employees so that they may live and work authentically.

5:00 – 6:00 PM

Title: Toxic Relationships: What People with ADHD Need to Know

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

Presenter Bio: Stephanie Sarkis, PhD, NCC, DCMHS, LMHC, is a renowned therapist and leading expert on gaslighting and ADHD. With over two decades of experience as a clinician, author, and speaker, she has become a trusted voice in the fight against gaslighting and related forms of psychological manipulation. Her groundbreaking book, *Gaslighting: Recognize Manipulative and Emotionally Abusive People—and Break Free*, has become a must-read for anyone seeking to understand the devastating impact of gaslighting and how to heal from its effects. Dr. Sarkis is a frequent contributor to major media outlets including CNN, *The Washington Post*, and *Forbes*. Dr. Sarkis is a licensed mental health counselor, national certified counselor, AMHCA diplomate and clinical specialist in child and adolescent counseling, and a Florida Supreme Court-certified family and circuit mediator. Her latest book, *Healing from Toxic Relationships*, is available now. Visit her website at www.stephaniesarkis.com.

Tracks: Therapists, Adults

Audience Level: Intermediate

Session Description: In this insightful session, the speaker will delve into the complex dynamics that make individuals with ADHD more susceptible to toxic relationships. Drawing on the latest research and clinical insights, she will shed light on how the symptomatology of ADHD can increase the chances of being a victim of manipulation, gaslighting, and emotional abuse. Participants will gain a deeper understanding of the patterns that perpetuate these toxic dynamics and learn how to identify red flags in their own lives or those around them. This transformative session will unravel the intricate relationship dynamics and empower individuals with ADHD to build healthier, more fulfilling connections while safeguarding their emotional well-being.

Title: Understanding Task Initiation Difficulties and Time Blindness

Presenter: Helen Trethewey

Presenter Bio: Helen Trethewey is an experienced Inclusion leader with a passion for early identification of children with learning differences. She has worked in education for over twenty-nine years in the United Kingdom, Belgium, Hong





Kong, Vietnam, and now Sweden. She is a specialist dyslexia teacher and assessor, and she also works with students with ADHD and other learning differences. She understands the needs of children and families in the international context and regularly shares information through writing articles and public speaking. She writes a popular educational blog called *Twice Exceptional*, which has up to date, informative articles about neurodiversity and learning differences.

Tracks: Parents & Caregivers

Audience Level: Intermediate

Session Description: This presentation will introduce the impact executive function difficulties have on students with learning differences like ADHD and dyslexia. Often these difficulties are seen as character flaws rather than genuine challenges which need time and explicit support to overcome. Focusing on task initiation, the session will unpack the many reasons why it can be so hard for some students to get started. This will include considering the “fear of the blank page” and emotional aspects involved in attempting new tasks, as well as the impact of working memory difficulties. In addition, practical strategies that can help students to be successful both at school and at home will be shared. This includes both teachers and parents modelling effective strategies like using checklists and breaking tasks into smaller achievable steps. Creating a safe and supportive school environment where students can make mistakes also plays an important role in helping students overcome difficulties with executive functions. ideas for effective study skills programs will also be shared. The effect of time blindness can be underestimated, but it can have a far-reaching impact. Practical solutions to help students better understand the passing of time and approach longer tasks will be explored.

5:00 – 6:30 PM

Title: Spicy and Fabulous: ADHD and Queer Identity Development

Presenters: Jason Gorski, LPC & Cody Helgesen, LPC-A, NCC

Presenter Bios:

Jason Gorski (he/him/his), LPC, is a practicing licensed professional counselor in the state of Connecticut and a practicing school psychologist in the state of Connecticut. He is a doctoral student in the counselor educator and supervision program at Southern Connecticut State University. His research and treatment interests are neurodivergence, ADHD, and the LGBTGEQIAP+ community. His areas of dedication include working with the transgender and gender expansive population on accessing competent gender-affirming care and with the queer community as whole. He passionately believes the decolonization of heteronormativity and heterosexism is essential in moving forward as a society.

Cody Helgesen (they/them/theirs), LPC-A, NCC, currently works as a full-time school-based mental health counselor in Connecticut as well as an advanced clinician and assistant clinical coordinator at a private practice. They are currently pursuing the terminal degree in counselor education and supervision at Southern Connecticut State University, where they also serve as a full-time graduate studies graduate assistant and teaching assistant. Helgesen earned their master’s degree in clinical mental health counseling from Southern Connecticut State University while working in both residential and inpatient settings. Their research interests include queer studies, intersectionality, protected populations, neurodivergence, and clinical applications in agency and school settings.

Tracks: Educators & School Professionals, Therapists

Audience Level: Intermediate

Session Description: In this session, presenters with lived experience in the queer community and one presenter with lived experience of being neurodivergent and queer, will present on ADHD and queer identities across the lifespan. The presentation will include an introduction to the intersectional prevalence of these two identities and the relevant





literature for educators and counselors. Next, the presenters will describe current approaches, challenges, and competency when working with these populations in schools and clinical practice. Lastly, the presenters will lead the group through a discussion of vignettes and situations they may encounter when working with this population.

6:00 – 7:00 PM

Title: *Trying* Film Screening and Q&A Session

Presenter: Samantha Labrecque

Presenter Bio: Samantha Labrecque is an actor, writer, and filmmaker from Los Angeles, California. She is CEO of her production company, SamScape Productions Inc., which has produced two films (one narrative, one documentary) demonstrating a day in the life of a person with ADHD. After creating and starring in her ADHD narrative short *Trying*, she was diagnosed with ADHD herself. Since her diagnosis, she has been working to expand the story into a semi-autobiographical TV series, bringing the realities of ADHD to mainstream entertainment. The aim of her work is to destigmatize ADHD in society and media through accurate representation in storytelling, especially for girls and women.

Tracks: Adults

Audience Level: Beginner

Session Description: A short introduction precedes a screening of the fifteen-minute short film *Trying* (suitable for all ages). The screening will be followed by a moderated Q&A with the creator of *Trying*, creator and, if possible virtually, other artists and filmmakers with ADHD involved with the making of the film. Speakers will share about the inspiration for the film and personal experiences working as millennial women with ADHD on *Trying* and other professional endeavors.

Title: ADHD Is All About Time Management

Presenter: Ari Tuckman, PsyD

Presenter Bio: Ari Tuckman, PsyD, has given more than six hundred 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 a hundred episodes and almost three million downloads. He is a psychologist and sex therapist in private practice in West Chester, Pennsylvania, and chair of the ADHD2023 conference committee.

Tracks: Coaches & Professional Organizers, Therapists

Audience Level: Intermediate

Session Description: Most people with ADHD struggle with time management and doing the right things at the right times. To understand ADHD most fully (and to work most effectively with these clients and their partners and parents), clinicians need to understand how fundamental the impact of ADHD is on the abilities to see time and feel the future. This presentation will go beyond all the basic strategies and take a deeper look at the science of time awareness and motivation to act toward future goals. This will provide an important shift in your conceptualization of ADHD that will have useful ramifications in how you work with all of your clients (and even think of your own actions).

Title: How Do I Tell My Children I Have ADHD?

Presenter: Monica Hassall





Presenter Bio: Monica Hassall is an ADHD and executive function coach from Australia. Her coaching journey started in 2012 when she and her husband Jonathan created Connect ADHD Coaching. She presented at the Australian ADHD conference in 2019 and 2022, and at the Annual International Conference on ADHD in 2018, 2019, 2020, and 2021. Her articles have been published in *ADDitude* and twice in CHADD's *Attention* magazine. She runs a live ADHD parenting program and works with adults. Her goal is to curate knowledge to work closely with her clients incorporating information and practices from a variety of sources, including the most current neuroscience, ancient wisdom, Eastern philosophies, mindfulness, and coaching principles.

Tracks: Coaches & Professional Organizers, Parents & Caregivers

Audience Level: Beginner

Session Description: ADHD is now recognized as a medical condition not solely the domain of childhood, and a growing number of adults are being diagnosed. Well-being was challenged globally during the coronavirus pandemic of 2020 and beyond, and seemingly a surge of adult diagnosis of ADHD is now occurring. People living with ADHD can often thrive with structure, but without it, many individuals encountered unsupported and spiraling loss of environmental supports, causing the hallmark stressors associated with ADHD—including harmful shame, negative self-talk, and frustration. This session discusses the aftermath of attaining a diagnosis of ADHD; education so individuals have an accurate working definition of ADHD; understanding the underlying executive function impacts of ADHD; the ADHD Volcano of Challenging Behaviours (one model is aimed at adults, with a simplified version for children); engaging with the positive attributes; the importance of focusing on Inherent strengths and personal values; changing the conversation from one of diagnostic impairment to one of ongoing potential. The goal of the discussion is answering the question *How do I tell my kids I have ADHD* to allow a family to connect, learn, and thrive.

7:00 – 8:00 PM

Title: Keynote | Harnessing the Hidden Strengths of My ADHD

Presenter: Cassandra Aarssen

Presenter Bio: Cassandra Aarssen is the self-proclaimed “recovering super slob” behind Clutterbug, a website, YouTube channel, and personal organizing business. Through her efforts to transform herself into a clean freak, she created a successful career as an organizing expert. She provides her expertise as the host of HGTV's *Hot Mess House* and through her YouTube channel and podcast. Her books, *Real Life Organizing*, *Cluttered Mess to Organized Success*, *The Clutter Connection*, and *The Declutter Challenge*, are bestsellers. Her organizing and decluttering advice is frequently featured on HGTV, CTV's *The Marlyn Denis Show*, Oprah.com, and in *Better Homes and Gardens*. When she isn't ridding the world of clutter, she spends her free time with her family in Ontario, Canada.

Tracks: Adults

Audience Level: Beginner

Session Description: After years of battling chronic disorganization, Cassandra Aarssen developed a groundbreaking methodology for organization that has empowered millions of families around the globe to regain control over their homes and lives. As an entrepreneur, she quickly realized that the challenges posed by her ADHD during her youth had transformed into remarkable strengths and advantages as an adult and business owner.

