



ANNUAL INTERNATIONAL CONFERENCE ON  
**ADHD2024**

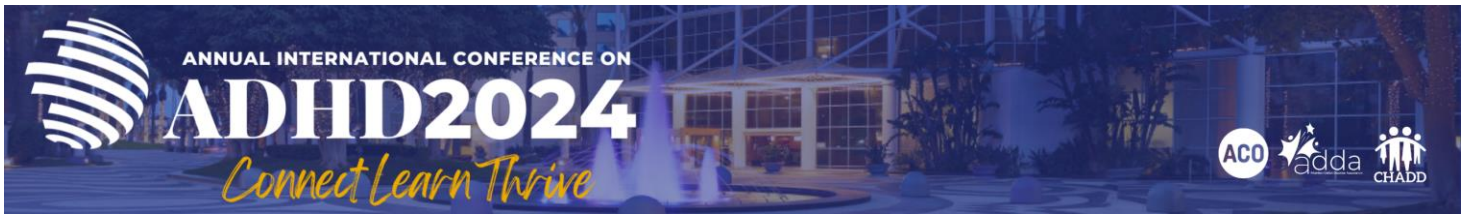
*Connect Learn Thrive*

**In-Person Recording  
Bundle**

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**Anaheim, CA  
November 14-16, 2024**





**Thursday, November 14, 2024**

**8:30 AM – 10:30 AM**

**Title:** ADHD Meets "Aging": ADHD and Cognitive Decline

**Presenter:** Jane Indergaard

**Presenter Bio:** Jane Indergaard, DNP, RN, is an associate professor of nursing at Concordia College, in Moorhead, Minnesota. She is a recognized speaker, author, and provider of education and advocacy for individuals living with ADHD. She co-founded the award-winning Red River Valley CHADD, an affiliate of the national organization. She serves on both the CHADD board of directors and the editorial advisory board for CHADD's *Attention* magazine. Her current interests focus on the impact of hormonal fluctuations on women with ADHD, clinical practice guidelines for adult ADHD, and the design and implementation of psychoeducational (PE) programming into provider treatment for ADHD.

**Tracks:** Adults, Medical

**Audience Level:** Intermediate

**Session Description:** It is well established that ADHD persists into adulthood. However, little has been studied about ADHD past the fifth decade. At the intersection of persistent ADHD and the aging brain comes a diagnostic conundrum whereby there may be an overlap of cognitive and behavioral symptoms in adults with ADHD and those with early cognitive impairment. It may therefore be difficult to distinguish ADHD from neurocognitive disorders (NCD). Moreover, the question has been asked, "Is there a link between ADHD and NCD?" This line of inquiry has led to a fascinating new frontier of research and exploration into older adult ADHD. In this presentation a comprehensive narrative review of the literature is provided which explores the following themes: Is ADHD linked to early cognitive decline or mild cognitive impairment (MCI)? Is ADHD linked to any form of neurocognitive disorder (NCD)? What are the proposed mechanisms of possible association? What profiles are characterized of older adults with ADHD in relation to MCI? Based on the evidence available, what are the implications for provision of clinical services for older adults, for diagnostic screening, and for future research?

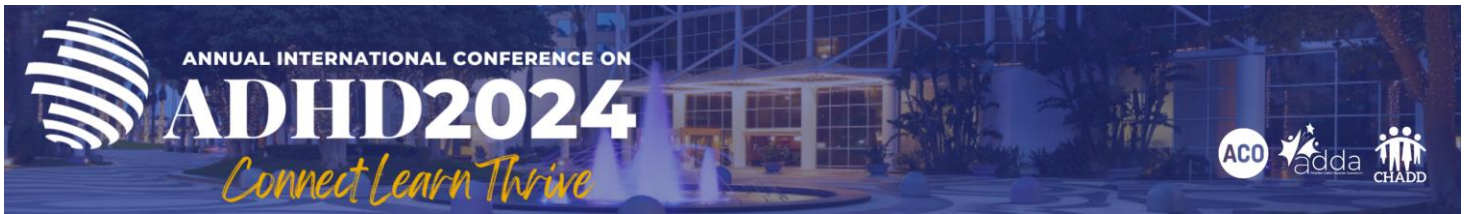
**Title:** Cognitive Disengagement Syndrome: Research Updates and Treatment Considerations

**Presenter:** Joseph Fredrick

**Presenter Bio:** Joseph Fredrick, PhD, is an assistant professor of pediatrics in the center for ADHD at Cincinnati Children's Hospital Medical Center. He is a clinical psychologist conducting evidence-based evaluations for children and adolescents with ADHD, as well as individual therapy and evidence-based parenting groups for families. Additionally, he has started a clinical service dedicated to evaluating and providing specific treatment recommendations for individuals with cognitive disengagement syndrome (CDS).

**Presenter 2:** Stephen Becker

**Presenter 2 Bio:** **Stephen P. Becker, PhD**, is Professor of Pediatrics, Endowed Chair, Associate Division Director-Research, and Co-Director of the Center for ADHD in the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center and the Department of Pediatrics at the University of Cincinnati College of Medicine. His research examines ADHD, cognitive disengagement syndrome (CDS), and sleep in children and adolescents. His research is funded by the National Institutes of Health and the Institute of Education Sciences



(Department of Education). He has published over 250 articles on ADHD and related topics, and recently edited a book on ADHD in adolescents (Guilford Press). You can learn more about his ongoing research at [www.stephenbecker.com](http://www.stephenbecker.com).

**Tracks:** Medical, Therapists

**Audience Level:** Intermediate

**Session Description:** Attention problems are one of the core features of ADHD, which may include trouble staying focused for long periods of time, refraining from distractions, and completing tasks or routines. However, research conducted in the past two decades has shown that some children and adolescents have a unique type of attention problems. Specifically, rather than being externally distracted or having trouble with sustained mental effort, these individuals are "lost in their thoughts," prone to daydreaming, and have mental fogging or confusion. Rather than feeling hyperactive or restless, these individuals report feeling sleepy, tired, and take longer to complete daily activities. The presentation will discuss research on what is called cognitive disengagement syndrome (CDS), as well as review updates and ideas for treatment considerations.

**Title:** Muddy Waters: Navigating Coexisting ADHD and Eating Disorders

**Presenter:** Dena Cabrera

**Presenter Bio:** Dena Cabrera, PsyD, is a mom, psychologist, and certified eating disorder specialist. She is the owner of Cabrera Psychological Services, a highly specialized practice for those with eating disorders, ADHD, and anxiety. An industry leader, Dr. Cabrera has been providing clinical care at all levels of care for individuals and families with eating disorders and mental health issues for over twenty-four years. She is committed to advocacy, training, and education. Dr. Cabrera is the author of *Mom in the Mirror: Body Image, Beauty and Life After Pregnancy*, a resource that assists in healing from body-image disturbances and eating disorders.

**Tracks:** Educators & School Professionals, Therapists

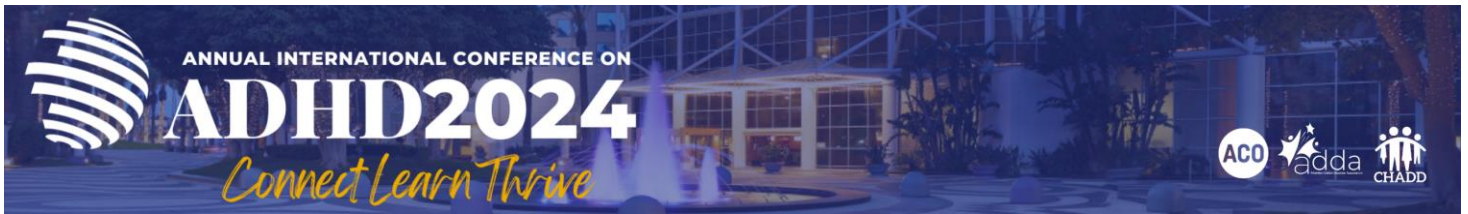
**Audience Level:** Intermediate

**Session Description:** Understanding and treating co-occurring ADHD, eating disorders, and body image issues is possible through a compassionate, science-based approach. This presentation will enable clinicians to successfully identify and distinguish ADHD and eating disorder symptomology as part of a targeted prevention effort to mitigate risks, increase safety, and improve health. The discussion will be focused on implementing effective strategies to address nutritional rehabilitation, body image disturbance, over-control, and loss of control with eating. There will be an emphasis on treating atypical anorexia, binge eating, and avoidant/restrictive food intake disorder (ARFID), as these are diagnoses not typically discussed or understood within the ADHD population. Case studies, real-world examples, and in-session demonstrations will be shared so that you can apply the material to your work. This presentation will mostly be geared toward the teen and adult populations. However, the knowledge gained from this material can support your work with young children as it relates to behavioral patterns with nutrition, relationship with food, body image, and self-esteem, which are important to foster at a young age.

**Title:** Next Level ADHD Coaching. Where to Grow from Here?

**Presenter:** Sally Linton

**Presenter Bio:** Sally Linton, MBA/MS, ACC, ACCG, PCAC, is a certified advanced ADHD coach and executive function specialist. She coaches college students, adults, parents, and executives/entrepreneurs. She has a deep passion for helping others and reducing the stigma around mental health while offering a curious, judgment-free space for clients and



university students. She is a member of the ADHD2024 conference planning committee and a frequent speaker educating others on the neuroscience of ADHD and how it impacts those living with it and those living alongside it.

**Presenter 2:** Barbara Williams

**Presenter 2 Bio:** Barbara Williams, PCC, ACCG, CMP Emeritus, is a professionally trained and certified advanced ADHD coach and executive function specialist. She coaches adults, couples, parents, executives, and entrepreneurs globally via Zoom in the USA, UK, and Canada. She uses a strength-based holistic approach coupled with the latest strategies and wisdom from the field of neuroscience. She is an educator, consultant, and coach, helping her clients navigate a wide range of ADHD challenges. Personalized ADHD education and coaching empowers her clients to leverage their strengths, build self-advocacy, and find the successes that had eluded them in the past. Her mission is to advocate for the ADHD and neurodiverse communities and provide education and best strategies to businesses, communities and schools through speaking engagements. She is the co-chair of ADHD2024. Learn more about her at [www.BarbaraWilliamsCoaching.com](http://www.BarbaraWilliamsCoaching.com).

**Tracks:** Adults, Coaches & Professional Organizers

**Audience Level:** Advanced

**Session Description:** Calling all ADHD coaching professionals! Join us for an interactive session where we elevate our coaching businesses through connection and learning. If you're already on the path to success, let's accelerate your journey to the next level. This isn't about recreating the wheel; it's about sharing collective thoughts to advance our businesses. Practical. Positive. Actionable. An ADHD-energizing experience, empowering you to refine your practice. At the heart of the session are two advanced ADHD coaches, whose expertise in neuroscience and coaching will guide attendees toward meaningful growth. Refining your sweet spot. Asking tough questions: Who do you want to coach? How many clients are enough? What needs to come off your plate? Pricing Your Services: Setting prices that reflect value, expertise, and market tolerance. When to increase pricing: We've got a choice and it's not written in stone. Coach self-care/boundaries: What adds value? What drains your energy? Consider bringing your VIA results. Create your roadmap: Destination Unknown. Or is it? From overwhelm to creating one or two "next steps" to grow your business. It's really about understanding who you are—and who you're not—as you navigate the growth of your business.

**9:00 AM – 10:00 AM**

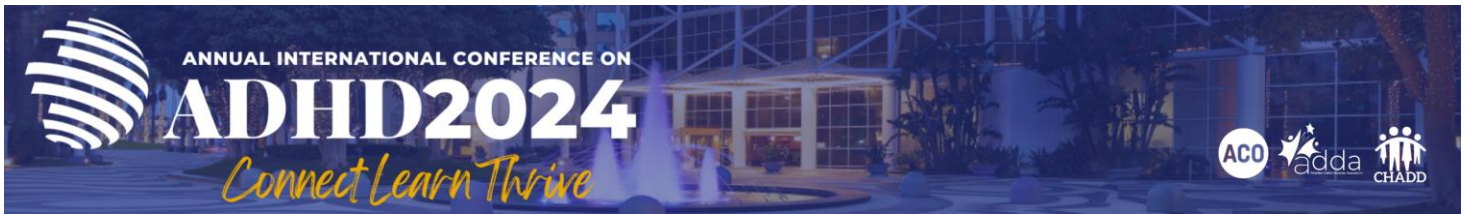
**Title:** Making SENSE of ADHD Relationships: Communication Tools that Work!

**Presenter:** Anita Robertson

**Presenter Bio:** Anita Robertson, LCSW, is a psychotherapist in Austin, Texas, and the author of *ADHD & Us: A Couple's Guide to Loving and Living with Adult ADHD*. She is the creator of the ADHD Relationship Bootcamp that builds ADHD-affirming relationship skills through challenges and games. She received her master's degree in social work from the University of Texas at Austin and her bachelor's degree in psychology from the University of Rochester. She loves spending free time with her family, hiking, traveling, and socializing.

**Presenter 2:** Carrie Comstock

**Presenter 2 Bio:** Carrie Comstock has been practicing as an occupational therapist since 2016. She earned her bachelor's degree in health science and her master's degree in occupational therapy from the University of Florida. At UF she worked on a research project for young adults with learning disabilities and/or ADHD. She has continued to work and publish with that team. As an OT in Austin, she has worked with a wide range of diagnoses in pediatrics in outpatient care, including a niche population of teenagers and adults with sensory processing difficulties impacting daily function.



She strives to use a neurodiversity-affirming and strengths-based approach.

**Tracks:** Coaches & Professional Organizer, Therapists

**Audience Level:** Intermediate

**Session Description:** Do you ever wonder why relationship and communication tools don't seem to work for your ADHD clients? They try so hard in their relationships but seem to have conflicts that bring up old wounds? Relationships can be complicated and confusing at times. And when ADHD is misunderstood, it can lead to stress and conflict. How often do ADHDers hear that: (1) they weren't listening, (2) they are forgetful, (3) they mess everything up, (4) they never show up on time, and (5) they don't make sense. In this interactive session, we will break down the ADHD brain and sensory processing differences that impact relationships. By exploring our own sensory systems, including the three hidden ones that impact executive functioning, sleep, and hyperactivity, you will learn researched based sensory communication strategies that will set your ADHD clients up for success. Participants will learn the ADHD relationship pillars and the ADHD communication tool, designed by a licensed ADHD relationship therapist. You will solidify your new knowledge through games, practice, and case studies. By the conclusion of the session, you will be equipped to support your clients in fostering successful relationships by integrating ADHD-specific tools and approaches that align with their brain and sensory systems.

**Title:** Management of Medications for the Treatment of ADHD

**Presenter:** Carolyn Lentzsch-Parcells

**Presenter Bio:** Carolyn Lentzsch-Parcells, MD, is a board certified pediatrician and the owner and president of Our Place Adolescent and Young Adult Health, a multi-faceted 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 TCU 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.

Dr. Parcells regularly speaks to parent, student, and professional audiences on subjects such as parenting, ADHD, depression, anxiety and stress, and adolescent development.

**Tracks:** Medical, Therapists

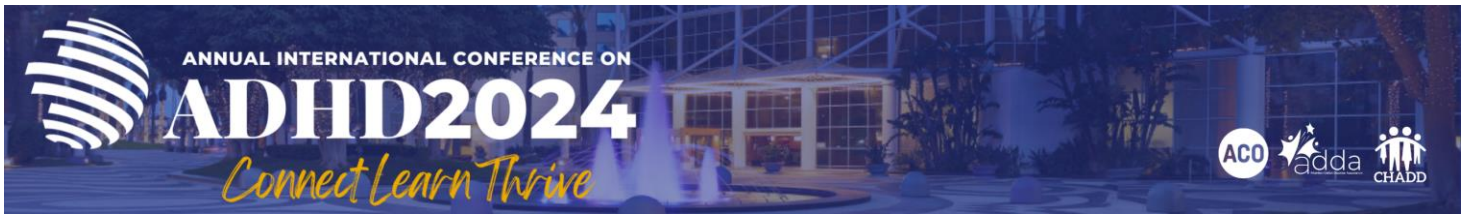
**Audience Level:** Intermediate

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

**Title:** Navigating Neurocognitive Challenges: Understanding the Impact of Head Injuries

**Presenter:** Natalie Mackenzie

**Presenter Bio:** Natalie Mackenzie, MSc, has worked in the field of neurorehabilitation for over twenty years. As a cognitive rehabilitation therapist and certified brain injury trainer, she has worked with hundreds of families and clients



with brain injuries. She is also known as The Brain Injury Therapist which provides online support and education. She holds a bachelor's degree in psychology and a master's degree cognitive neuropsychology, and is also an accredited ADHD coach. She has a wealth of experience and training in the field both with adults and children, across severities of TBI from concussions to severe injuries.

**Tracks:** Adults, Coaches & Professional Organizers

**Audience Level:** Intermediate

**Session Description:** Embark on a transformative journey delving into the intricate world of head injuries, concussions, and ADHD coaching. Explore the neurobiological underpinnings and cognitive impacts post-injury, unveiling tailored strategies for resilience and recovery. Through practical discussions to understand best practices, enhance your coaching prowess in navigating neurocognitive challenges effectively. Embrace a collaborative approach, advocating for multidisciplinary care to optimize outcomes for individuals with ADHD. Elevate standards of care through education, empathy, and expertise, empowering clients to navigate post-injury hurdles with confidence and resilience. Let's unite in advancing neurodiversity support and fostering inclusive, impactful coaching practices. In the USA someone sustains a head injury every three seconds. Ensure you are equipped to understand the complexities the injury brings to an ADHD brain in this interactive discussion with an expert in brain injury rehabilitation.

**Title:** Rising When We Fall: Fostering Resilience and Perseverance

**Presenter:** Anna Vagin

**Presenter Bio:** Anna Vagin, PhD, is a speech pathologist in private practice who provides individual sessions and social learning groups to children and young adults. She is the author of *Movie Time Social Learning* (2013) and *YouCue Feelings: Using Online Videos for Social Learning* (2015), and the creator of Conversation Paths & CPPEV2.0(2021.) She is a frequent speaker on topics related to social cognition.

**Tracks:** Educators & School Professionals, Therapists

**Audience Level:** Intermediate

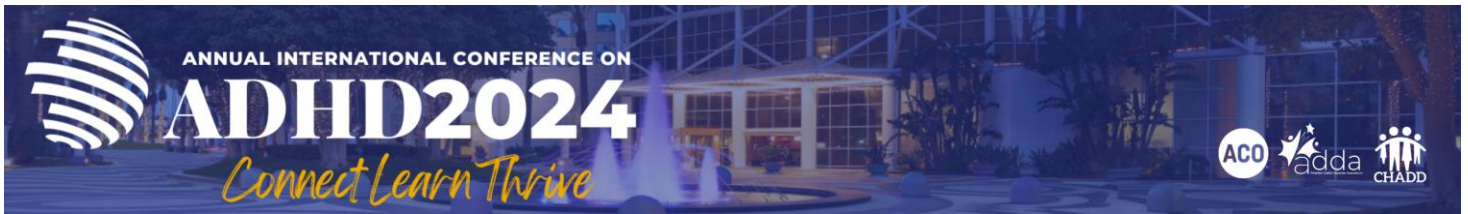
**Session Description:** Perseverance and resilience enable our students to navigate life's challenges. But we know that, often, students with learning and social cognitive differences demonstrate low resilience, and can struggle to persevere in the face of their differences. The good news is that we know that resilience and perseverance can be grown. The better we understand our emotions, can flexibly problem-solve, know how to self-regulate, and have fulfilling interpersonal relationships, the more resilient we are. Our clinical sessions provide a context in which we can foster this growth. We will explore the variables influencing resilience and review a wide range of activities and techniques to foster this important aspect of development.

**10:30 AM – 11:30 AM**

**Title:** ADHD Relationship Narratives: Paving the Way for Smooth Transitions

**Presenter:** Lisa Rabinowitz

**Presenter Bio:** Lisa Rabinowitz, MA, LCPC, specializes in couples therapy, attachment and ADHD. She is an avid writer and shares her content on couples, communication, and attachment and ADHD at [counselorforcouples.com](http://counselorforcouples.com). She is a certified Gottman and PACT couples therapist and IAPO International Association of Professional Organizers relationship coach. She presented at the Annual International Conference on ADHD in 2022 and 2023. In 2024, she presented at the Get Help Israel conference on "Thriving in Relationships with ADHD: Unleashing the Potential of ADHD Couples with



Breakthrough Attachment-Based Approaches.” She trains counselors and coaches on the most effective approaches to work with couples with ADHD.

**Tracks:** Adults, Therapists

**Audience Level:** Intermediate

**Session Description:** In the whirlwind of life's demands, couples often face unique challenges as they make transitions throughout the day. Transition moments are uniquely vulnerable times during the day when people transition from one role or activity to another. ADHD-affected households are particularly vulnerable to transition moments, becoming tinderboxes rife with arguments, emotional dysregulation, and conflict. The presenter will shed light on the pivotal role of partner narratives and how they shape perceptions and beliefs about ADHD traits. Positive narratives, marked by empathy and acceptance, foster smoother transitions, while negative narratives can exacerbate conflicts. She will also explore the four narrative interventions that help couples transform their destructive relationship narratives into empowering narratives that aid in supporting couples with vulnerable daily transitions with greater resilience and grace. Through proactive strategies and mutual understanding, partners can strengthen their connection amidst the complexities of ADHD. Recognizing and reshaping partner narratives helps cultivate a supportive environment that is more conducive to growth and mutual fulfillment in ADHD relationships.

**Title:** Building Powerful ADHD Coaching Sessions Through Clear Agreements

**Presenter:** Barbara Luther

**Presenter Bio:** Barbara Luther, MCAC, has an inattentive ADHD-wired brain with a passion for supporting others with similar brain wiring. She’s been an ADHD coach for twenty-five years and trains, mentors, and assesses ADHD coaches through the ADD Coach Academy ([addca.com](http://addca.com)). She loves helping folks truly understand and appreciate how their brains work so they can identify environments and situations where the strengths of their brain wiring can shine. You can reach her at [Barbara@addca.com](mailto:Barbara@addca.com).

**Tracks:** Coaches & Professional Organizers, Medical

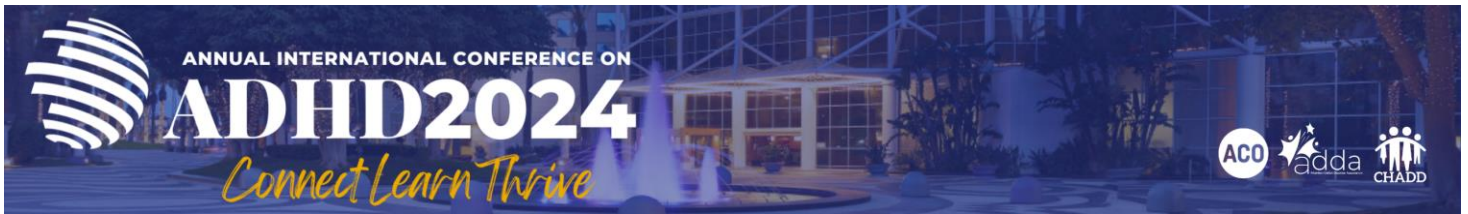
**Audience Level:** Intermediate

**Session Description:** Many coaches encounter challenges in establishing session agreements with their ADHD clients. Without a clear session agreement, coaching sessions risk becoming unfocused and inefficient. This session leverages ICF Competency 3 and PAAC essentials—safety and collaboration—to provide practical strategies and language for ADHD coaching. Participants will learn how to effectively communicate with verbal-processor clients to set clear objectives and secure a comprehensive session agreement. This ensures each session is optimally structured for impactful results. Attendees will leave equipped with valuable tools to consistently achieve session agreements, enhancing the overall power and effectiveness of their coaching engagements.

**Title:** Burnout 2.0: Know your ADHD Brain, Level Up your Game

**Presenter:** Nate Page

**Presenter Bio:** Nate Page holds some fancy titles (PhD, licensed psychologist, certified group psychotherapist), but most of his education on neurodiversity has come through his own journey being diagnosed with ADHD at age thirty-eight. He has benefited from professionals (like Eliza Barach) and peers who have helped him recontextualize his history with anxiety, perfectionism, imposter syndrome, and rejection sensitive dysphoria through the lens of an ADHD diagnosis. A large part of his clinical practice now centers on online adult ADHD diagnostic evaluations, which he can do for adults in thirty-nine states under his PSYPACT license.



**Presenter 2:** Eliza Barach

**Presenter 2 Bio:** With a PhD in cognitive psychology, Eliza Barach has devoted her career to understanding how the brain works, especially the ADHD brain. She has published peer-review research papers on decision making, attention, reading and psycholinguistics—all topics relevant to the ADHD experience. Dr. Barach's expertise, passion, and dedication to understanding and working with the ADHD brain, in conjunction with her own ADHD experience, has afforded her the unique opportunity to help other high-performing ADHDers maximize their unique brain chemistry to get sh!t done.

**Tracks:** Coaches & Professional Organizers, Therapists

**Audience Level:** Beginner

**Session Description:** It's not all in your head! ADHDers are indeed more prone to burnout than their neurotypical counterparts. This fun, engaging, and heartfelt workshop will help both ADHDers and practitioners understand the latest science on burnout and compassion fatigue within the context of an ADHD diagnosis. You will identify the exact causes of burnout, learn a five-stage model of burnout development, and practice leveraging this knowledge to hone ADHD-friendly strategies and interventions for burnout prevention and recovery for yourself and for your clients. A significant portion of the learning from this session will come through understanding your own burnout journey compared to research data and also the stories of other workshop participants. Together, we will laugh, learn, collaborate, reduce stigma, and make space to appropriately attend to the real damage that we face from burnout and compassion fatigue.

**Title:** Make Your Diagnostic Reports More Helpful for Your College-Bound Students

**Presenter:** Elizabeth Hamblet

**Presenter Bio:** Elizabeth C. Hamblet has worked as a learning disabilities specialist in college disability services offices for more than two decades. In addition to working at a university, she is a nationally requested speaker on preparing students with disabilities for successful college transition. Hamblet is the author of *Seven Steps to College Success: A Pathway for Students with Disabilities* and a concise guide on transition, and her work has appeared in numerous journals and online platforms. She offers advice and information on her website at [www.LDadvisory.com](http://www.LDadvisory.com) and shares resources on numerous social media platforms.

**Tracks:** Educators & School Professionals, Medical

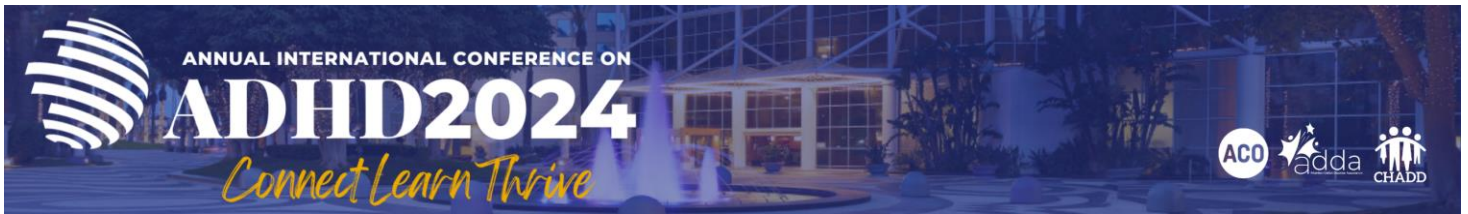
**Audience Level:** Intermediate

**Session Description:** Professionals know what they should include in an evaluation report to make sure that families and high schools get the information they need to help students. But what about when students are headed to college? Colleges have their own requirements for what documentation students have to submit when requesting disability accommodations, and they may view students' scores and history (or lack thereof) differently than high schools do, especially after the Varsity Blues scandal. Learn from an experienced college disability services staffer how the relevant laws define disability, what documentation colleges may require, what details you can include that may help to support your students' requests, and get suggestions for how to manage families' expectations around testing and accommodations and what might happen at college.

**Title:** The Role of the Gut-Brain Axis and Inflammation in ADHD

**Presenter:** Jules Galloway

**Presenter Bio:** Jules Galloway is a straight-talking naturopath, speaker, mentor, and podcaster. With over twenty years of industry experience, she has made it her mission to help people recover from fatigue, anxiety, and mental health issues.



She sees clients via Zoom and has educated thousands through her courses and webinars. She is passionate about guiding the next generation of clinicians to become confident, capable, and successful... without burning out. Her podcast is on Apple and Spotify; just search for “LD ADHD.”

**Tracks:** Medical, Therapist

**Audience Level:** Intermediate

**Session Description:** In this evidence-based session, we will look at the impact of the gut-brain axis on inflammation and how it can significantly affect the symptoms of ADHD and co-occurring conditions. We will then go through natural ways to restore balance in your ADHDer patients, whether they are taking medications or not. This session will cover: What is the gut-brain axis and how can it affect inflammation, mental health and ADHD? Underlying causes and drivers of gut dysfunction and inflammation. A guide to pathology testing. “Putting the fire out” naturally, and balancing the gut, for a calm, focused mind and improved executive function. Come away with strategies that you can implement immediately to improve outcomes for your ADHDer patients.

**12:30 PM – 1:30 PM**

**Title:** ADHD and High Achievers: Coaching Strategies for Success

**Presenter:** Alan Graham

**Presenter Bio:** Alan Graham is dean of ADHD coach training at Mentorcoach and the president of ACP Consultants, ADDvisor.com, Park Ridge. Dr. Graham coaches high achievers with business and organizational challenges and assesses, treats, and/or coaches adults, teens, children, and parents affected by ADHD. He is a former board member of the Professional Association of ADHD Coaches (PAAC) and a founding fellow of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate. He was the lead author of *Lemonade: The Leader's Guide to Resilience at Work* (2012) and the *Resilience at Work Assessment (RAW-A)* and the editor of *The Guide to ADHD Coaching: How to Find an ADHD Coach and What to Do When You Get One* (2018).

**Tracks:** Coaches & Professional Organizers, Therapists

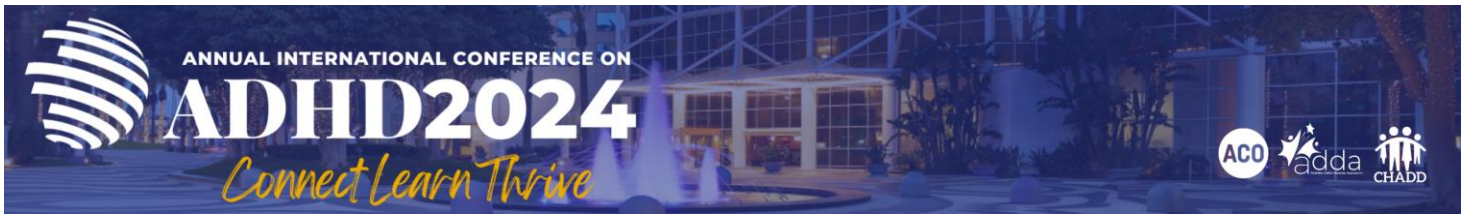
**Audience Level:** Intermediate

**Session Description:** In practice, coaches often encounter high achievers grappling with symptoms of ADHD, sometimes without their own awareness. High achievers with ADHD are prone to mask what they perceive as their flaws, leading to exhaustion and burnout. This session will illuminate both the challenges and inherent strengths characteristic of driven individuals with ADHD. Management strategies will be explored that will enable these strengths to flourish. Through the presentation of a case study of a C-Suite executive with ADHD, participants will have the opportunity to discuss the coaching strategies that might benefit this individual.

**Title:** Cutting-Edge Innovations: Novel Drug Delivery Systems in ADHD Medication

**Presenter:** Dhurga Krishnamoorthy

**Presenter Bio:** Dhurga Krishnamoorthy, MD, is an assistant professor of child and adolescent psychiatry at the University of Connecticut. She completed medical school in India and finished her psychiatry residency and child psychiatry fellowship at UCONN. She is double board-certified in adult psychiatry and child psychiatry field. She specializes in child and adolescent psychiatry with a special interest in ADHD. She has established an ADHD clinic at UCONN that



provides comprehensive evaluation and management of children and adolescents with ADHD.

**Tracks:** Educators & School Professionals, Medical

**Audience Level:** Intermediate

**Session Description:** The session describes the various options for treatment of ADHD including pharmacological and nonpharmacological options available up until today. We will thoroughly review in detail the formulations and delivery systems, including drugs, devices, sustained release medications, patches, tablets, and suspensions.

**Title:** Level Up Your ADHD Coaching Skills with Better Partnering

**Presenter:** Cameron Gott

**Presenter Bio:** Cameron Gott, PCC, is an award-winning ADHD coach for leaders and business owners. Getting his start in secondary education, he has been training and mentoring ADHD coaches since 2006. He co-hosts the *Translating ADHD* podcast and speaks on a variety of topics related to ADHD coaching. He is now curious about ADHD and the role of emotion in motivation, leadership, and living a life with less stress and more equanimity. He is deeply committed to upholding excellence and integrity in the field of ADHD coaching.

**Tracks:** Adults, Coaches & Professional Organizers

**Audience Level:** Advanced

**Session Description:** Partnering is frequently mentioned as a cornerstone of coaching and is often cited in the core competencies, but what exactly is it to partner? How can effective partnering open the door to better client outcomes and also improve one's coaching skills? In this interactive session we explore simple yet effective ways for coaches to better partner with their clients—from goals and outcomes to the underlying coaching process. We also explore how partnering can improve an ADHD client's own level of engagement on their path to informed change.

**Title:** Perinatal ADHD: Supporting Clients in the Chaos

**Presenter:** Skylar Ibarra

**Presenter Bio:** Skylar Ibarra, LCSW, PMH-C, is an ADHD and autistic therapist with a passion for providing neurodiversity-affirming care. She works at the intersection of OCD, complex trauma, perinatal challenges, and neurodivergent identity exploration, providing tailored support to individuals and couples. In addition to her direct practice work, she also works with clinicians through consultation and trainings to increase their competency and confident in working within the neurodiversity-affirming paradigm.

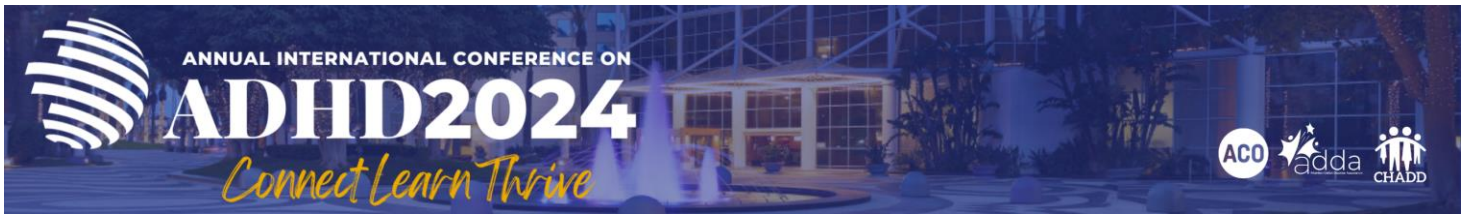
**Presenter 2:** Jane Kosloff

**Presenter 2 Bio:** Jane Kosloff, LICSW, PMH-C, is a clinical social worker in private practice in the Seattle area. Previous to private practice, she worked in community mental health and primary care settings. Currently she focuses on supporting clients who have experienced perinatal trauma, perinatal OCD, and neurodivergent clients from an affirming lens. Whether it be through consultation or teaching, she enjoys helping other clinicians dig deep into clinical concepts, examine the whys and nuances behind clinical work, and helps clinicians work in a way that is consistent with their strengths and values.

**Tracks:** Adults, Therapists

**Audience Level:** Intermediate

**Session Description:** In this presentation, three lived-experience ADHDer clinical social workers who specialize in perinatal mental health will explore why the perinatal period is such an important time for ADHD recognition and identity development. So often, new parents' concerns about their ADHD are dismissed or minimized, impacting the formation of



the parental self-concept and likely further internalizing messaging received throughout the lifespan of “not trying hard enough” to overcome the challenges that come with ADHD in a neurotypical world. This presentation will weave together historical context, intersectional considerations, and clinical interventions to create a holistic, neurodiversity-affirming framework that clinicians will be able to immediately apply to their own practice.

**Title:** Sleep and Other Life-Style Factors in RCTs of ADHD Treatments

**Presenter 1:** L Eugene Arnold

**Presenter 1 Bio:** L. Eugene Arnold, MEd, MD, is professor emeritus of psychiatry and behavioral health at Ohio State University. He graduated from OSU College of Medicine summa cum laude and took residencies at Johns Hopkins. He has fifty-four years of experience in child psychiatric research, including the multi-site NIMH Multimodal Treatment Study of Children with ADHD (the MTA), for which he chaired the steering committee. For his work on the MTA he received the NIH Director’s Award. He is CHADD’s Resident Expert. A particular interest is complementary treatments for ADHD. His publications include ten books, more than seventy chapters, and more than four hundred articles.

**Presenter 2:** Sandra Loo

**Presenter 2 Bio:** Sandra Loo, PhD, is professor of psychiatry and director of pediatric neuropsychology within the department of psychiatry at UCLA David Geffen School of Medicine. Dr. Loo is a clinical and translational researcher whose work over the past twenty-five years has encompassed genetic, electrophysiology (EEG) and neurocognitive biomarkers within ADHD and other neurodevelopmental disorders. A recent research interest has been development of treatments using non-invasive neuromodulation for ADHD. She has published over 150 peer-reviewed journal articles and book chapters on these and related subjects. Dr. Loo has maintained continuous NIH grant funding (PI/co-PI) for the past twenty-plus years. She reviews for the NIH child psychopathology and developmental disabilities committee, as well as other local and international foundations, and is on the editorial board for the *Journal of Attention Disorders* and *The ADHD Report*. Dr. Loo’s teaching and clinical activities are focused on comprehensive neuropsychological assessment of youth with pediatric (traumatic brain injury, epilepsy, brain tumors) and psychiatric (ADHD, specific learning disorders, mood and anxiety) disorders. She oversees research and clinical training for a full spectrum of trainees interested in specializing in ADHD and related disorders.

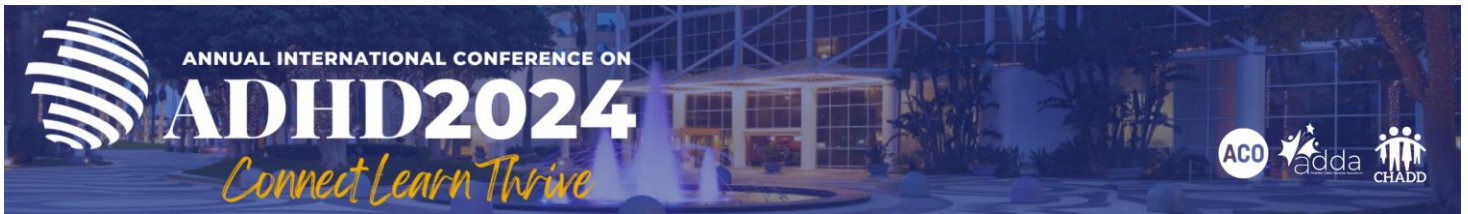
**Presenter 3:** Sutton McDonald

**Presenter 3 Bio:** Sutton McDonald is a third-year medical student at Ohio State University who has been analyzing data under the mentorship of Dr. Arnold and Dr. Pan.

**Tracks:** Medical, Therapist

**Audience Level:** Intermediate

**Session Description:** To explore effects of lifestyle, especially sleep, in randomized controlled trials (RCTs) of novel treatments (neurofeedback, ND and trigeminal nerve stimulation, TNS) for ADHD. Results: NF RCT: At baseline, Childrens Sleep Habit Questionnaire total score (CSHQ) correlated with inattention ( $p=.04$ ). CHSQ and food group variety improved from BL to treatment end ( $p=.000$  &  $.029$ ). Improvement in CSHQ correlated with inattention improvement ( $p=.002$ .) Greater light-emitting diode (LED) exposure was associated with sleep onset delay  $>20$  minutes ( $p=.004$ ,  $d=0.38$ ). Amount of sleep correlated negatively with teacher-rated inattention  $r = -.184$ ,  $p=.05$ ). Exercise effect was also checked. At baseline, morning waking difficulty correlated positively with inattention ( $p=.034$ ) and negatively with adaptive behavior ( $p=.049$ ), while bedtime resistance correlated negatively with executive function ( $p=.036$ ) and adaptive behavior ( $p=.016$ ). Change in morning waking difficulty correlated with change in parent-rated inattention ( $p<.0001$ ) and hyperactivity ( $p=.0001$ ) and negatively with adaptive behavior change ( $p<.0001$ ). Bedtime resistance change correlated with inattention and hyperactivity change (both  $p<.0001$ ) and negatively with adaptive behavior change



( $p < .0001$ ). TNS responders were significantly more likely than nonresponders to experience improvements in total sleep problems ( $p < .05$ ) and specifically sleep anxiety ( $p < .05$ ). TNS responders improved marginally in nighttime wakings ( $p = .06$ ).

## 12:30 PM – 3:30 PM

**Title:** Dealing with Screen and Substance Overuse in Neurodivergent Young Adults

**Presenter:** John Yearick

**Presenter Bio:** John Yearick is a licensed LCPC and have been practicing for ten years. He specializes in addiction treatment for substance abuse and screen overuse. The modalities of treatment that he practices include CBT, reality therapy, and sSolution focused therapy. His past experiences include overseeing adolescent and adult substance use intensive outpatient programs, working in outpatient mental health, and facilitating screen detox treatments. Outside of therapy he is a father and husband who enjoys spending time with friends and family.

**Presenter 2:** Rick Silver

**Presenter 2 Bio:** Rick Silver, MD, MPH, director and founder of Thrive Emerge, is a psychiatrist working with neurodivergent patients (autism spectrum disorder, ADHD) and families for decades. His straightforward style explaining the workings of neurodivergent brains and the challenges of the neurodivergent journeys helps parents, educators and mental health professionals better serve this unique population. He is the author of *Neurospicy: A Parent Empowerment Guide*, moderator for a monthly neurodivergent parent support group, national speaker on neurodivergence, and clinical director of The Village, a peer-based, outdoor treatment program for neurodivergent young adults struggling to launch. He has three daughters, two of whom are neurodivergent.

**Track:** Parents & Caregivers, Therapists

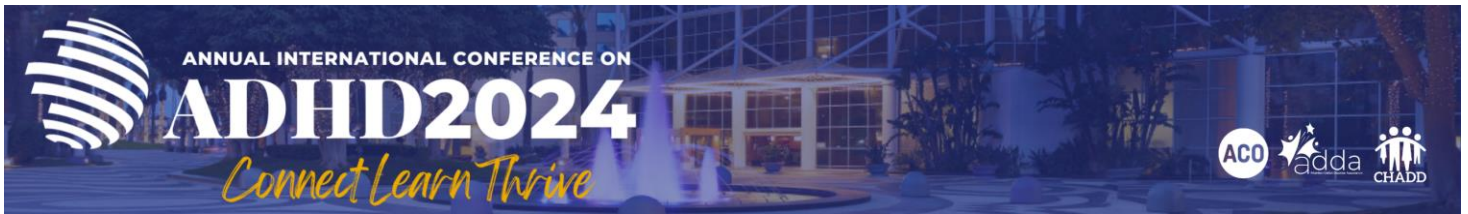
**Audience Level:** Advanced

**Session Description:** Professionals and parents often struggle with how to help their neurodivergent teens and young adults manage screen overuse. This workshop will actively engage participants in setting up detox and recovery plans for their own clients and children. Hands-on training with the Detox Workbook will help build the following skills and expertise: 1. Describe the development of the neurodivergent brain and psyche from infancy to adulthood. 2. Describe the impact of small "t" trauma on the development of a numbing and avoidant coping style that underlies the excessive use of screens. 3. Apply a neuro-affirming treatment approach that adapts the communications approach to meet their unique needs. 4. Describe the biological and psychological foundations of addictions and overuse behaviors, particularly in the context of the neurodivergent experience. 5. Through the workbook, apply their expertise on how to manage the following key elements of successful behavior change: > logistics of removing screens > distress tolerance skills > identifying substitute behaviors > creating a structured day > monitoring progress > managing setbacks and resistance > delivering consequences > managing risk for suicide, aggression > additional treatment resources to address life skills and psychological challenges of neurodivergence.

**Title:** Differential Diagnostics: ADHD, Autism, Mood Disorders, and Borderline Personality Disorder

**Presenter:** Noelle Lynn

**Presenter Bio:** Noelle Lynn is an ADHD and trauma therapist at the ADHD Center of West Michigan. She also provides differential diagnostic evaluations for clients of all ages. She is pioneering the use of EMDR to address ADHD and associated traumas. With over five thousand EMDR for ADHD sessions completed, she plans to release the manual in



2025. She is passionate about improving the lives of those with ADHD by helping them overcome their negative core beliefs to improve their quality of life.

**Track:** Medical, Therapists

**Audience Level:** Advanced

**Session Description:** ADHD, autism, mood disorders and borderline personality disorder are four diagnoses that can be difficult to distinguish between. This presentation will take diagnosing mental health care providers on a deep dive into the differences between these diagnoses. By bringing together the most up-to-date research, as well as clinical practice experience, this presentation will empower clinicians to accurately assess for and diagnose ADHD, autism, mood disorders and borderline personality disorder.

**Title:** Nurturing Uneven Potential: Behavioral Interventions for Gifted Children with ADHD

**Presenter:** Lara Cannon

**Presenter Bio:** Lara Cannon, MA, LPC, is dedicated to helping children with ADHD reach their full potential. As an art therapist and licensed professional counselor, she leads and owns ADHD Child & Family Services in Portland, Oregon. Her clinic offers specialized mental and behavioral health services to children, teens and parents who have been diagnosed with ADHD. Their approach to treatment emphasizes skill-building, developing life-enhancing habits and providing psychoeducation for both the child and their families. Her clinic uses a playful, creative and evidence-based approach which has been shown to effectively reduce symptoms of ADHD and improve behaviors.

**Track:** Educators & School Professionals, Therapists

**Audience Level:** Intermediate

**Session Description:** Together, we will explore the often problematic pairing of ADHD with exceptional cognitive abilities and/or giftedness. This presentation will focus on addressing “giftedness” as a special learning need and what can go wrong when ADHD and giftedness intersect—and, of course, what can help it go right.

**2:00 PM – 3:00 PM**

**Title:** A New and Innovative Functional Approach to ADHD

**Presenter:** Avraham Oren

**Presenter Bio:** Avraham Oren, MD, is a pediatrician and the founder and CEO of SIMLEV Medical Center for Attention and Learning in Jerusalem, Israel .

2020-2024 Child Development Center, specializing in ADHD and ASD, Maccabi, Modi'in

2018 Hypnotherapist (Licensed by Ministry of Health)

2011-2012 University Certificate in Child and Adolescent Psychiatry and Early Childhood Psychiatry, Tel Aviv University

2007 - present SIMLEV Medical Center, founder and CEO - devoted to the treatment of ADHD

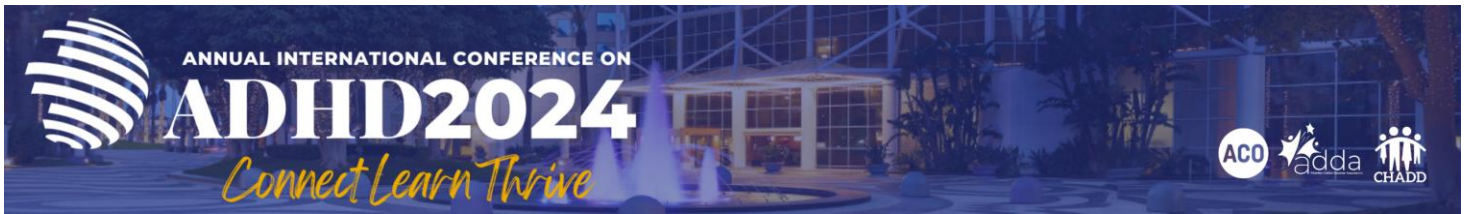
2007 Licensed in ADHD diagnosis & treatment

2004-2021 Pediatrician, Meuhedet HMO

1993 - 1997 Founder and CEO - HyperMed Ltd. Medical software company that developed a digital online book, "HyperMed Pediatrics."

1992 Board-certified Pediatrician, Hadassah Hospital

1983 MD, Licensed to practice medicine - The Hebrew University Hadassah Medical School, Jerusalem, Israel



**Tracks:** Medical, Therapist

**Audience Level:** Advanced

**Session Description:** This presentation proposes a novel, function-based method for diagnosing and treating ADHD. This functional approach is in contrast to traditional psychiatric approaches emphasizing deficits and disorders (i.e., ADHD Diagnosis DSM V). Specifically, the functional approach identifies five core brain functions in ADHD that individuals perceive as deviating from desired levels: attention, organization, working memory, activity level, and decision-making speed. The functional approach to ADHD diagnosis offers a comprehensive clinical assessment based solely on patient self-report with family and teacher input. In the presentation, this approach will be compared to the diagnostic procedures outlined in the DSM and standardized questionnaires like the Conners Rating Scales. The functional method involves patients' in-depth exploration of their various functions. This information is then graded using a standardized grading system. The treatment is directed to the specific functions instead of ADHD as a whole. Ongoing case management emphasizes learning of strategies that empower patients to surmount challenges and thrive over time, including life transitions. Over three thousand patients have been treated at our clinic using this approach since 2007. We use a sample of one hundred patients to illustrate the advantages of delving deeper into the mind's mechanisms and functions.

**Title:** How Can Coaching Become a Recognized Best Practice for ADHD?

**Presenter:** Margaret Sibley

**Presenter Bio:** Margaret Sibley, PhD, is a professor of psychiatry and behavioral sciences at the University of Washington School of Medicine and a clinical psychologist at Seattle Children's Hospital. She has authored over 120 scholarly publications on ADHD with research funded by the National Institute of Mental Health and the Institute of Education Sciences. She is secretary of the American Professional Society for ADHD and Related Disorders (APSARD), a member of CHADD's professional advisory board and editorial advisory board, and associate editor of the *Journal of Attention Disorders*. She is the author of *Parent-Teen Therapy for Executive Function Deficits and ADHD* (2017).

**Tracks:** Adults, Coaches & Professional Organizers

**Audience Level:** Beginner

**Session Description:** ADHD coaching is a growing helping profession that leverages empirically informed principles to help clients meet their goals and better manage ADHD. However, coaching is not yet recognized by the healthcare field as a best practice for ADHD. Benefits of this recognition include qualifying for reimbursement from third parties, systems-level incentives delivered to practitioners, credibility with consumers, and increasing referrals from a broader range of medical and mental health professionals. Thus, recognition of coaching as a best practice has the potential to greatly increase the field's impact.

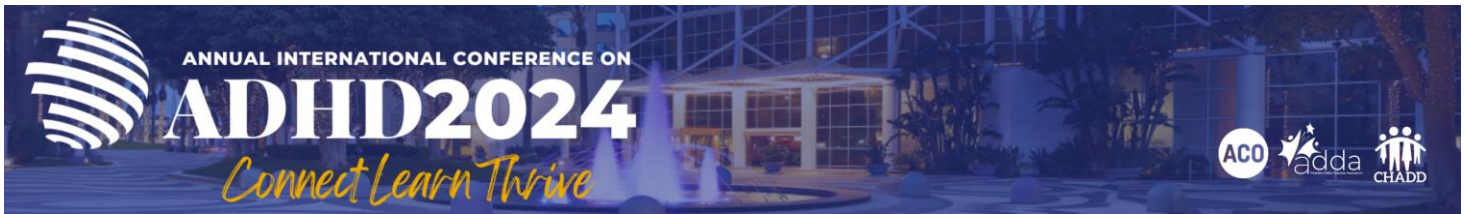
**Title:** Leveraging Language: Harnessing the Power of Words in ADHD Coaching

**Presenter:** David Giwerc

**Presenter Bio:** David Giwerc, MCAC, MCC, is the president of the ADD Coach Academy, the global leader in ADHD coach training and education, and the only comprehensive ADHD coach training program 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 is an inductee of the CHADD Hall of Fame and a recipient of the ACO Founders Award for his many contributions in the field of ADHD coaching and research.

**Tracks:** Adults, Therapists

**Audience Level:** Intermediate



**Session Description:** Discover the profound impact of language in shaping the experiences and realities of individuals with ADHD. During this session, David Giwer, MCAC, Founder/President of the ADD Coach Academy, ADDCA will explore how strategic use of language, including powerful metaphors and visual descriptors, can clarify concepts, inspire imagination, and motivate action in clients with ADHD. We will delve into how different types of words and phrases can be specifically tailored to meet the unique needs of clients with ADHD. Attendees will learn how to craft questions that open up a world of possibilities, use encouraging language that builds confidence, and articulate motivational speech that drives clients towards their goals. Additionally, the presentation will cover techniques to positively reframe ADHD, highlighting strengths and fostering a positive perception that can empower clients. Join us to enhance your toolkit with language strategies that not only communicate effectively but also transform thought patterns, create emotional resonance, and facilitate profound personal growth in clients with ADHD."

**Title:** Support Your Clients to Prescribe from Their "Internal Pharmacy"

**Presenter:** Monica Hassall

**Presenter Bio:** Monica Hassall is an ADHD and executive function coach in Australia. She has presented at the Annual International Conference on ADHD since 2018, and at the Australian ADHD conference since 2019. She has been published in both *ADDitude* and *Attention* magazines. She runs a high school program "for senior school years and works with adults. Her goal is to collate and curate the most current and relevant practical understandings, incorporating information and practices from a variety of sources: current neuroscience, traditional wisdoms, mindfulness, and coaching principles to work closely with her clients.

**Tracks:** Medical, Therapists

**Audience Level:** Advanced

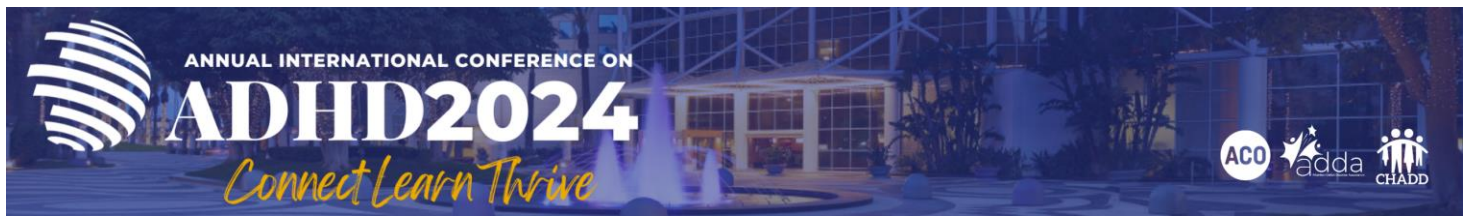
**Session Description:** The aim of this presentation is to provide proactive discussion via a working memory tool to demonstrate a biochemical approach of applying science to solutions, a visual guide/checklist of the simple steps that all professionals can share with their clients with ADHD and executive function (EF) challenges. This approach can impact neurochemistry beyond dopamine. This discussion simplifies what neurochemistry is at play, and how their clients have agency to promote relevant neurochemistry where a neurodevelopment condition is present. "Why" biology is important in impacting optimal performance. "How" we can provide awareness for, and systems to support our clients to manage their ADHD and/or coexisting conditions incorporating "parallel" therapies—in addition to medication as prescribed by their specialists and the use of the external pharmacy. Seven key areas are discussed. Many of these actions have the benefit of adding no cost to the clients current treatment for ADHD (for example, early sunshine to improve nightly sleep onset). Also to be taken into consideration, instances where a patient with ADHD may not tolerate ADHD pharmacological therapies or choose not to, the "internal pharmacy" may also be a useful tool in the medical practitioner's toolkit.

**Title:** Using the ADHD Identity Model to Accelerate Therapeutic Change

**Presenter:** Marcy Caldwell

**Presenter Bio:** Marcy Caldwell, PsyD, is a psychologist, writer, and proud mom of two in a family full of ADHD who has been helping adults with ADHD thrive for over twenty years. She is a passionate advocate for adults with neurodiverse brains and is dedicated to helping them create environments that unlock their unique genius. She is the founder of ADDept.org, a blog and digital resource for adults with ADHD, the owner of The Center for ADHD, and the creator of Meltdown to Mastery, an innovative digital program that helps adults with ADHD learn to regulate their emotions.

**Tracks:** Coaches & Professional Organizers, Therapist



**Audience Level:** Intermediate

**Session Description:** As clinicians and coaches, we recognize the critical importance of “meeting clients where they are.” However, pinpointing their exact location and determining the next steps can sometimes feel like stumbling in the dark. The ADHD Identity Development Model serves as a roadmap that illuminates the growth and transformation process for adults with ADHD as they grapple with their neurotype and learn to harness its potential. Workshop highlights: Understanding the five stages: Explore the distinct phases of ADHD identity development. From initial self-awareness to embracing neurodiversity, each stage offers unique insights and challenges. Client-centered approach: Clinicians will learn how to identify a client’s specific stage of development so you can tailor your interventions effectively. Strengths and vulnerabilities: Explore the strengths and vulnerabilities associated with each stage and understand how they impact rapport-building and facilitate change. Interventions that work: Discover evidence-based approaches for each developmental phase. Core questions for progress: Uncover the pivotal questions that propel clients forward to the next phase. Interactive learning: This workshop combines dynamic discussions, didactic learning, real-world case examples, and engaging group exercises. Participants will leave equipped with practical tools to enhance their coaching and therapeutic practices.

**3:30 PM – 4:30 PM**

**Title:** Assessing ADHD in Women: Seeing Through the Mask

**Presenter:** Claire Sira

**Presenter Bio:** Claire Sira completed a PhD in clinical psychology with a neuropsychology specialisation at the University of Victoria in 2007. Her research focus was in executive functioning and she brings this perspective to assessing and treating ADHD in adults and youth. She has presented on the assessment and treatment of ADHD to psychologists, physicians, and other health professionals. She is supervisor for graduate students in clinical and counselling psychology and holds adjunct positions at UVIC, University of British Columbia Okanagan, and UBC Vancouver. Dr. Sira was diagnosed with ADHD as an adult after she completed her PhD, and her lived experiences with ADHD inform her work.

**Tracks:** Medical, Therapist

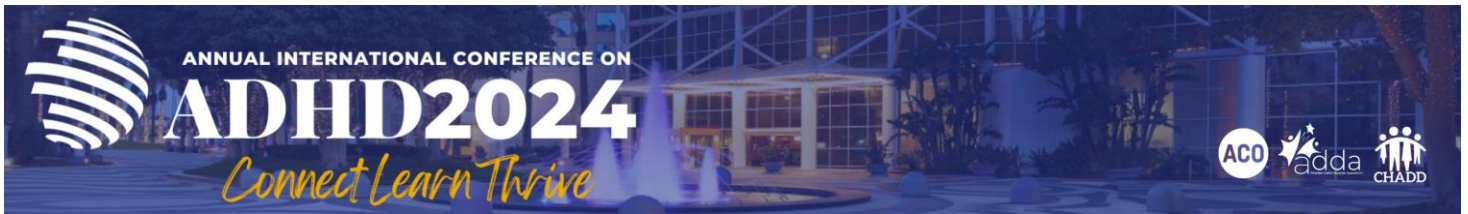
**Audience Level:** Advanced

**Session Description:** This workshop is about the assessment of ADHD in women and is aimed at professionals who want to learn more about diagnosing complex mental conditions accurately and efficiently. It is for clinical psychologists, psychiatrists, family physicians, and nurse practitioners who are interested in the unique challenges of assessing ADHD in adolescent and adult women and want to include this service in their busy practices. It will share a process of conducting brief ADHD assessments, and the rationale behind this approach. Through case studies and small group discussions, the presenter will walk participants through the information collected before meeting the client (using innovative software) and a decision tree of analysis during the clinical interview. Participants who complete the workshop and successfully pass the quiz will be invited to join a referral network to help connect ADHD assessment seeking clients across North America with qualified assessors in the clients' jurisdiction.

**Title:** From Surviving to Thriving: Navigating Life with Trauma and ADHD

**Presenter:** Sharon Saline

**Presenter Bio:** Sharon Saline, PsyD, is the author of the award-winning book, *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life* and *The ADHD Solution Card Deck*. She specializes in working with ADHD and neurodivergent youth, adults and families—improving executive functioning skills, resilience, social



confidence, and personal relationships. She consults with schools and clinics internationally. Dr. Saline is a part-time lecturer at the Smith College School for Social Work, a blogger for PsychologyToday.com, a contributing expert at WWLP TV, and a member of the editorial board and host of monthly Facebook live events for ADDitudemag.com.

**Presenter 2:** Brandi Walker

**Presenter 2 Bio:** Brandi Walker, PhD, is the CEO of Marie Pauline Consulting, LLC, her private practice dedicated to providing educational, clinical, and psychological guidance and expertise to organizations seeking to improve their social climate and enhance their diversity and equity awareness. She is a licensed clinical psychologist, board-certified executive leadership coach, and organizational consultant on mental wellness and strategic planning. Dr. Walker is a Howard University and University of Maryland, alumna, a retired Army officer and active researcher at Fort Liberty, North Carolina. She spent the last seven years studying children with ADHD, their family, and various sleep variables. She collaboratively initiated CHADD's PG County (Maryland) chapter and Southern Regional Support Center.

**Tracks:** Coaches & Professional Organizers, Therapists

**Audience Level:** Intermediate

**Session Description:** Have you noticed the uptick of coexisting trauma and ADHD in your clients? Since the COVID pandemic, research has noted an increasing trend in the co-occurrence of trauma symptoms with ADHD diagnoses. Learning how to differentiate between the presentation of trauma and the existence of ADHD is an essential tool for all mental health clinicians, healthcare providers, and coaches. This session will address the lifespan issues of neurodivergent youth and adults who have experienced the intersection of personal trauma, educational trauma, occupational trauma, relational trauma, and/or societal/institutional trauma. Adults with ADHD seem to live with more apprehension, emotional dysregulation, isolation, masking, and reduced self-confidence. In this session, the presenters explain the biological and behavioral overlap between ADHD and coexisting trauma. After discussing how co-occurring trauma fosters a number of mental health and physiological conditions, the facilitators will demonstrate how the narratives that people carry about their trauma can be self-limiting and stagnating. They share key strategies for interventions that effectively address and alleviate anxiety, self-esteem sensitivities, self-harming behaviors, and negativity. Participants will gain empowering strategies for developing posttraumatic growth mindsets, cultivating healthy individual and family responses to the ADHD-trauma nexus. This session will be both didactic and experiential.

**5:15 PM – 6:15 PM**

**Title:** Keynote: From Distraction to Action: Leveraging Technology for ADHD Success

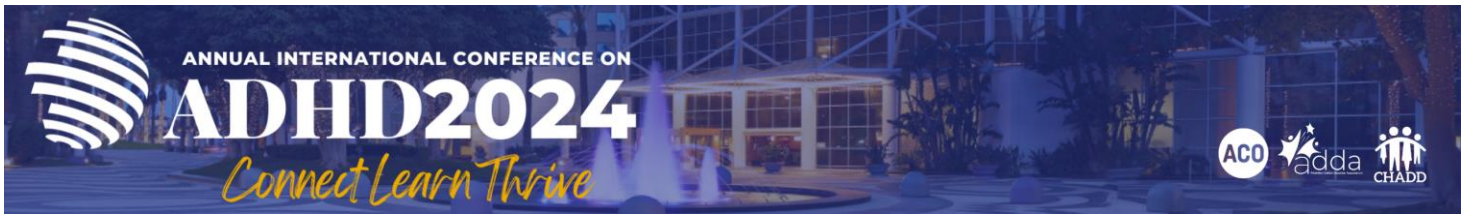
**Presenter:** Sasha Hamdani

**Presenter Bio:** Sasha Hamdani, MD, is a board-certified psychiatrist and a clinical expert on ADHD. She is a bestselling author, entrepreneur, and mental health advocate. Dr. Hamdani has worked closely with the White House and Surgeon General's team to speak out about mental health awareness, and Harvard University has recognized her as a public health leader. She has a robust social media following on Instagram, TikTok, and YouTube (@thepsychdoctormd), where she provides evidence-backed information and dispels stigma around all facets of wellness. Simon and Schuster released her book *Self-Care for People with ADHD* in 2023, and her comprehensive ADHD management app FocusGenie launched in the fall of 2023.

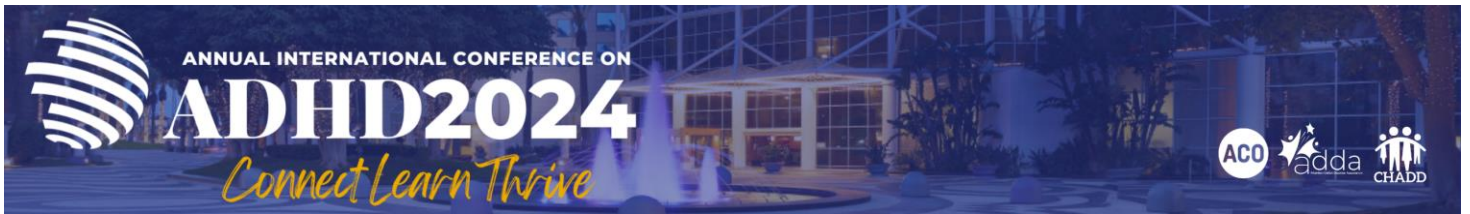
**Tracks:** Adults

**Audience Level:** Beginner

**Session Description:** Explore how modern technology can be both a challenge and a powerful tool for individuals with ADHD. The talk delves into various apps, devices, and digital strategies that can help people manage symptoms and



enhance productivity. It also addresses potential pitfalls, offering practical advice on minimizing digital distractions. Attendees will leave with a deeper understanding of how to harness technology to turn potential obstacles into opportunities for success.



**Friday, November 15, 2024**

**9:30 AM – 10:30 AM**

**Title:** Keynote: ADHD Is Awesome: How To (Mostly) Thrive With ADHD

**Presenter:** Penn Holderness

**Presenter Bio:** Penn Holderness is an online content creator known for award-winning videos that have included original music, song parodies, and comedy sketches over the past ten years. His videos have resulted in over two billion views and over eight million followers across The Holderness Family social media platforms. He is the *New York Times*-bestselling author of *ADHD Is Awesome: A Guide To (Mostly) Thriving With ADHD*, which he wrote with his wife, Kim. Penn and Kim have never shied away from tackling topics like living with ADHD and anxiety through their comedy. The overwhelming positive feedback and support from their online community was a major motivation behind the book.

**Tracks:** Adults

**Audience Level:** Beginner

**Session Description:** “Those of us with ADHD live in a world that wasn’t designed for us. A world where we are expected to sit still, stay quiet, and focused. Because of the way our brains are wired, we can feel like we’re failing at life. But we are not failing. We are awesome.” In his bestselling book *ADHD Is Awesome*, Penn Holderness recounts his own journey with ADHD and what he has learned (from experts and himself) about living and thriving with it. In this keynote, he shows you how to find humor in the pitfalls, celebrate the triumphs, and tackle the challenges ADHD presents with a positive outlook. Before creating online content, he honed his storytelling skills in the TV news business. When he isn’t making audiences laugh, he helps international companies make videos of their own along with their team at Holderness Family Productions. They have produced, directed, and written content for StoryBots, Fox Home Entertainment, Wasabi Technologies, and Velcro Companies, which was featured on *Anderson Cooper 360*. He and his wife Kim also have an award-winning podcast and were winners on season 33 of *The Amazing Race* on CBS. They live in Raleigh, North Carolina, with their children, Lola and Penn Charles, and their dog, Sunny.

**11:00 AM – 12:00 PM**

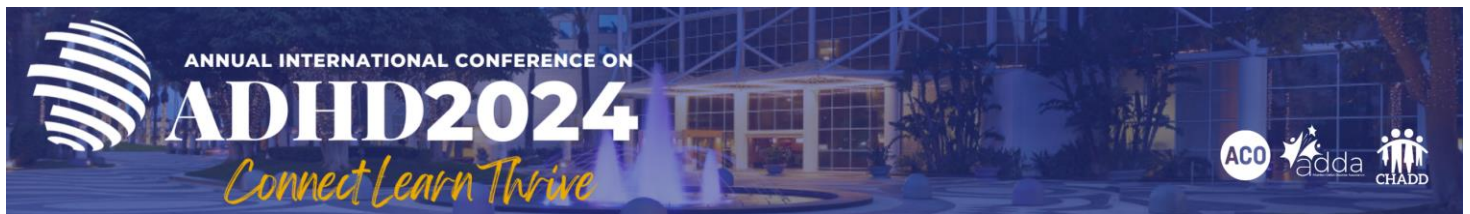
**Title:** ADHD and Faith: How Our Spiritual Practice Plays into Managing Our ADHD

**Presenter 1:** Ryan J. Mayer

**Presenter 1 Bio:** Ryan Mayer, a certified ADHD coach, specializes in guiding adults through the challenges of ADHD. His acclaimed coaching approach emphasizes accountability and mindset, fostering global personal and professional growth. With a corporate background, he is dedicated to revolutionizing corporate culture by championing the inclusion of invisible disabilities. His Conquer Your ADHD™ System aids business leaders and professionals. Through @ADHD\_Coach\_RyanMayer videos, he inspires millions worldwide, coaching individuals from twenty-one countries and speaking internationally. His writing on neuroinclusion appears in *Forbes*, *Fast Company*, and *Employee Benefit News*. Currently, he is coauthoring a book on fostering a neuroinclusive workforce.

**Presenter 2:** Sara Markowitz

**Presenter 2 Bio:** Sara Markowitz, PhD, is a clinical psychologist and the founding director of the intensive outpatient



program for women at Achieve Behavioral Health, the largest behavioral health center serving the Jewish community. She coauthored *Kosher-ADHD: Surviving and Thriving in the Torah-Observant World*, a transformative resource that merges Jewish insights with contemporary psychological theories. The Kosher ADHD platform provides extensive education and strategies for parents, teachers, children, adults, therapists, and the broader community, helping Jewish families navigate ADHD challenges within their faith-based lives. Dr. Markowitz has pioneered innovative, evidence-based, and culturally tailored program development, with a focus on emotion regulation, functioning, and relationships. She has led Achieve's teen intensive summer experience and directed group therapy, emphasizing dialectical behavior therapy (DBT) and multifaceted approaches toward growth. As part of a pastoral rabbinic couple, Dr. Markowitz serves as the Rebbetzin at a synagogue in Fair Lawn, New Jersey, where she integrates Torah teachings and psychological insights into her workshops and advocacy efforts. Her unique blend of religious and psychological expertise underscores her commitment to helping individuals with ADHD thrive within the Jewish community.

### **Presenter 3: Diane O'Reilly**

**Presenter 3 Bio:** As an ADHD woman in addiction recovery for over three decades myself, Diane O'Reilly brings a deeply personal understanding, empathy, and insight to the roles of ADHD and addiction recovery coach. For her this role is much, much more than a career, it's more of a vocation, one that chose her. She has been coaching ADHD since 2009, and knowing as she does the connection between ADHD and addiction she is now adding even more coaching accreditations to allow her to bring the whole of her lived experience to her coaching role for the benefit of both communities. Her professional credentials and experience include: ADDCA ACG Advanced Program, ADHD Life Coach; Still Here Addiction Recovery Coach Certification: Graduated with 40 CEU hours; International Coaching Federation member in good standing; Shambhalatrained mindfulness meditation guide.

### **Presenter 4: Yeara Rosenthal**

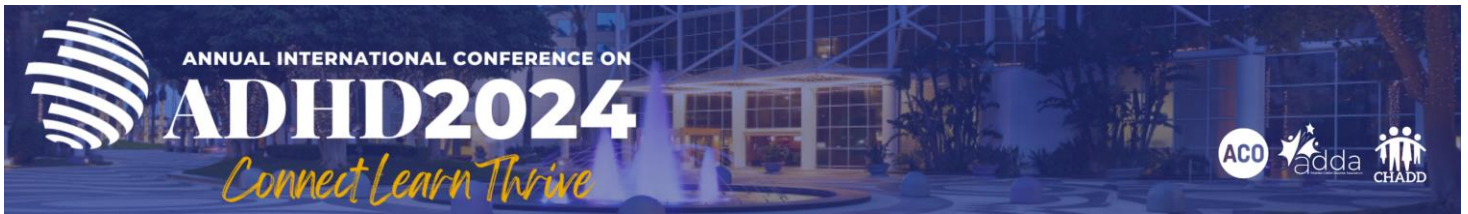
**Presenter 4 Bio:** Yeara Rosenthal is a certified ADHD life coach and founder of Coaching with Yeara LLC. In 2022, she launched her podcast *About ADHD and Other Things*, where she talks about coaching, ADHD, and more. She is a member of the Bergen County CHADD advisory board, for which she engages in ADHD awareness campaigns in and around her community. In fall 2024, she helped launch the chapter's first weekly support group for college students. As a coach, she takes a strengths-and mindfulness-based approach and weaves elements of somatic therapy techniques in her coaching as a way to guide clients in establishing their own grounding rituals. She balances running a business and home, including raising two neurospicy children, with walks in nature, a daily meditation practice and journaling. She enjoys exploring topics of health, spirituality, and faith.

### **Presenter 5: Kamala Randhawa**

**Presenter 5 Bio:** Kamala Randhawa is AACC-certified coach, advocate, consultant, and speaker. While running a busy practice she is also raising a large neurodiverse family. With a strengths-based approach she helps teens, adults, and couples understand and embrace their ADHD so they can reach their true potential. She does outreach in schools, parent groups and adult education and sits on the ADDA education committee. Passionate about ADHD awareness, she has made it her mission to see ADHD embraced and supported in every facet of society. She is the founder of the ADHD Family café, a support community for families with ADHD.

### **Presenter 6: Heidi Fishbein**

**Presenter 6 Bio:** Heidi Fishbein is a sought-after ADHD and Christian life coach. She integrates biblical truth and principles into her coaching practice, offering a unique and holistic approach that helps clients navigate life's challenges. Rooted in faith, she provides support, encouragement, and practical tools to empower individuals to unlock their full potential and achieve their God-given goals. Combining the principles of coaching and the wisdom in the Bible, she



creates a safe and empowering space where clients can explore their strengths and overcome obstacles.

**Presenter 7: Farah Jamil**

**Presenter 7 Bio:** Farah Jamil is the founder of The ADHDers Group (Muslim ADHDers, interfaith ADHDers, and executive ADHDers). She is an Ivy League-educated health executive, an executive coach, an ADHD coach, instructor, and global speaker. A woman of color and visible religious minority, she didn't see anyone like her talking about ADHD. So, she hosted the first Muslim ADHDers Virtual Summit to start the conversation about ADHD, productivity, health/wellness, and faith. She is also a fellow at the Institute of Coaching at McLean Harvard Medical School affiliate and a top 10 presenter at the 2023 coaching.com Pre-Summit about "Neurodiversity—Navigating ADHD in the Workplace."

**Tracks: Adults, Coaches & Professional Organizers**

**Audience Level: Beginner**

**Session Description:** A discussion on the intersectionality of ADHD and faith. This panel, facilitated by Kamala Randhawa, will include ADHD professionals from a variety of spiritual backgrounds, including Catholicism, Christianity, Islam, Buddhism, Judaism, and the Twelve-Step Community. They will talk about the good, the bad, and the beautiful of practicing their respective faiths with ADHD. Lastly they will share their best tips on overcoming the challenges that come with doing so.

**Title:** ADHD-Friendly Personal F\*(nance)

**Presenter: Christine Hargrove**

**Presenter Bio:** Christine Hargrove, PhD, MDiv, supports the relational and financial well-being of individuals, couples, and families with ADHD through specialized clinical intervention and innovative research. She has received advanced training in financial therapy and in working with clients with ADHD and is a member of the board of directors of the Financial Therapy Association. She works from a strengths-based approach to living with ADHD without ignoring the difficulties ADHD can present in daily life and relationships.

**Tracks: Adults, Coaches & Professional Organizers**

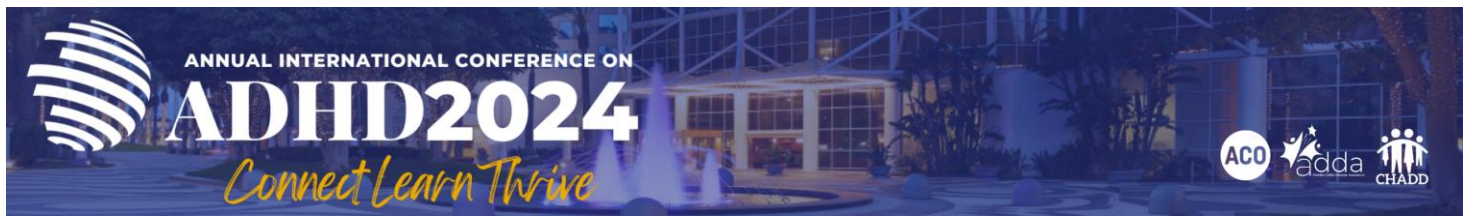
**Audience Level: Beginner**

**Session Description:** Do you avoid dealing with your finances? Do you feel anxiety, discomfort, or even shame when thinking about what's in your pocket (your wallet)? Have you struggled to find a financial path forward that works for you, but seem to be unable to make real progress? If so, this session is for you! In this engaging presentation you will learn and use a framework to make your personal finances ADHD-friendly: the "SAVER" model. SAVER helps you find a financial path that is Streamlined, Accessible, Visual, Engaging, and Realistic. You will learn how to apply SAVER to your income, expenses, debts, and assets/savings, with an emphasis on common ADHD pain points. The speaker will lead you through a series of SAVER activities to identify potential solutions for your unique pain points. Because impulsive spending is a common ADHD concern, it will receive special attention and time. During this activity, you recognize your own patterns of impulsive spending and unlock ways to take control of your spending using a strengths-based, actionable framework. This session is part two of "ADHD & F\*(nance): A 2-Part Series." Though designed as complementary workshops, each of these workshops can be attended as a standalone workshop.

**Title:** Ignite Your Superpowers: Cultivating Joy, Creativity and Passion

**Presenter: Stephanie Hwang**

**Presenter Bio:** Stephanie Hwang is a neurodivergence and ADHD coach based in Los Angeles. As a queer immigrant



woman of color and a bipolar autistic ADHDer, she aims to give everyone a safe space to express themselves and explore the intersection of their neurodivergence and identities. She supports neurodivergent adults in creating balance, safety, and control in their lives, so they can tap into the neurodivergent strengths of fun, play, creativity, and passion. She enjoys working with multifaceted, multitalented, creative-leaning adults, who are often BIPOC and/or queer—like her!

**Tracks: Adults**

**Audience Level: Intermediate**

**Session Description:** This high-energy talk is an exploration of ADHD strengths such as creativity, passion, play, fun, and joy, focusing on how ADHD adults can cultivate the right conditions in their lives to ignite these strengths so they can flow in neurodivergent joy. Grounded in the presenter's life experiences, observations in her coaching clients, and insights from her many ADHD circles and communities, this talk seeks to empower ADHD folks to go one step forward from viewing their neurodivergence as a challenge to be managed and instead a strength and power to be unleashed. The talk will discuss creating security and safety in your life around working through productivity shame, perfectionism and procrastination, getting things done, managing energy and motivation cycles, and cultivating rest and recharging. The talk will then discuss how these conditions can allow you to explore your desires, activate fun and play, ignite your creativity and passion. Throughout the talk, emphasis will be placed on soft, gentle, and supportive productivity tips, steering away from conventional productivity, while acknowledging that people of color and women are expected to be exceptional, perfect, and uncomplaining. People of all neurodiversities welcome.

**Title:** Practical Applications of CBT/DBT and ACT for ADHD Negative Self-Talk

**Presenter 1: Paula Jones**

**Presenter 1 Bio:** Paula Jones, LCSW, is a therapist and coach for individuals and couples with the Hallowell Todaro ADHD Center. She has been leading groups that focus on DBT and CBT skills, and is writing a book on the same topic. She trained with Ned Hallowell, MD, as a life coach, and with Aaron Beck, MD, in cognitive behavior therapy. She has ADHD, which she considers a dialectic strength and a weakness. She utilizes psychoeducation about skills and focuses on strengths with her clients. Her work with DBT encourages radical acceptance, and she uses that concept along with therapeutic support to help neurodiverse clients learn what can be embraced, and what can be changed.

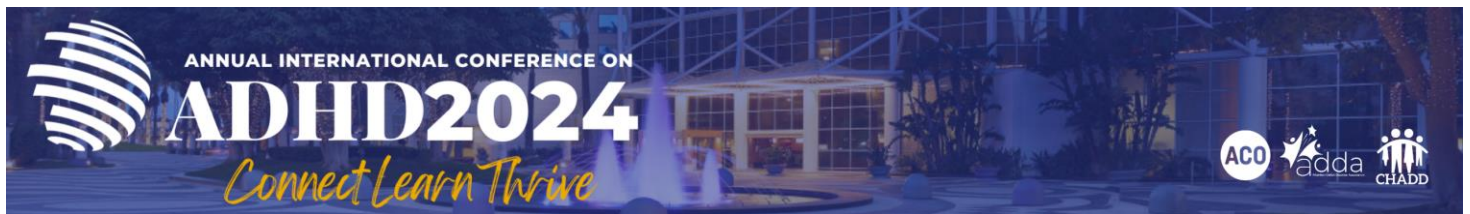
**Presenter 2: Gabrielle Anderson**

**Presenter 2 Bio:** Gabrielle Anderson, PhD, is the clinical director of the Hallowell Todaro Center in California. She has worked with ADHD clients in partnership with Dr. Hallowell since 2010. Dr. Anderson is also a full clinical professor in the department of child psychiatry at the UCSF Weill Institute for Neurosciences. In addition, she is an International Society of Interpersonal Psychotherapy (ISIPT) certified trainer and supervisor and is the co-chair of the Special Interest Group for Adolescents for tISIPT. Prior to becoming a psychologist, she spent four years as an inner-city public school teacher through the Teach for America program.

**Tracks: Medical, Therapist**

**Audience Level: Intermediate**

**Session Description:** The greatest obstacle faced by most adults and teens with ADHD is negative self-talk. Hence, individuals with ADHD benefit from developing a powerful toolbox to effectively address rumination before it becomes distressing or even debilitating. Two senior clinicians from the Hallowell Todaro Center will show you practical ways to incorporate strategies from three evidence-based approaches (DBT, CBT, and ACT) into your individual and group work with ADHD clients. Dialectical behavioral therapy (DBT) uses a skills-based, mindfulness approach to teach clients emotion regulation and distress tolerance skills. Cognitive behavioral therapy (CBT) focuses on changing core beliefs and automatic thoughts, which can be helpful in reframing past and current challenges. Acceptance and commitment therapy



(ACT) focuses on building psychological flexibility and taking values-based action. In sum, all three evidenced-based approaches can be applied in counseling ADHD adults and teens to embrace their neurodiversity to create a life worth living where they can thrive. Special focus will be placed on tools for interrupting negative self-talk, building distress tolerance, and improving executive functioning.

**Title:** Research Symposium I: Fluctuating Presentations of ADHD in the MTA

**Presenter 1: James Swanson**

**Presenter 1 Bio:** For most of his career, James Swanson, PhD, has conducted research and provided treatment for children with ADHD. In 1984, he founded the Child Development Center at the University of California, Irvine, which focused on the development of multimodal treatments for ADHD, including intensive nonpharmacological treatments (a school-based day-treatment program and a community-wide parent education program) and pharmacological treatments (several second-generation controlled-release formulations of stimulant medications). From 1994 to 2005 he served as the principal investigator of the UCI site for multisite NIH-funded clinical trials, the Multimodal Treatment Study of ADHD (MTA) and the Preschool ADHD Treatment Study (PATS). From 2005 to 2012, he served as the principal investigator of the Orange County CA Vanguard Center of the National Children's Study (NCS). In 2013, he served as co-principal investigator (along with William Pelham and James Waxmonsky) for NIH-funded project to evaluate whether long-term tolerance to stimulant medication limits long-term efficacy of this widespread treatment. In 2014, he became a member of the International Society for the Study of Human Growth and Clinical Auxology. Currently, he continues to evaluate possible long-term benefits (e.g., reduction in symptom-severity) and costs (e.g., growth suppression) associated with treatment of ADHD with stimulant medication.

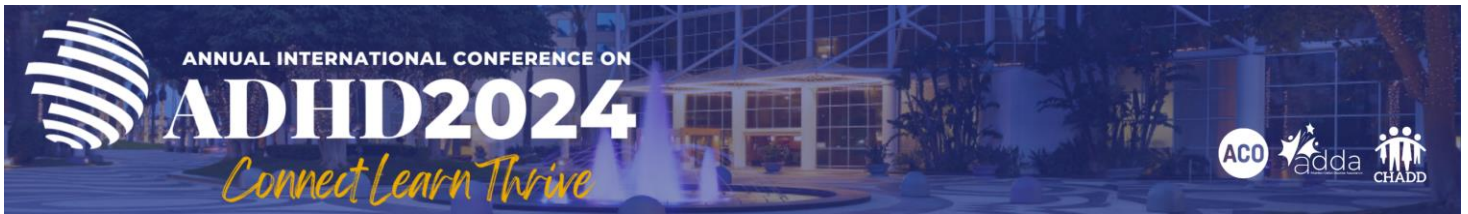
**Presenter 2: Margaret Sibley**

**Presenter 2 Bio:** Margaret Sibley, PhD, is a professor of psychiatry and behavioral sciences at the University of Washington School of Medicine and a clinical psychologist at Seattle Children's Hospital. She has authored over 120 scholarly publications on ADHD with research funded by the National Institute of Mental Health and the Institute of Education Sciences. She is secretary of the American Professional Society for ADHD and Related Disorders (APSARD), a member of CHADD's professional advisory board and editorial advisory board, and associate editor of the *Journal of Attention Disorders*. She is the author of *Parent-Teen Therapy for Executive Function Deficits and ADHD* (2017).

**Tracks: Adults**

**Audience Level: Intermediate**

**Session Description:** Part 1: Enduring Controversies About ADHD: Diagnosis, Epidemiology, Treatment, and Prognosis. Part 2: Fluctuating Presentations of ADHD in the MTA. ADHD is a chronic disorder that persists into adulthood in a majority of childhood-onset cases. Recent studies describe a fluctuating course of outcome, challenging the notion that childhood ADHD remits or persists. Subgroups of cases in the MTA follow-up (established by operational definitions of stability and fluctuation) were based on previous reports of (a) binary (endpoint) symptom classification of persistent or remitted ADHD and (b) new classifications based on longitudinal manifestations of ADHD (stable persistent, stable partial remission, recovery, or fluctuating presentations). Several questions will be addressed: How do the four longitudinal subgroups compare regarding clinical expression and treatment utilization over time? Which childhood variables predict cases that later develop fluctuating versus stable persistent or remitted ADHD presentations? In cases with fluctuating patterns, how are periods of remission related to level of environmental demands? Additional analyses of the MTA follow-up suggest that during periods of remission, individuals identified with childhood-onset ADHD successfully manage increased responsibilities, but it remains unclear whether increased responsibilities promote or simply reflect better functioning



**Title:** Respecting the Nervous System You Have: Strategies for Stressful Times

**Presenter:** Tamara Rosier

**Presenter Bio:** Tamara Rosier's multifaceted career spans roles as a college administrator, professor, leadership consultant, high school teacher, ADHD coach, and business owner. With rich experience, she offers invaluable insights into ADHD's impact. As the founder of the ADHD Center of West Michigan, Dr. Rosier leads a team of coaches, therapists, and speech pathologists, aiding individuals, parents, and families in understanding ADHD and acquiring essential life skills. Her books, *Your Brain's Not Broken* and *You, Me, and Our ADHD Family*, provide practical strategies for managing the emotional dimensions of ADHD.

**Tracks:** Adults, Parents & Caregivers

**Audience Level:** Intermediate

**Session Description:** Do you often feel stressed and overwhelmed by intense emotions? Are you looking for practical techniques to increase your resilience and better handle stress? If you have ADHD, you may find it difficult to manage stress factors and regulate your emotions effectively. Understanding how your nervous system functions can help you recognize the signs of hyporarousal and hyperarousal. In this engaging session, you will gain a deeper understanding of your nervous system and learn practical strategies to thrive personally and professionally.

**Title:** Screentime Parenting

**Presenter:** Kimberly Harrison

**Presenter Bio:** Kimberly Harrison, PhD, is a clinical psychologist in private practice in Houston. She provides psychological evaluations and consultations to parents and schools on a variety of issues. Dr. Harrison is also the innovator of comprehensive therapeutic programs including The Adulting Program and FocusWeek, and The Skilled Student Initiative. Her new book, *Screentime as Dessert* (coming Summer 2024) provides practical tools for parents to help guide their children and teens in balancing technology. Over the years, her practical, solution-focused work has helped many families dealing with ADHD and ASD.

**Tracks:** Parents & Caregivers, Therapist

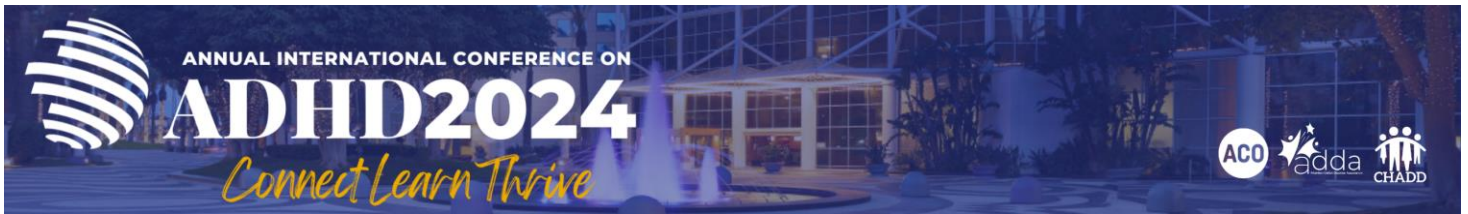
**Audience Level:** Beginner

**Session Description:** We live in a world which benefits from technology, but which also is experiencing many associated deficits. Study skills, behavior, emotion regulation, and manners have been declining for several years, in great part to overuse of screens. Children and teens with ADHD are especially susceptible to unhealthy technology habits. Parents are confused and frustrated about how to create balance. After all, screens are used in most schools, are part of the fabric of socialization and are the source of recreation for many. How can parents foster healthy lifestyles which include technology but are not ruled by it?

**Title:** Solutions to Help Lonely Children with ADHD Find School Friends

**Presenter:** Caroline Maguire

**Presenter Bio:** Caroline Maguire, ACCG, PCC, MEd, is an award-winning author, coach, teacher, and keynote speaker whose work has inspired important conversations about social skills, friendship and belonging. She earned her undergraduate degree at Trinity College and her master's degree in education at Lesley University. She has been a rock for thousands of people who struggle to make friends. Her book *Why Will No One Play with Me?* has won several awards, including the Best Book Award from American Book Fest, Mom's Choice Award for Honoring Excellence, and Book Authority's award for Best ADHD Books of All Time.



**Tracks: Educators & School Professionals, Parents & Caregivers**

**Audience Level: Beginner**

**Session Description:** Is your child with ADHD struggling to find friends? The presenter will equip YOU with a menu of concrete, actionable strategies to help your child build friendships at school. Learn proven elements and actionable steps for success, strengthen the teacher-parent partnership, and empower your child to thrive socially.

**Title:** Stimulants May Help, Not Harm, Your Brain

**Presenter: John Kruse**

**Presenter Bio:** John Kruse, MD, PhD, trained as a neuroscientist before beginning his career as an outpatient psychiatrist. He has specialized in working with adults with ADHD for more than three decades. In addition to writing *Recognizing Adult ADHD*, he has also published more than two hundred articles on Medium.com on ADHD for the general public and has more than 170 informative videos about ADHD on his YouTube channel. He has delivered presentations on ADHD to senior centers, primary care clinics, and mental health groups, as well as being interviewed on numerous ADHD and ASD podcasts.

**Tracks: Medical, Therapist**

**Audience Level: Intermediate**

**Session Description:** Stimulant medications remain the most effective and powerful treatment tools for reducing symptoms of ADHD. Yet stimulants don't work for everyone and do convey some common risks for minor and usually short-term problems (decreased appetite, anxiety, sleep disturbances) as well as uncommon risks for more serious side effects (addiction, cardiovascular problems, psychosis). One of the most common worries about stimulants is that they will cause physical damage to the brain, and some animal research and studies of street use of cocaine and methamphetamine appear to support those concerns. However, several dozen human studies, and rodent studies of relevant doses and delivery methods, not only fail to show any brain damage, but repeatedly show that children or adults with long-term exposure to prescription medication have brains that look and act more like their peers without ADHD, than they resemble the brains of those with ADHD who were not treated with stimulants. This flips the traditional worry on its head, raising the very real possibility that failure to treat some individuals for their childhood ADHD may consign them to a life with ADHD.

**2:00 PM – 3:00 PM**

**Title:** ADHD and Thinking: The Great Escape

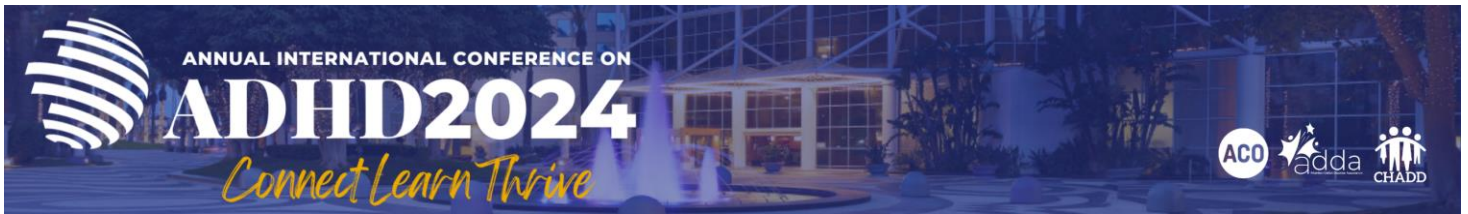
**Presenter: Jeff Copper**

**Presenter Bio:** Jeff Copper, ADHD and attention coach, is founder of DIG Coaching and host of Attention Talk Radio and Attention Talk Video. Having learned to manage his own challenges, he developed his anatomy of attention construct to help others control their attention and move forward. He holds professional designations from ICF and PAAC, and certifications from ADD Coach Academy and Coaches Training Institute. He is a member of ADDA, CHADD, ACO, PAAC, and ICF. He is author and developer of Cognitive Ergonomics From the Inside Out™, a radical departure from the current ADHD intervention paradigm. He received the ACO's 2022 Professional Excellence Award.

**Tracks: Adults, Parents & Caregivers**

**Audience Level: Intermediate**

**Session Description:** ADHD is an executive function impairment, according to Dr. Russell Barkley's executive function



construct, that affects goal-directed thinking. This presentation explores varied thinking processes—daydreaming, problem-solving, emotional judgment—and their cognitive demands. It differentiates methodical, trial-and-error, and insightful problem-solving, considering their benefits and challenges for ADHD. Emotional aspects influence thought patterns, shaping behavior. Cognitive shortcuts and constraints affect task complexity. Understanding these complexities aids tailored solutions for ADHD individuals, enhancing their potential.

**Title:** ADHD for One: Thriving When Single and/or Living Alone

**Presenter:** Kim Kensington

**Presenter Bio:** Kim Kensington, PsyD, is a clinical psychologist in private practice in Santa Monica. She is the author of *Starting Tomorrow* and a contributing author to *Integrated Care: Creating Effective Mental and Primary Health Care Teams*. Dr. Kensington has been a frequent presenter on ADHD, procrastination, and building productivity habits. She grew up in Honolulu, where she attended Punahou Academy with Barack Obama, received her bachelor's degree from Amherst College, and earned her PsyD from the Virginia Consortium Program in Psychology. In Los Angeles, she can be seen doing theatre, comedy, or walking on the beach with her mystery mutt.

**Tracks:** Adults, Therapist

**Audience Level:** Beginner

**Session Description:** Not every adult who has ADHD lives with, or has, a life partner. According to the 2020 US Census, almost 28% of adults currently live alone, and based on much of the research on ADHD and relationships, it seems plausible that this slice of the pie includes a disproportionate number of adults with ADHD. Because it is so difficult to find information about navigating the challenges for the solo ADHDer, this presentation seeks to tease out how ADHD may lead to going solo, both the benefits and the challenges, and to share strategies for managing the full load without being able to rely on an adjusted division of labor, or having a built-in body double, a live-in sounding board, or the scaffolding another person can provide. The presenter is an introverted adult with ADHD who shares her abode with her mystery mutt.

**Title:** Bridging Gaps: Optimizing Health Management for ADHD Clients and Providers

**Presenter 1:** Adam Ly

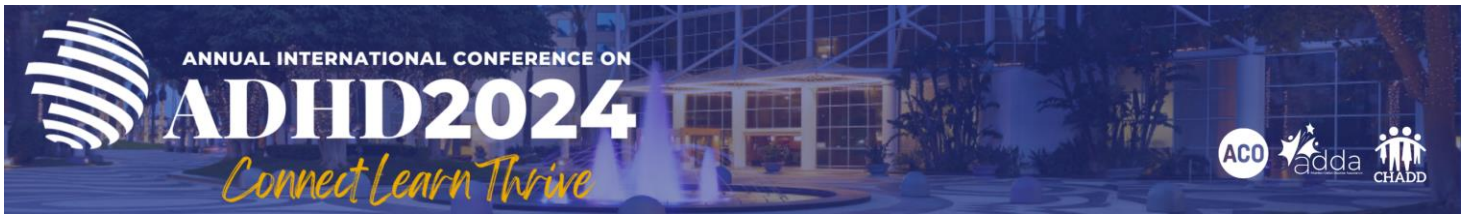
**Presenter 2 Bio:** Adam Ly has been practicing as a registered occupational therapist since 2016 in Ontario, Canada. He completed his bachelor's degree in health science and master's degree in occupational therapy at Western University. He works at an outpatient clinic assessing and supporting clients with cognitive and mental health difficulties due to ADHD, anxiety, depression, trauma, brain injury, and autism. He is a seasonal lecturer at Western University and a co-instructor for various workshops at the Canadian Association of Occupational Therapists. He has published articles in the *Canadian Journal of Physician Leadership* (CJPL), *Attention* magazine, and *Occupational Therapy Now*.

**Presenter 2:** Maryna Mammoliti

**Presenter 2 Bio:** Maryna Mammoliti, MD, FRCPC, is a Canadian psychiatrist with a deep commitment to supporting individuals with ADHD across the lifespan. In her diverse practice settings—from a community clinic to the high-intensity psychiatric emergency department in Toronto—she focuses on delivering comprehensive care with focus on multidisciplinary management of ADHD with medications, therapy, and skill development.

**Tracks:** Adults, Medical

**Audience Level:** Intermediate



**Session Description:** Learn about the obstacles in scheduling and attending healthcare appointments, managing prescriptions, and following treatment plans, all exacerbated by a healthcare system often unaware of the ADHD-specific hurdles. This session addresses the pressing need for a shift in how healthcare providers and clients with ADHD interact to improve health outcomes and adherence to care. We will propose practical, multifaceted strategies tailored for both healthcare professionals and clients. These include personalized care plans, leveraging technology for appointment and medication reminders, ADHD-friendly practices in clinics and hospitals, and the importance of support groups. By fostering empathy and understanding through education and collaborative care models, this presentation aims to empower attendees with tools to enhance the healthcare experience for individuals with ADHD. Join us to explore actionable solutions for overcoming healthcare barriers, reducing stigma, and ensuring that individuals with ADHD receive the comprehensive, empathetic care they deserve.

**Title:** CBT for Adult ADHD: Updated Overview

**Presenter:** Russell Ramsay

**Presenter Bio:** Russell Ramsay, PhD, is a licensed psychologist specializing in the assessment and psychosocial treatment of adult ADHD. He is a retired professor of clinical psychology in psychiatry at the University of Pennsylvania. Dr. Ramsay is widely published, including six books on adult ADHD, has lectured internationally, and is in the CHADD Hall of Fame. His most recent book is *The Adult ADHD & Anxiety Workbook*. He is in the Diagnosis and Treatment of Adult ADHD (DaTAA) workgroup that will turn the US adult ADHD guidelines into clinical tool kits for different healthcare professionals.

**Tracks:** Medical, Therapist

**Audience Level:** Beginner

**Session Description:** Cognitive-behavior therapy for adult ADHD is an evidence-supported treatment for adult ADHD. This session will provide a user-friendly review of the different intervention domains of a CBT for adult ADHD approach that emphasizes implementation. In particular, the different therapeutic elements of CBT for adult ADHD will be reviewed, including that central therapeutic targets of each domain that are personalized to individuals' unique needs. The session itself will promote discussion between the presenter and attendees to ensure attendees leave with a good understanding of what CBT for adult ADHD has to offer.

**Title:** Internal Family Systems, Adverse Childhood Experiences (ACEs), and ADHD

**Presenter:** Susan Bauerfeld

**Presenter Bio:** Susan Bauerfeld, PhD, is a licensed clinical psychologist, IFS trained therapist, speaker, workshop leader, parent coach, ADHD coach, and the proud mother of three wonderful, young adult sons. She has a private practice in Norwalk, Connecticut, and is a popular speaker at national conferences and community forums on issues related to anxiety, child raising, learning challenges, managing technology, and coping with the college process. In all her professional endeavors, she strives to help people Get Their Shifts Together© by offering hope and tools for transformation that bring more compassion, calmness, curiosity, and connectedness to their relationships with themselves and others.

**Tracks:** Medical, Therapist

**Audience Level:** Beginner

**Session Description:** This workshop offers an overview of the internal family systems (IFS) model and how it can help those with ADHD—particularly those who have experienced adverse child experiences (ACEs)—as well as those living with or trying to help them. IFS is a psychotherapy paradigm developed by Richard Schwartz, PhD, which posits that our inner systems are comprised of many parts that take on different roles to protect and help us function. According to IFS,



when children experience ACEs, their parts react by taking on protective roles and burdens. While these roles and burdens may be effective during and immediately after the ACEs, they can often create roadblocks to later progress. A review of research on ACEs and ADHD and the impact of ACEs on long-term health and well-being is followed by descriptions of common ACEs experienced by those with ADHD. IFS informed theories are offered about how protective mechanisms that arise due to ACEs can create roadblocks to later progress. The methods used in IFS to address the impact of ACEs will be explained. Commonly experienced benefits of IFS include improved emotion regulation, less depressive symptoms, more self-compassion, better self-esteem, and more connectedness to self and others.

**Title:** Interview and Assessment Tactics for ADHD Job Hunters

**Presenter 1: Cassie Colton**

**Presenter 1 Bio:** Cassie Colton is an industrial-organizational psychologist and holds a BS in psychology, a BS in innovation management from Oregon State University, and an MS in experimental psychology from Ohio University. Currently the people science senior lead at Owens Corning, she has previously worked—amongst other roles—as a vice president of people science at Goldman Sachs.

**Presenter 2: Ben Hawkes**

**Presenter 2 Bio:** Ben Hawkes has worked in the field of recruitment for over two decades, leading the design of assessments and selection processes for many US and global organizations, most recently at Activision Blizzard and, prior to that, Shell International. As a person with ADHD—with a family full of neurodivergence—he understands many of the challenges faced by neurodivergent job applicants, and has consistently endeavoured to create inclusive recruitment processes that give every candidate a fair opportunity to show what they are capable of.

**Tracks: Adults, Parents & Caregivers**

**Audience Level: Beginner**

**Session Description:** This session dives deep into the unique challenges faced by individuals with ADHD in the job search process, particularly during assessments and interviews. Whether you're an adult with ADHD looking to make a career move or someone supporting a loved one on their job search, this session offers invaluable insights, practical strategies, and the encouragement needed to turn the job hunt from a daunting challenge into a series of achievable steps. Join us for an engaging discussion filled with scientific evidence, best practices, and real-world success stories. Leveraging years of expertise in designing and implementing recruitment and selection process for some of the world's best know companies, the presenters will guide you through managing anxiety, mastering various assessment types, and approaching interviews with confidence.

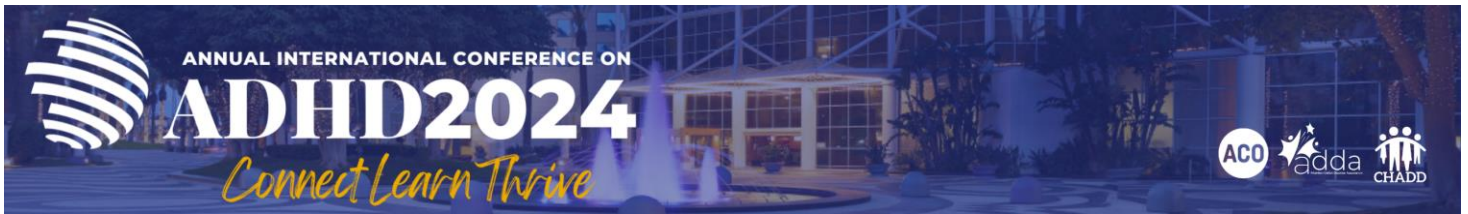
**Title:** To Do, or Not To Do? Decision Neuroscience and ADHD

**Presenter: Mike Legett**

**Presenter Bio:** 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 enrolled in 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, regularly headlining and teaching pedagogy at prestigious events. Now she's thrilled to be coaching with The Center for Living Well with ADHD.

**Tracks: Adults, Coaches & Professional Organizers**

**Audience Level: Intermediate**



**Session Description:** You've made your workout plan and prepared your gym clothes; yet when morning comes, something happens in the back of your mind... but what? This session offers a no-PhD-necessary look at how brains decide what feels “worth it”—and what doesn't. Fascinating neuroscientific concepts around decision-making will be translated into intuitively easy-to-understand language. Then they'll be used to build up a model to explain and predict the hidden calculations our brains perform and how ADHD alters the equation. For ADHDers and for the professionals who serve them, this knowledge can unlock an easier path to self-compassion and better use of the myriad tools available.

**Title:** Why 'Trying Harder' Fails: Effective ADHD Management for All Ages

**Presenter 1: Elaine Taylor-Klaus**

**Presenter 1 Bio:** Elaine Taylor-Klaus is a master certified coach, an adult with ADHD, and mom to three complex young adults. She's the co-founder of ImpactParents and the co-creator of Sanity School® (behavior training for parents and coaching skills for professionals). A contributor to *Attention* and *ADDitude*, she's the author of *Parenting ADHD Now! Easy Intervention Strategies to Empower Kids with ADHD* and *The Essential Guide to Raising Complex Kids with ADHD, Anxiety and More* (available in Spanish, English and Chinese). Seeing coaching as the verbalization of yoga, she is a leading expert on neurodiversity-inclusive coaching and a trusted advisor to parents and professionals.

**Presenter 2: Diana Mercado-Marmarosh**

**Presenter 2 Bio:** Diana Mercado-Marmarosh, MD, is a family medicine physician, clinic medical director and former chief medical officer. She is also the founder of OverAchieve Life Coaching. Prior to discovering coaching, she typically had two hundred charts open and a graveyard of unfinished projects. But that has changed, and now she's on a mission to help healthcare professionals create systems that are simple to implement with ADHD, so her clients learn to leave work at work. She is happily married with two preschool-aged children and enjoys travel, painting, zumba, coaching soccer, and exploring different cultures.

**Tracks: Adults, Parents & Caregivers**

**Audience Level: Intermediate**

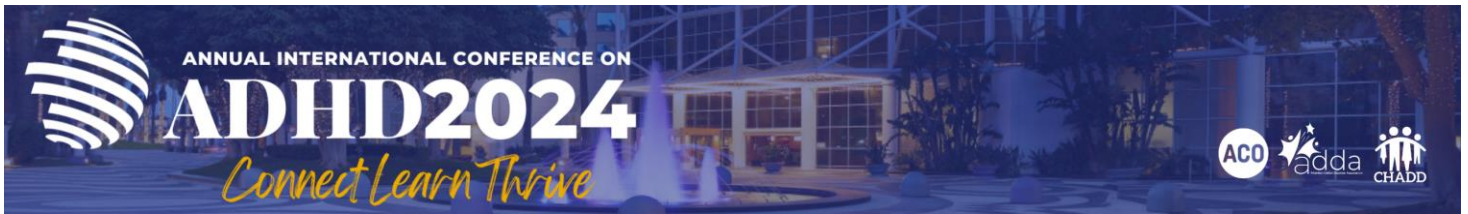
**Session Description:** When it comes to managing ADHD, a great deal has changed in recent years. We now know that “medication isn't enough” and that “just try harder” isn't a realistic expectation. But what does work? Technically, recommended treatment for children and adults includes a combination of medication with behavioral interventions. But what that means specifically is still unclear to many patients and providers. In this workshop, a medical doctor and master certified coach with decades of combined experience will demystify what works, what doesn't, and offer an evidence-based, clinically effective, humane, and holistic approach to managing ADHD. If you want to simplify the process, accelerate treatment, and significantly improve outcomes—either for yourself or for patients—then join us for an hour that can change the way you understand treatment for ADHD forever.

**3:30 PM – 4:30 PM**

**Title:** ADHD Couples Therapy from the Inside Out

**Presenter 1: Phil Anderton**

**Presenter 1 Bio:** Phil Anderton, PhD, is an expert in the correlation between ADHD and poor social outcomes. He's been working with ADHD for twenty-two years. As a police officer in the United Kingdom, he became an SME on the criminal links, then he commenced a second career as a management consultant. In 2014 he worked in both primary and secondary care across the National Health Service. Realizing typical services were inadequate for ADHD, he formed ADHD 360,



delivering world-class services to the ADHD community. ADHD 360 is now Europe's largest ADHD clinic. In 2023 he was inducted as a fellow of the Royal Society of Medicine.

**Presenter 2: Jeremy Didier**

**Presenter 2 Bio:** Jeremy W. Didier, LMSW, LMAC, is a licensed clinician at the Jordan Psychological Center in Overland Park, Kansas, and an ICF-certified ADHD coach with ImpactParents. She specializes in assessing and therapeutically treating adults who have ADHD. She is a nationally recognized speaker, a frequent contributor to respected online media outlets, and a passionate advocate for adults with comorbid ADHD and substance use disorder. Didier works as a mentor and provides support for justice-involved individuals as they prepare to return to traditional society. She also participates in a panel of professional women who provide insight and psychoeducation on the underdiagnosis of girls and women with ADHD at the local and state level. She is the group founder and co-coordinator of Kansas City's award-winning CHADD chapter, ADHDKC. She currently serves as the president of CHADD's board of directors. In her spare time, she is an unapologetic lover of all things Star Wars and Star Trek; her favorite accomplishment is being mom to five fabulous and neurodiverse kids.

**Presenter 3: Ari Tuckman**

**Presenter 3 Bio:** Ari Tuckman, PsyD is a psychologist, international presenter, author, and ADHD thought leader. He has given more than 650 presentations and podcast interviews and routinely earns excellent reviews for his ability to make complicated information understandable and useful. He is the author of four books on adult ADHD. He is a co-chair of CHADD's conference committee and was inducted into the CHADD Hall of Fame in 2023 for his significant contributions to the field. He is in private practice in West Chester, Pennsylvania.

**Tracks: Adults, Therapist**

**Audience Level: Intermediate**

**Session Description:** How do couples get unstuck, especially when there's untreated ADHD in the mix? This roleplay of a fictional couples therapy session will bring to life important lessons on how couples can work through their difficulties to create a happier relationship. Theory will be put into action, making it easier to apply to one's own relationship or clients. The partners and therapist will share their inside thoughts and reactions, revealing some of the more vulnerable feelings that drive the couple's dynamic and keep them stuck. This presentation will be educational, relatable, funny, and poignant—just like a good relationship.

**Title:** ADHD and Remote Work: Strategies for Thriving in Virtual Environments

**Presenter: Meghan Brown-Enyia**

**Presenter Bio:** Meghan Brown-Enyia, MSW, SHRM-CP, is a certified ADHD success coach and the visionary behind ADHD at WORK. Specializing in empowering women with ADHD, she offers a unique blend of individual coaching and HR consulting to help clients thrive in their careers. With a focus on leveraging ADHD strengths, she provides tools, strategies, and support for navigating workplace challenges and achieving career success. Her innovative approach emphasizes self-awareness, coping strategies, and resilience, inspiring women to unlock their brilliance and excel in all aspects of work and life.

**Tracks: Adults, Coach & Professional Organizer**

**Audience Level: Beginner**

**Session Description:** The remote work revolution has transformed how we approach our jobs, offering flexibility and challenges, particularly for individuals with ADHD. This session examines the unique hurdles and opportunities remote work presents for those with ADHD, from managing distractions at home to maintaining productivity without traditional



office structure. We'll explore practical strategies for creating an ADHD-friendly remote work environment, utilizing technology for organization and focus, and establishing routines that enhance work-life balance. Attendees will learn to leverage their ADHD traits positively in a remote setting, turning potential obstacles into advantages for innovative working and greater job satisfaction.

**Title:** Accommodations in College: What Is Recommended in Higher Education

**Presenter:** Kate Weeks

**Presenter Bio:** Kate Weeks has been the director for student disability support services at Morgan State University for eight years. She began her career teaching students with disabilities in both the private and public K-12 school settings. She then went to higher education as a disabilities specialist at Towson University, providing reasonable accommodations for students with disabilities. Weeks also worked for the The Johns Hopkins Health System as the ADA/accessibility consultant, overseeing multiple entities responsible for employee reasonable accommodations due to disability. Her bachelor's degrees are in art education and deaf studies. She has a master's degree in health science.

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

**Audience Level:** Intermediate

**Session Description:** This session will include information regarding registering a student for reasonable accommodations due to disability in higher education. We will discuss what is required under the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act in regard to accommodations in higher education. We will also review the differences between the K-12 setting in terms of self-disclosure and accommodation. Possible accommodation in higher education will be reviewed in regard to what might be most beneficial based on the symptoms a student might present. We will highlight ways a student can work on self-advocacy in higher education as well.

**Title:** Basic Brain Biology: Understanding ADHD, Anxiety and Depression

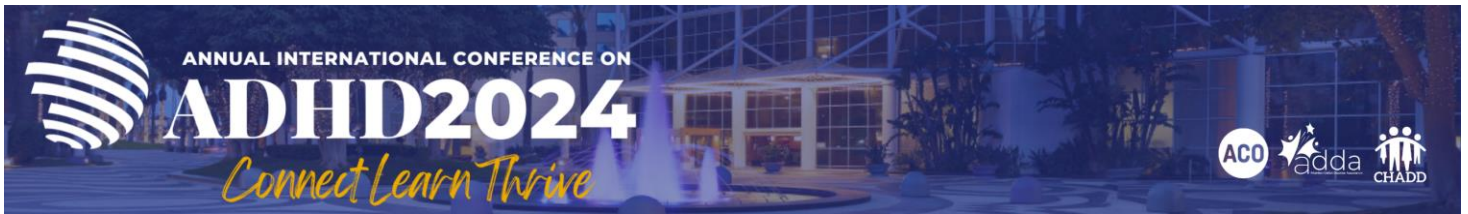
**Presenter:** Sarah Cheyette

**Presenter Bio:** Sarah Cheyette graduated cum laude in cognitive neuroscience from Princeton University and received her medical degree from the UCLA David Geffen School of Medicine. Following specialty training in pediatrics at Cedars-Sinai Medical Center in Los Angeles and in pediatric neurology at Seattle Children's Hospital, she now practices at the Palo Alto Medical Foundation, where she focuses on treating ADHD in both children and adults. She's written three books on ADHD that explain its common behavioral symptoms, the biology behind it, and what research has revealed about it, as well as issues when considering medications and other approaches to treatment.

**Tracks:** Medical, Parents & Caregivers

**Audience Level:** Intermediate

**Session Description:** Unfortunately, many people don't have a very good understanding of the neurobiology behind ADHD, anxiety, and depression. It's hard for a layperson to get a good idea of the "whole picture"—anatomy, genetics, and neurochemistry—and how that fits in with a clinical diagnosis. This talk is aimed at educating people about a complex topic—but in a simple, easy-to-understand way, and focusing on the interesting parts. How ADHD, anxiety, and depression influence each other are important clinically, and they have an understandable biological connection as well. The difference in the brain between acute and chronic anxiety and depression will be discussed. After delving into the biology of each disorder and how they interact, you learn how environmental factors influence the biology and how medications for ADHD work. Knowing the biology of this will be an invaluable tool—for the ADHDer, for the ADHDer's family and loved ones, for teachers, and for coaches as well as for doctors. By being able to picture the biology, they'll



more easily be able to manage it. By the end of the talk, each attendee should have an idea about the important aspects of the biology of ADHD, anxiety, and depression. and how to influence it.

**Title:** Greater Than its Parts: Connecting Professionals Supporting People with ADHD

**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 as a scientific advisor for ADHD in the pharmaceutical industry. He trained as an ADHD coach ten years ago and 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 facilitate individuals with ADHD finding and embracing their “neuro-native” state supporting adaptation and realisation of potential.

**Tracks:** Coach & Professional Organizer, Therapist

**Audience Level:** Intermediate

**Session Description:** People with ADHD will access multiple ADHD professionals and other health professionals during their life. Often there is limited or no contact between these ADHD professionals, which limits the potential efficacy of both combined and individual interventions.

**Title:** International Roundtable

**Presenter:** Roxanne Fouche

**Presenter Bio:** Roxanne Fouche specializes in strengths-based coaching of bright college students and adults with ADHD, weaknesses in executive functioning, and learning differences. She also provides consulting for students, families, and schools or 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.

**Tracks:** Adults

**Audience Level:** Beginner

**Session Description:** Join other international attendees for a facilitated discussion of how ADHD is managed in different countries. This is an opportunity to share strategies and resources and make connections.

**Title:** Level Up: A Compassionate Coaching Approach to Video Gaming

**Presenter:** Stephanie Adams

**Presenter Bio:** Stephanie Adams is an ADHD coach and educator with a passion for helping people with ADHD unlock their potential with fun, joy, and play. With a background in psychology and early education, and comprehensive training from the ADD Coach Academy (including the Fundamentals of ADHD Coaching for Families program), they support adults, youth, and families to uncover their strengths and thrive with ADHD. She’s a lifelong learner, geek, and gamer—when she’s not working or reading, you can find her playing video games or Dungeons & Dragons, enjoying the local food scene, or hanging out with her cats.



**Tracks: Coach & Professional Organizer, Parents & Caregivers**

**Audience Level: Beginner**

**Session Description:** From dopamine seeking and dark patterns to screen addiction and gamification, the discussion around video games has never been more heated—or more confusing! Non-gamers and gamers alike are invited to “level up” their video gaming knowledge with this fun and interactive presentation from a lifelong video gamer and trained ADHD coach. We’ll explore why video games are so appealing to people with ADHD (dopamine is only one piece of the puzzle!), how the video game industry is leveraging psychology to keep people playing—and what that means for ADHD gamers and those around them. Participants will leave the session well-equipped to have compassionate, nuanced conversations about video gaming with loved ones and coaching clients of all ages.

**Title:** Successfully Leading Yourself and Others with Strategic Energy Management

**Presenter 1: Jill Linkoff**

**Presenter 1 Bio:** Jill Linkoff, based in Baltimore, Maryland, is a distinguished ADHD coach known for her impactful work across the United States. Dedicated to transforming the lives of professionals struggling with ADHD, she leverages virtual platforms to deliver her expert guidance. Her methods are informed by cutting-edge research, ensuring her strategies are evidence-based and tailored to her clients' needs. Her coaching extends to high-performing individuals in various fields, as well as families and late-diagnosed women, providing them with the tools to manage ADHD effectively. Through personalized support, she empowers her clients to achieve balance and success in every aspect of their lives.

**Presenter 2: Ian Wahlert**

**Presenter 2 Bio:** Ian Wahlert’s special interest in coaching for people with ADHD stems from his life’s experiences that share the rollercoaster of a journey which resonates with many of his clients. Beyond his personal story, he utilizes his BS in psychology, MS in project leadership, and years in the corporate field of HR, D&I and leadership development. He is fueled by his passion to help others learn to connect with their unique selves and build ways of working that enable them to thrive. Many of his clients find coaching very impactful during transition periods in their lives such as high school to college, college to new job, parenting and newly diagnosed when routines change and new strategies are needed. His coaching focuses on building clients’ skills and mindsets to embrace their uniqueness and overcome the challenges of their life with ADHD. Helping clients with procrastination, time management, motivation, self-confidence, and self-awareness, while empowering their natural curiosity, mindfulness, and personal fulfillment.

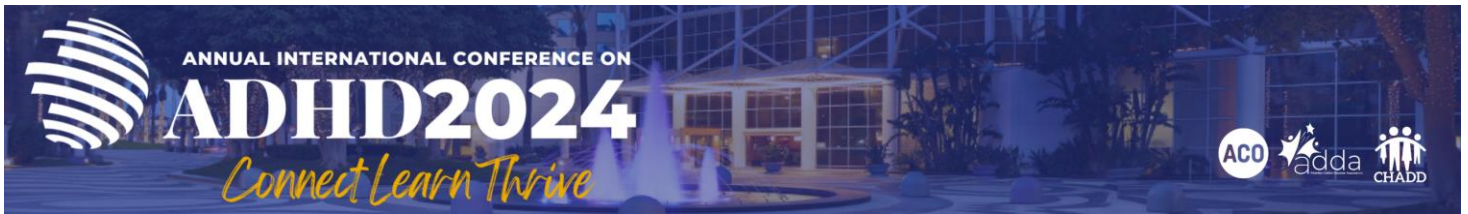
**Presenter 3: Bob Palacios**

**Presenter 3 Bio:** Bob Palacios boasts a distinguished two-decade career in the cybersecurity realm, lending his expertise to industry giants like RSA, McAfee, and Verisign. Leveraging a strong background in technical presales engineering and global leadership roles, he made a strategic shift into the coaching arena. His expertise now lies in life coaching, leadership development, and organizational team coaching. He is wholeheartedly committed to guiding technical sales, presales, and other professionals in achieving holistic success in their personal and professional lives. In addition to his certified information systems security professional (CISSP) certification, he is also a certified high performance coach and certified red team coach. His academic background includes a BA in government from the University of Texas at Austin; he pursued graduate studies at both UT-Austin and George Washington University.

**Tracks: Adults, Coach & Professional Organizer**

**Audience Level: Intermediate**

**Session Description:** In our constant chase for success and fulfillment, we often overlook a crucial element: our energy. It goes beyond just time management; it's about harnessing and optimizing the energy flowing through five key areas:



physical, mental, emotional, spiritual, and relationships. After an introduction to each energy area, participants begin the interactive workshop by completing a self-awareness exercise aimed at identifying and assessing their current physical, mental, emotional, spiritual, and social energy levels. Facilitators will then lead participants through a discussion of specific, personalized strategies and tools for managing and achieving a holistic balance of energy, particularly in the context of ADHD and emotional regulation. Participants will have the opportunity to share their own strategies in real-time via a digital collaboration tool. Three ADHD coaches with more than twenty years coaching and more than fifty years of diverse corporate experience combine forces to integrate their personal and professional experiences as they lead the audience through eye-opening insights and tools to take away with them to capitalize on the power of their personal energy.

**Title:** The Overcommitted ADHD Adult aka I Cain't Say No

**Presenter:** Linda Roggli

**Presenter Bio:** Linda Roggli, PCC, is the creator of the ADHD Palooza series, a professional certified coach, an award-winning author and founder of the A-D-Diva Network for ADHD women 40-and-better. She is an internationally recognized expert in midlife and senior ADHD for women with special emphasis on hormones and ADHD. Her book *Confessions of an ADDiva* won first prize for Women's Issues in the Next Generation Independent Book Awards. Her Get Organized program has helped hundreds of ADHD adults sort out their stuff. She hosts ADHD workshops, coaching groups, and retreats from her office in North Carolina. Which means she is often overcommitted!

**Tracks:** Adults, Coaches & Professional Organizers

**Audience Level:** Intermediate

**Session Description:** Spinning too many plates these days? Could be because you have trouble saying "no" to the dozens of requests or interesting ideas that come your way? Find out why overcommitment and overwhelm are so common among ADHD adults (and kids for that matter) and why having good boundaries is essential to protect your time and energy. And learn more than twenty-five ways to say "no" that will preserve friendships without closing the door on potentially fascinating opportunities. We'll even have time to practice saying "no" during this fun, interactive session. Plus, a free gift to remind you to stand firm in your fight against overcommitment and overwhelm!

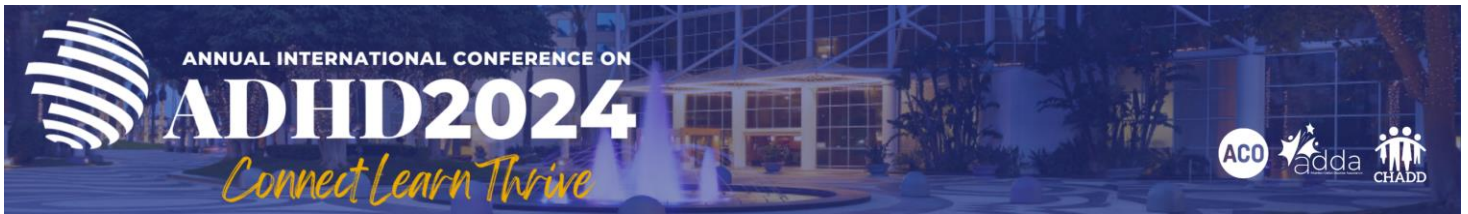
**Title:** Tired but Wired? Solutions for the Sleep Challenges of ADHD

**Presenter 1:** Sarah Hergett

**Presenter 1 Bio:** Sarah Hergett is a registered counselling therapist who works from an eclectic, strengths-based approach to help her clients find wellness and achieve their counselling goals. She has degrees in fine arts/drama, Canadian studies, education, counselling, and public administration as well as many further certifications. Her background spans public school teaching, co-ordinating/managing a nonprofit cooperative supporting adults and families in the abilities community, educating and counselling in schools, homes and community settings with children, youth, and families, and leading mental health promotion and suicide prevention initiatives for her provincial health service. She is most passionate about supporting people with ADHD, particularly late-diagnosed women. Being trained in, having experienced, and now supporting others with insomnia, she has found her true calling in offering cognitive behaviour therapy for insomnia to people with sleep challenges specific to ADHD.

**Presenter 2:** Marlee Boyle

**Presenter 2 Bio:** Marlee Boyle, a distinguished registered respiratory therapist and an influential figure in the field of sleep therapy, brings over a decade of expertise to the forefront of improving sleep health. This



accomplishment underscored her commitment to advancing the understanding and treatment of sleep disorders, particularly focusing on sleep-disordered breathing such as obstructive sleep apnea, as well as employing cognitive behavioural therapy to address insomnia. Her profound impact in sleep therapy, coupled with her relentless pursuit of societal change, continues to inspire professionals and individuals alike to recognize the transformative power of a good night's sleep.

**Tracks: Adults, Therapists**

**Audience Level: Beginner**

**Session Description:** Join us for a fun and interactive session around the interplay of ADHD and sleep problems. Managing sleep problems is beneficial for ADHD symptom management as it directly impacts attention, focus, executive functioning, emotional regulation, behavioural control, medication response, and overall well-being. Implementing strategies to improve sleep quality and quantity is an important aspect of comprehensive ADHD management. This informative and entertaining session will deliver a viable model to provide sleep support as an integral part of ADHD management without compromising effectiveness or accessibility. Learn practical ways to navigate the obstacles people with ADHD encounter with sleep and get hands-on experience with evidence-based tools that can improve sleep. Attendees will receive a session summary handout and a special sleep tool so better sleep can start tonight. Sweet dreams!

**5:00 PM – 6:00 PM**

**Title:** Third Annual ADHD Influencers Panel

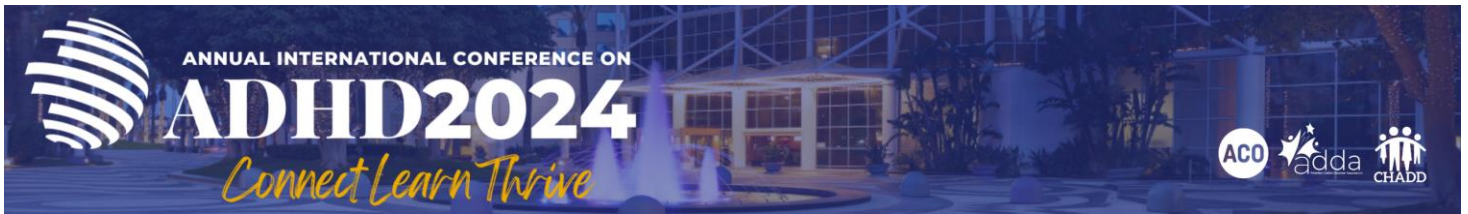
**Presenter: Brendan Mahan**

**Presenter Bio:** Brendan Mahan, MEd, MS., is the host of the *ADHD Essentials* podcast and an internationally recognized expert on ADHD/executive function, anxiety, and neurodiversity. A former educator and mental health counselor, he helps individuals, families, and organizations manage neurodiverse challenges through an approach blending education, collaborative problem-solving, and accountability with compassion, humor, a focus on strengths and growth, and his trademarked Wall of Awful™ model. He is on the board of the Men's ADHD Support Group, and the organizing committee for the ADHD2024 conference, and has been featured in the *Washington Post*, *Bustle*, *LinkedIn*, *Understood*, *Tilt Parenting*, *How to ADHD*, and *ADDitude*.

**Tracks: Adults, Coaches & Professional Organizers**

**Audience Level: Intermediate**

**Session Description:** With the recent increase in both ADHD diagnoses and conference attendance, it is important that the veterans of the ADHD space have a place to share their perspectives on both the history of the ADHD community they have helped to build as well as their experiences building it and the insights they've gained from that process. The third annual ADHD influencer panel will feature ADHD professionals who have each been influencing the worldwide ADHD community for well over a decade—since before “influencer” was even a word as we know it today. These panelists will discuss what brought them to the field of ADHD, how they've seen the field grow and change over the course of their illustrious careers, how ADHD has impacted them, the lessons they've learned along the way, and the kind of difference they are hoping to make with their work. The panel will be hosted by Brendan Mahan of the *ADHD Essentials* podcast. Panelists will include Alan P. Brown of ADD Crusher TV, Jeff Copper of Attention Talk Radio, and Elaine Taylor-Klaus of ImpactParenting.



**Title:** A Better "Camino" for Latino Youth with ADHD

**Presenter:** Luke Smith

**Presenter Bio:** Luke Smith, MD is a practicing Spanish-bilingual psychiatrist and the executive director of El Futuro, a community-based nonprofit organization that seeks to transform mental health care for the Latino community in North Carolina and beyond. El Futuro provides bilingual therapy, psychiatry, case management, substance use treatment, and other mental health services in a welcoming environment of healing and hope. Now in its twentieth year, El Futuro serves more than 2,500 individuals each year, drawing people from fifty-eight North Carolina counties. El Futuro has developed a culturally adapted support and treatment program for Latino youth with ADHD and their caregivers.

**Tracks:** Innovative Program, Therapist

**Audience Level:** Intermediate

**Session Description:** Among Latino children, ADHD is often misidentified and underdiagnosed, leading to a lack of or inadequate support. Interventions used often are not helpful because cultural factors are not addressed and family engagement is challenging. Over a five-year period we adapted evidence-based practices and developed practical tools to support and empower Latino children with ADHD and their families with robust clinical and functional improvement. Audience members will learn of this program and gain access to tools and resources to help them in their work with Latino youth.

**Title:** ADHD Meets Postpartum: Science, Stories, and Strategies

**Presenter 1:** Alixandra Bacon

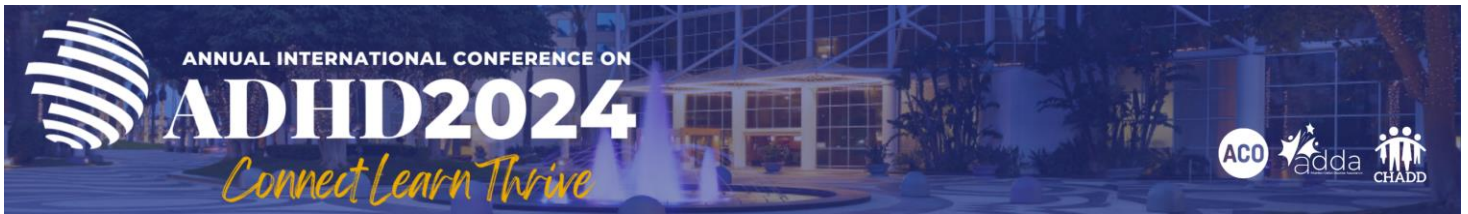
**Presenter 1 Bio:** Alixandra Bacon, MA, is a registered midwife and settler living and working in Vancouver, British Columbia, on the traditional and unceded territories of the Musqueam, Squamish, Tsleil-waututh and Tsawwassen Nations. She is adjunct professor and co-lead of Global Health at the University of British Columbia, Faculty of Medicine. She is the founder of [www.ADHPregnancy.ca](http://www.ADHPregnancy.ca) and coauthor of the *ADHD Pregnancy Workbook and Notion Template*. She is past president of the Canadian Association of Midwives, and the Midwives Association of BC.

**Presenter 2:** Jessica McCabe

**Presenter 2 Bio:** Jessica McCabe is the creator and host of the YouTube channel How to ADHD, the most popular ADHD channel on YouTube. Her TED talk has been seen over 12 million times on Facebook and 1.5 million times on TED.com and has inspired ADHD and neurodiversity advocacy around the world. Her educational videos are fun, relatable, and based on current research, consultations with mental health professionals, and her personal experiences. Her content has helped hundreds of thousands of people accept and understand their unique brains and live better, more fulfilled lives.

**Presenter 3:** Dusty Chipura

**Presenter 3 Bio:** Dusty Chipura is a master certified and AACC-accredited ADHD coach and doula, specializing in supporting pregnant people with ADHD. She is passionate about creating equitable access to ADHD support services, especially for people from marginalized communities, and has created the first pregnancy-specific resource for people with ADHD in conjunction with Alix Bacon, the *ADHD and Pregnancy Journal*. She offers private and group coaching, runs various online courses, and curates a virtual ADHD support space called the ADHD Studio. You can find her salty op-eds on Twitter and Tiktok, @dustychipura.



**Presenter 4: Frankie Berkoben**

**Presenter 4 Bio:** Frankie Berkoben is a speaker and executive coach at FranklyQuiteADHD.

**Tracks:** Adults, Parents & Ccaregivers

**Audience Level:** Beginner

**Session Description:** Postpartum is hard. ADHD makes it harder, yet the ADHD postpartum experience is rarely talked about, let alone in a format accessible to those most impacted. This session is for recent or future parents and those who support them (professionally and personally). Many new parents with ADHD report feeling isolated, inadequate, overwhelmed, and not knowing what support to ask for. We'll address the unique needs of neurodivergent new parents through science, storytelling, and real strategies. We offer a comprehensive overview of not only why things feel impossible, but what to do about them. We are a quartet of distinguished professionals and moms with extensive expertise in ADHD and postpartum: past president of national midwife associations, professor, doula, executive coach, master certified ADHD coach, content creator, social media influencers, bestselling authors, and mothers. We will cover: neurological and executive function changes, common psychological changes, concrete ADHD-friendly tips for the postpartum period, safety of ADHD medications in lactation, how to redesign a life that works WITH your brain (not against it) when said brain is still changing, and "behind the veil" stories busting the myth that everyone else has their *ish* together.

**Title:** ADHD and Video Games: What Families Need to Know

**Presenter:** David Nathan

**Presenter Bio:** David Nathan is a licensed psychologist and works primarily with children, teens, and their families. He has played and loved video games since the era of the Apple ][ and continues to love and play them with his friends and family (including his daughters) today. Dr. Nathan is concerned because video games are far more addictive today than they were years ago. He wants individuals and families to know what they are up against and effective ways to keep themselves, their children, and teens fulfilled, successful, and safe. Especially if they have ADHD.

**Tracks:** Parents & Caregivers, Therapists

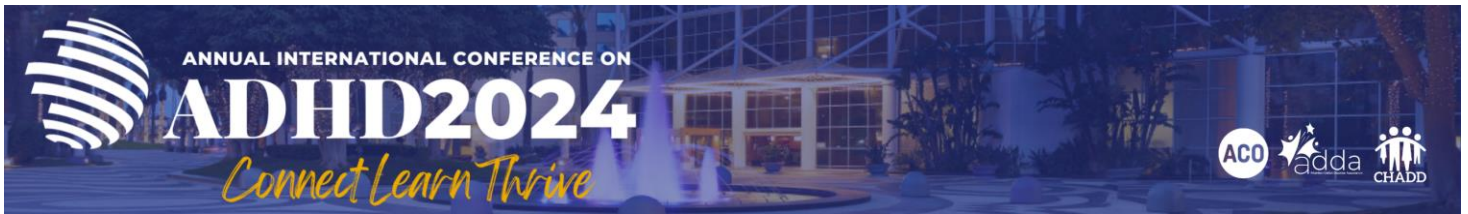
**Audience Level:** Beginner

**Session Description:** The video game industry, in the United States and worldwide, makes more money than movies, music, or even professional sports. There are lots of reasons for this, including marketing, improvements in technology, and game design choices that make them more addictive. Individuals with ADHD are especially at risk for gaming addiction due to the tendency for people with ADHD to get lost in enjoyable activities. Learn how video game have changed over the last several decades, how we can recognize when gaming is unhealthy, and what we can do to game safely.

**Title:** Acting Out! Neuroscience, Improv, and ADHD

**Presenter 1:** Stephanie Monks

**Presenter 1 Bio:** Stephanie Monks is an ICF-credentialed life coach and a PAAC-certified ADHD coach. She has worked for Delta Air Lines for thirty-three years in various positions, including HR manager, inflight operational supervisor, employee relations manager, and currently as a part-time international flight attendant based in New York City. She has experience as a facilitator for city planning meetings and as a mediator for court-appointed cases. She holds a bachelor of arts degree from Texas Tech University and a master of public administration degree from the University of Texas at Arlington. She works with clients face to face in Fort Worth, Texas, meets virtually with clients from across the US and



Europe, and supports clients through local therapy centers. She volunteers her time coaching at-risk youth with ADHD and with Historic Fort Worth, Inc.

**Presenter 2: Faelyne Templer**

**Presenter 2 Bio:** An engaging ADHD coach and communicator, Faelyne Templer’s workshops, presentations and keynotes are overwhelmingly well-received at conferences and in organizations. She holds coaching accreditations with the International Coaching Federation and MentorCoach, with a specialization in ADHD. Blending her deep understanding of ADHD with her decades of professional experience as an adult educator and corporate trainer, she inspires and supports people to flourish in work and in life.

**Tracks: Coaches & Professional Organizers, Educators & School Professionals**

**Audience Level: Intermediate**

**Session Description:** Improv is making its way from the theatre into learning and development spaces, clinicians’ offices, and in coaching interventions. Current research indicates that improv’s positive, accepting, and creative interactions defined by “yes, and…” and where mistakes are embraced as gifts can generate positive neurological changes in as little as twenty minutes. From first-person narratives to PhD dissertations, there is a growing curiosity about how to harness the power of improv to boost creativity, reduce social anxiety, increase tolerance for ambiguity, and promote mental wellness in communities from business executives to youth living with ADHD. In this interactive presentation, ADHD coaches, therapists, clinicians, parents, and community members will explore current research about improv and the ADHD brain, discuss how to include short-form improv exercises in their personal and professional practices, and for those who are open to it, participate in neurodiverse-supportive improv activities. The session is facilitated by a duo of seasoned speakers with decades of experience spanning corporate North America, ADHD youth and adult coaching, as well as adult education; this immersive and engaging presentation joins cutting-edge research with the power of community-building to create a uniquely impactful learning event.

**Title:** Dopamine Dilemmas: Medication Management in Complex ADHD

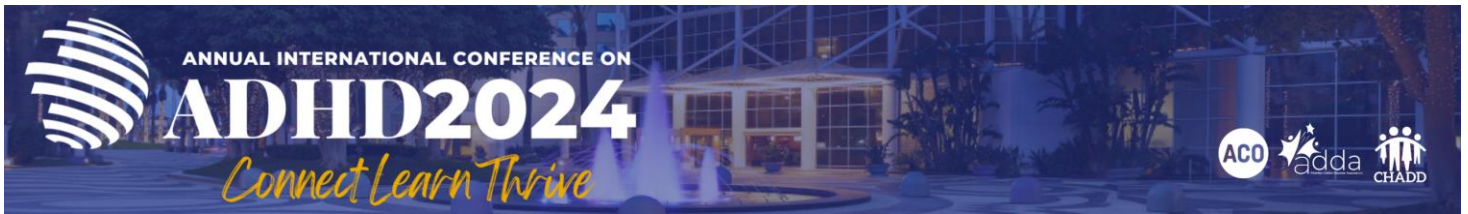
**Presenter: Jess Levy**

**Presenter Bio:** Jess Levy, MD, is a psychiatrist and the proud owner of A+ Psychiatry, which specializes in outpatient treatment for patients with complex presentations. His personal and professional experience inspired his humanistic approach to treating ADHD. Dr. Levy is board-certified in both child and adolescent psychiatry and general psychiatry. He co-leads the brand-new Ohio CHADD chapter. He lives in Cleveland, Ohio, and is an avid competitive Tetris player.

**Tracks: Adults, Medical**

**Audience Level: Intermediate**

**Session Description:** This presentation is not for the lucky few whose experience with ADHD medication management has been simple and easy. Instead, it is for the rest of us who struggle with inconsistent supply shortages, insurance hoops, problematic side effects, and managing multiple conditions. In this presentation we will do a deeper dive into the muddy, turbulent waters of ADHD prescribing when things don't go as planned. In such cases it is important to develop safe, efficient, and sustainable treatment plans. In this presentation, we discuss the common and frustrating pain points: problems accessing medication, problems with side effects, and problems with managing multiple conditions, such as co-occurring anxiety, OCD, and substance use disorder. We will leave plenty of time at the end for discussion.



**Title:** Let's Explore ADHD & Sex!

**Presenter:** Lyne Piché

**Presenter Bio:** Lyne Piché, PhD, RPsych, is a registered psychologist who has offered psychological services targeting sexual issues for twenty-five years. She has focused on improving sexual health for all individuals including youths, adults, couples, and cognitively impaired adults. She provides sexual therapy, couples counselling, relationship counselling, and trauma counselling in her private practice. Dr. Piché is an EMDRIA-certified EMDR therapist. The intersection of ADHD and sexual therapy has been a particular interest of hers. See [www.ADHDsex.com](http://www.ADHDsex.com) for updates about her new workbook, *ADHD and Sex: A Workbook for Exploring Sexuality and Increasing Intimacy*, to be released in Summer 2024.

**Tracks:** Adults, Therapists

**Audience Level:** Intermediate

**Session Description:** ADHD can create unique sexual challenges. We will explore the ways that ADHD can impact sexuality. Neurodivergent-friendly strategies will be discussed to improve sexual functioning specific to ADHD and sex.

**Title:** Mindfulness and Play-Based Activities for Kids and Teens

**Presenter:** Christopher Willard

**Presenter Bio:** Christopher Willard, PsyD. is a clinical psychologist, author, and consultant based in Massachusetts. He has spoken in over thirty countries and has presented at two TEDx events. He is the author of twenty books, including *Alphabreaths* (2019), *Growing Up Mindful* (2016) and *How We Grow Through What We Go Through*. (2022) His thoughts on mental health have been featured in *The New York Times*, *The Washington Post*, [mindful.org](http://mindful.org), [cnn.com](http://cnn.com), and elsewhere. He teaches at Harvard Medical School.

**Tracks:** Educators & School Professionals, Therapists

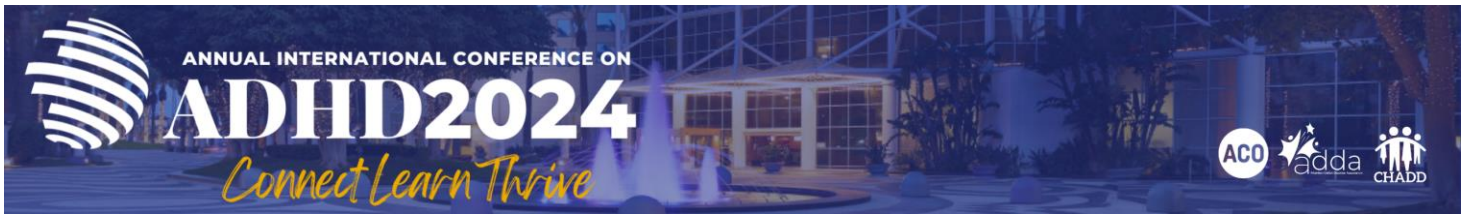
**Audience Level:** Beginner

**Session Description:** Join this presentation on boosting executive functions and social skills through mindfulness, movement, and play-based activities for all ages. We will explore neuroscience-based practices that can be used by teachers, therapists, coaches, and parents looking for creative ways to share, boost self-regulation and resilience for learning, mental health, and more. We will explore the science and practice of mindfulness through awareness, movement, games, play, and creative activities for all ages. Learning differences, cultural differences, developmental differences, and more all affect how children learn best, and this workshop explores ways to adapt mindfulness, rather than approach it with a one-size-fits all approach. We will discuss tailoring techniques to a range of issues, including depression, anxiety, executive function challenges, trauma, and stress. Different practices will engage different learning styles through arts, sports, games, music, technology and more, for attention spans ranging from thirty seconds to thirty minutes.

**Title:** Navigating and Managing ADHD and Chronic Illness

**Presenter 1:** Lindsay Guentzel

**Presenter 1 Bio:** Lindsay Guentzel is an award-winning journalist, writer, and producer. Her uninhibited honesty surrounding her own ADHD diagnosis sparked an instant connection for listeners of her acclaimed podcast *Refocused, A Podcast All About ADHD*. Her knack for blending light-heartedness with sincerity while addressing even the most serious topics keeps audiences captivated and engaged in her message. Her work has appeared in *The New York Times*, CBS Radio, NPR, Minnesota Public Radio, ESPN, FOX Sports, and more. She lives in Minneapolis with her partner John and their two rescues, Ada and Pippi.



**Presenter 2: Claire Twomey**

**Presenter 2 Bio:** Claire Twomey, a certified professional advanced coach, speaker, facilitator, and advocate, specializes in ADHD coaching. With over five years of experience, she's Ireland's first three-time credentialed coach with PCC from ICF and PCAC from PAAC. Drawing on her background as a social care worker and her own ADHD journey, she empowers clients to understand and leverage their strengths, reducing challenges and unlocking potential. Her coaching venture, ADHD Connections, began in 2020 shortly before contracting COVID. Despite battling long COVID, she advocates for medical care and social acceptance through extensive media engagements and government lobbying to raise awareness and support for herself and others.

**Presenter 3: Lola Day**

**Presenter 3 Bio:** A pediatric cardiologist productivity strategist and ADHD-trained life coach. She is on a mission to teach women with ADHD the importance of creating systems to thrive and champions the wholistic (Pills + Skills + Self) management of ADHD. She is the CEO of LollieTasking consulting, a productivity and life management company; and the creator of the wealthy life community, coaching membership for professional women who need help with executive function and overwhelm, and creator of the Lola Planner, a planner she created with her research and coaching. She is passionate about teaching women how to focus on what matters and execute these plans efficiently, so they can achieve their big dreams without feeling overwhelmed.

**Presenter 4: Jen Hanson**

**Presenter 4 Bio:** Jen Hanson, RN, a seasoned registered nurse with twenty-three years of healthcare expertise, holds a BS and certifications in critical care (CCRN) and various modalities. Her educational journey spans human development, psychology, neuroscience, and pharmacology. In 2021, she embraced her passion for helping those facing ADHD challenges, embarking on rigorous training to become an ICF professional certified coach (PCC). With a focus on neuroscience and personalized strategies, she empowers clients to unlock their strengths and overcome barriers. As an RN with ADHD and a parent of ADHD-diagnosed children, she brings empathy and practical insights, fostering resilience in a safe, supportive space. Her special interests include addressing inattentive ADHD and supporting LGBTQIA individuals and professional mothers.

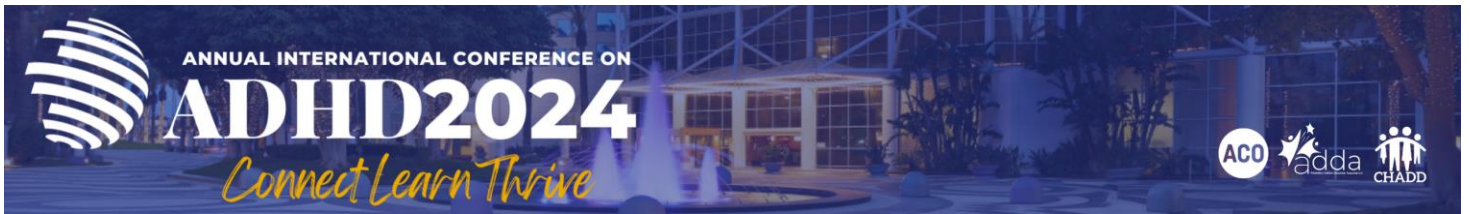
**Tracks: Adults, Parents & Caregivers**

**Audience Level: Intermediate**

**Session Description:** Join us for an empowering panel discussion tailored for individuals navigating both ADHD and chronic illness, as well as caregivers and ADHD coaches working with chronically ill clients. As recognition and research on this intersection grow, it's crucial to address the unique challenges faced by our community. This panel brings together medical professionals specializing in ADHD care and individuals with firsthand experiences of managing ADHD alongside chronic illness. Through candid personal narratives and expert insights, we'll explore effective strategies for managing the complex interplay of multiple comorbidities. From tackling the impact chronic pain has on ADHD symptoms to addressing sleep issues and managing physical health concerns, our panelists will provide practical advice to help attendees navigate their daily lives more effectively. This conversation isn't just about sharing information—it's about fostering resilience and understanding within a community that often faces executive function overwhelm and social isolation. By sharing experiences and expertise, we aim to empower attendees to better manage their conditions and enhance their overall well-being.

**Title:** Women with ADHD Townhall

**Presenter 1:** Michelle Price



**Presenter 1 Bio:** Michelle Price is president of sheADHD Foundation and activator of potential for high-potential creative women diagnosed with ADHD after forty with “lived experience” they would like to finally monetize. She created sheADHD Foundation to empower and support high-potential creative women with ADHD to activate their economic AND emotional potential and just live better lives. (Cuz Ferrari brain with bicycle brakes doesn’t even come close).

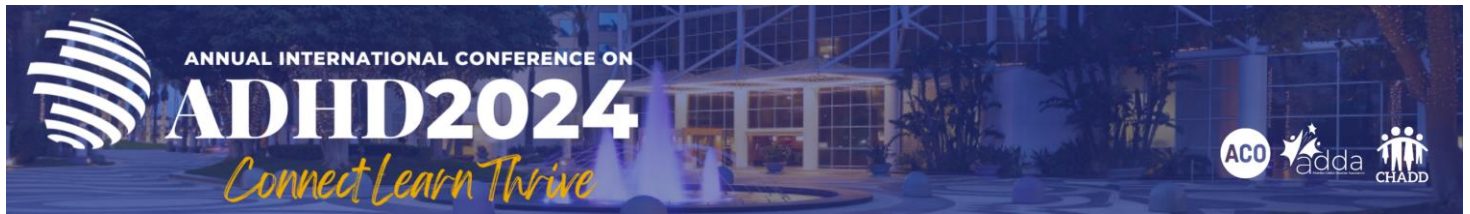
**Presenter 2:** Emily Harris

**Presenter 2 Bio:** The creative arts have given Emily Harris permission to play for over sixty years. There’s no reason to stop now. As an improviser, she notices that when we play, we laugh, we feel good about ourselves, and we take care of each other. As a storyteller, she creates opportunities that empower us to discover our voices and speak our truths. As a senior, she embraces the mindset of "Yes, and ..." because at this time in our lives, we need all the laughs we can get.

**Tracks:** Adults, Coaches & Professional Organizer

**Audience Level:** Beginner

**Session Description:** Join us for the Women and ADHD Town Hall 2024 and screening of the short film *Trying* by Samantha Lebreque, as we deliver the results of our town hall survey and conversation from the State of ADHD and Women Town Hall at ADHD2023. *Trying* chronicles a day in the life of a woman with ADHD and her many trials and tribulations as she tries to get to an important job interview. In 2023, over a hundred women collectively shared their frustrations, challenges, and aspirations as we explored the state of women and ADHD across the lifespan through a framework of four questions: What do we take for granted in our experience of ADHD that should be ELIMINATED? What would you like to see LESS OF in your experience of ADHD? What would you like to experience MORE OF in your experience of ADHD? What doesn’t yet exist that you would like to CREATE? The results will leave you with no doubt that women with ADHD know what we want and are determined to keep *Trying*.



**Saturday, November 16, 2024**

**9:30 AM – 10:30 AM**

**Title:** Keynote: Embracing Your ADHD Journey

**Presenter:** Kojo Sarfo

**Presenter Bio:** Kojo Sarfo, DNP, PMHNP-BC, is a comedian, actor, content creator, and writer based in Los Angeles, California, with over 3.5 million followers and twenty million monthly views on social media. With five years of professional experience as a psychotherapist and mental health nurse practitioner, he has a background in inpatient forensic psychiatry and working with children with neurodevelopmental disorders. Dr. Sarfo utilizes these experiences to post skits, songs, and videos to promote mental health awareness.

**Tracks:** Adults

**Audience Level:** Beginner

**Session Description:** Kojo Sarfo delves into the journey of accepting your ADHD diagnosis, providing you with the understanding and tools necessary to navigate this pivotal moment. He will share actionable strategies to stop negative self-talk and bolster your self-esteem, helping you to see your ADHD as a unique strength rather than a hindrance. Dr. Kojo will guide you through the process of setting yourself up for long-term success, offering practical advice and insights that will enable you to thrive.

**10:30 AM – 11:30 AM**

**Title:** Behavior Management to Motivation and Change: Keeping Your Child's Relationship

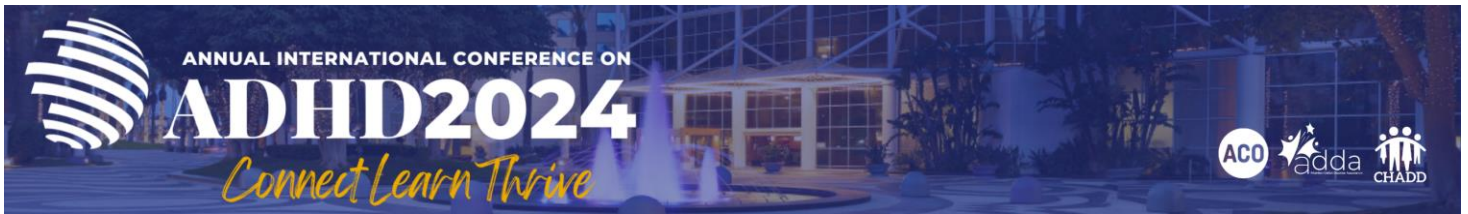
**Presenter:** Jeffrey Katz

**Presenter Bio:** Jeffrey Katz, PhD, is a clinical psychologist in private practice in Virginia Beach, Virginia. He specializes in the evaluation and treatment of children, adolescents, and adults with an emphasis on ADHD as well as other behavioral and learning issues. Dr. Katz has an astute understanding of ADHD and how it is experienced by children, teens, and their families. He educates and guides his clients to acknowledge their ADHD, to reduce everyone's frustration, and to become the family they wish to be.

**Tracks:** Parents & Caregivers, Therapists

**Audience Level:** Intermediate

**Session Description:** At different ages and different stages, children need different things from their parents. If your children have ADHD it is often harder as a parent. You can be the best parent in the world, but having a child with ADHD requires much more than the usual. It requires more thought, more understanding, more planning, and a lot more patience. Behavior management is only the first part of helping children with ADHD. Understanding how children experience their ADHD, respecting their concerns, and engaging them in a way that brings parents and children closer, is the real, everlasting goal.



**Title:** Connecting ADHD, Binge Eating, and Diabetes: Breaking the Cycle

**Presenter:** Nicole DeMasi Malcher

**Presenter Bio:** Nicole DeMasi Malcher is a registered dietitian and a certified diabetes care and education specialist, with a master's degree in nutrition and food science. After receiving an ADHD diagnosis at age thirty-three and struggling with eating and body image for most of her life, her ten-plus years of experience as a dietitian helped her uncover the connection between ADHD, disordered eating, and chronic disease. In 2020, she founded eatingwithadhd.com, an online course, coaching, and community that's helped hundreds of women with ADHD simplify eating, stop binge eating, and heal their relationship with food and body image.

**Tracks:** Adults, Parents & Caregivers

**Audience Level:** Intermediate

**Session Description:** ADHD has a huge impact on our eating habits and lifestyle behaviors that greatly increase our risk for type-2 diabetes. The presenter will discuss how ADHD affects the way we eat, the risk factors for diabetes, challenges and barriers to adequate diabetes management, and some tips for improving blood sugar regulation.

**Title:** How to Remember The Future? Prospective Memory and ADHD

**Presenter:** Daniella Karidi

**Presenter Bio:** Daniella Karidi, PhD, CPC, is the founder of ADHDtime, a coaching practice based in Encino, California, that specializes in empowering individuals with ADHD to achieve success and fulfillment. Dr. Karidi supports diverse populations across pivotal life transitions, including college transitions, career advancements, and retirement. She has a PhD from Northwestern University with a focus on memory and ADHD, as well as a master's degree in learning disabilities from the University of Haifa. Her expertise extends to executive coaching, having received training from the College of Executive Coaching, and advanced ADHD coaching skills from JST Coaching and Training.

**Tracks:** Adults, Coaches & Professional Organizer

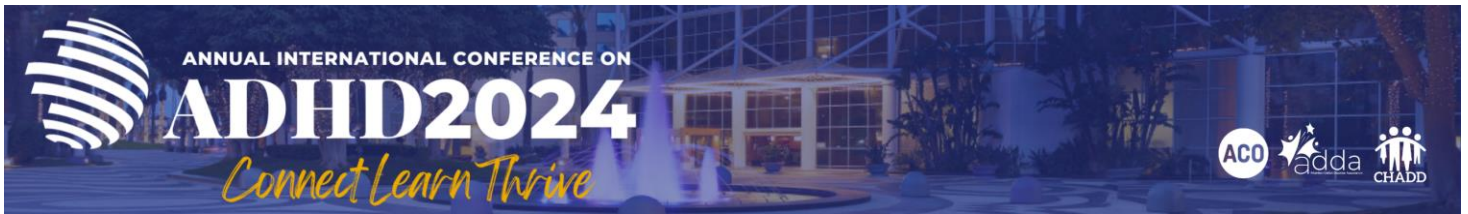
**Audience Level:** Intermediate

**Session Description:** Have you ever forgotten why you walked into a room? That was a failure in prospective memory. Prospective memory refers to our ability to remember to perform intended actions in the future, such as taking medication or attending appointments. Individuals with ADHD often face challenges with prospective memory that affect their daily functioning. Understanding the intersection of prospective memory and ADHD is crucial for developing effective strategies to address these challenges. Prospective memory is typically categorized into event-based tasks (e.g., withdrawing money when passing an ATM) and time-based tasks (e.g., remembering a Zoom meeting at 4 PM). Research indicates that individuals with ADHD encounter more difficulties with time-based prospective memory tasks, although challenges are present in both types. Recent studies highlight the importance of monitoring strategies and cues for improving memory performance. This presentation aims to explore underlying effects on prospective memory, such as long COVID and aging. The role of technology in supporting prospective memory, including smartphone apps and AI specifically, will also be discussed. Attendees will gain a comprehensive understanding of prospective memory in ADHD and receive practical strategies to navigate and overcome prospective memory challenges, leading to enhanced cognitive performance and well-being.

**Title:** It's Not a Misbehavior, It's a Regulation Challenge

**Presenter:** Polina Shkadron

**Presenter Bio:** Polina Shkadron is the founder of Play to Learn Neurodiversity Consulting, an established private practice



in New York. She holds an MA in speech-language pathology from CUNY Queens College and an MS in nutrition education from American University. As a certified trauma and ADHD professional, she supports families in understanding the connection between regulation and development. She educates parents of neurodivergent kids to embrace a strength-based approach rooted in play. She shares her expertise as a speaker at prestigious institutions and conferences, including Hudson Valley Professional Development, Molloy University, CHADD, ADHD 360, and the Innovative Schools Summit in Atlanta and New York City.

**Tracks: Educators & School Professionals, Therapists**

**Audience Level: Intermediate**

**Session Description:** This session introduces a dynamic, neurodevelopmental approach to understanding and addressing executive function skills, emphasizing a relationship, strength-based perspective. It highlights the crucial role of EF in cognition, language, and social-emotional development from infancy to adulthood, advocating for interventions grounded in current trauma-informed education and research. Participants will explore the intricacies and complexities of play, connecting its benefits for ADHD in the areas of impulse control, working memory, and cognitive flexibility. To enhance therapeutic strategies, the neurodivergent brain will be linked to self-determination theory, highlighting its essential framework to include school success and address the impact of EF deficits on health outcomes, including disordered eating. By reframing behavioral challenges and demonstrating emotional-regulation strategies through clinical examples, the session aims to equip professionals seeking to refine their approach to EF challenges with the tools to apply these principles effectively, with a strong emphasis on perspective seeking and evidence-based practices.

**Title:** Reconnecting Disconnected Young Men With ADHD

**Presenter: Ryan Wexelblatt**

**Presenter Bio:** Ryan Wexelblatt is a licensed clinical social worker, former school social worker, father to a son with ADHD and learning differences, and founder of ADHD Dude and Bondfire. ADHD Dude provides parenting training to over 5,550 families through the ADHD Dude membership site. Bondfire, based in the Philadelphia area, provides in-person programs for boys and young men struggling with social skills, social anxiety, and social isolation. He creates content for the ADHD Dude and Bondfire YouTube channels and the *ADHD Guys* podcast. Learn more at [adhddude.com](http://adhddude.com).

**Tracks: Parents & Caregivers, Therapist**

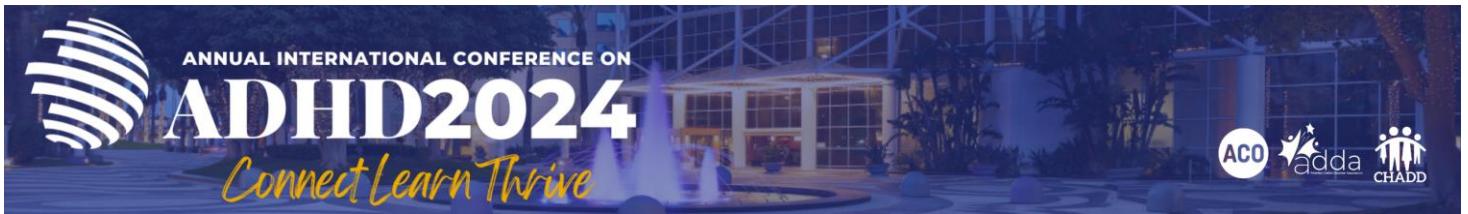
**Audience Level: Intermediate**

**Session Description:** An increasing amount of young men with ADHD have become disconnected from their communities and in-person relationships and have retreated into the safe virtual world of gaming, Reddit, Discord, and pornography. Some have stopped attending school or seeking employment, and many meet the criteria for highly dependent adulthood (often referred to as "failure to launch"). This session will help participants understand how to prevent this from happening in the future and how to help these disconnected young men who are struggling with shame and hopelessness.

**Title:** Rejection Sensitivity and Double-Masking in Black ADHD Women

**Presenter: Diane Miller**

**Presenter Bio:** Diane Miller, PsyD, MEd, a dedicated clinical psychologist, specializes in adult ADHD, racial identity issues, and sex therapy. She holds a doctorate in clinical psychology and a master's degree in human sexuality from Widener University. With over a decade of expertise, she has dedicated her career to serving marginalized communities across various settings such as community mental health and psychiatric hospitals. Currently at The Center for ADHD in



Philadelphia, she empowers individuals to navigate ADHD's complexities, fostering self-acceptance and proactive living. Dr. Miller's approach is deeply informed by her extensive work with underserved populations, offering a therapeutic space of trust, equity, and support.

**Tracks: Adults, Therapist**

**Audience Level: Intermediate**

**Session Description:** Step into an illuminating session designed to explore the unique experiences of Black women with ADHD. Discover the deep-seated challenges posed by rejection sensitivity and the intricate dance of double-masking, where racial identity and gender intersect with mental health in profound ways. This presentation peels back layers of coping mechanisms, revealing how masking and double-masking serve as survival strategies amidst societal judgment and discrimination. We will journey through the emotional and psychological toll these phenomena take, highlighting the critical need for empathy, understanding, and culturally sensitive clinical practices. Armed with actionable strategies, the session empowers clinicians to tailor their assessments and interventions. Through an interactive exploration, attendees will be equipped to foster a deeper connection with their clients, advocating for nuanced understandings and tailored support that resonates with the lived experiences of Black women with ADHD.

**Title:** Research Symposium II: Dimensional Assessment of ADHD in Adults and/or Adolescents

**Presenter 1: Kornel Vajsz**

**Presenter 1 Bio:** Kornel Vajsz is a resident clinical child and adolescent psychologist in the clinical psychology department of Semmelweis University, Budapest. He currently practices at the university's pediatric center. Vajsz holds a degree in computer engineering from the Budapest University of Technology and Economics, bringing ten years of expertise in data and functional analysis for large-scale systems. Expanding his focus to psychology, he earned his bachelor's degree from the institute of psychology at the University of Debrecen, followed by a master's degree from the department of developmental and clinical child psychology at Eötvös Loránd University, Budapest. His research interests focus on IT solutions for the measurement and psychology of ADHD. He has contributed to the field through a growing body of presentations and research articles

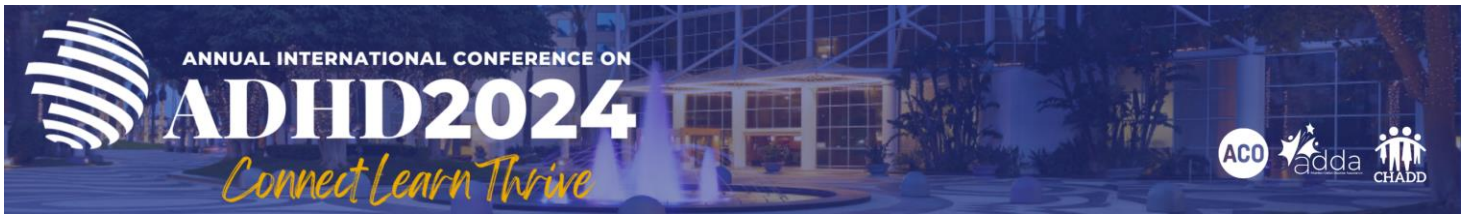
**Presenter 2: Salvador Garcia**

**Presenter 2 Bio:** Salvador Trejo Garcia, PhD, received a bachelor's degree in psychology from the Universidad del Valle de Mexico and a master's degree and doctorate in behavioral sciences (neuroscience option) from the Instituto de Neurociencias of the Universidad de Guadalajara. He is interested in the neuropsychology of neurodevelopmental disorders where ADHD stands out, a line in which he has published research articles, as well as presentations in national and international congresses. Dr. Salvador has experience in the development and validation of measurement instruments, neuropsychological assessment, and eye-tracking techniques. He is currently part of the national system of researchers of CONAHCYT and has the desirable profile of the program for the professional development of teachers in Mexico, and works as a full-time professor at the Facultad de Medicina y Psicología of the Universidad Autónoma de Baja California in the city of Tijuana.

**Tracks: Medical**

**Audience Level: Intermediate**

**Session Description:** Part 1: The Strengths and Weaknesses of ADHD-symptoms and Normal-behavior (SWAN) rating scale was used to measure the positive and negative variability of the ADHD symptoms in 512 adults (average age thirty-two years) from México. Factor analyses indicated a bifactor model with two specific factors (inattention and hyperactivity) provided the best fit to the data, but three symptoms were not included in the specific hyperactivity factor.



The SWAN will be used in the next study to characterize neuropsychological aspects of ADHD. Part 2: The diagnosis of ADHD in children is typically based on parent and teacher ratings, but for adolescents and adults, it is typically based on self-report on symptom rating scales. These scales indicate neurotypical functioning by the absence of symptoms, resulting in a skewed distribution of scores in the population, which results in difficulty in establishing the clinical cutoffs. The SWAN takes strengths into account. It consists of the eighteen items listed in DSM-4, each rated on a seven-point scale, with 0 defined as the subjective population average and three levels representing above and below average. In the Budapest study, 664 women (mean age twenty years) were evaluated, and the ratings were analyzed by factor analysis methods.

**Title:** The Overwhelmed Child: Parenting Children with Big Emotions

**Presenter:** Leslie Josel

**Presenter Bio:** Leslie Josel, an award-winning ADHD student and parenting coach, is the founder of Order Out Of Chaos®, a company whose mission for more than twenty years has been to champion parents and professionals raising neurodivergent students. She's an award-winning author of three books, creator of the award-winning *Academic Planner: A Tool for Time Management*®, and an internationally acclaimed speaker. She has been named as one of the top time management experts in the world by Global Gurus eight years in a row. Until recently, she wrote the weekly the “Dear ADHD Family Coach®” column for *ADDitude* magazine.

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

**Audience Level:** Beginner

**Session Description:** Helping an overwhelmed child can be, well, overwhelming. Especially for you! In this session, we'll dive into the reasons behind your child's overwhelm. We'll uncover strategies as well as parent-led language for you to use so you can help your child regulate their emotions and behaviors. We'll discuss topics such as how decision fatigue, feeling stuck, lying, and the "perception of laziness" are all symptoms and contributing factors to feeling overwhelm. We'll dive into the "TOO" syndrome—when everything is just too much or too hard—and how that directly impacts your child's overloaded brain and effective strategies to use to help. The presenter will teach you some of her favorite strategies to minimize overwhelm such as the "WAIT" method, "cubby-sizing" information, and pre-empting topic and time. And lastly, she will share some of her cutting-edge practices she's been teaching her parent coaching clients for the past fifteen years, so you have the necessary techniques to manage the overload and reduce the overwhelm.

**Title:** Welcome to College: Have You Considered a Gap Year

**Presenter:** John Willson

**Presenter Bio:** John Willson has a master's degree in outdoor therapeutic recreation administration. He is the executive director of SOAR, a nonprofit school and adventure camp serving youth diagnosed with learning disabilities and ADHD. He serves on the CHADD board of directors, and is the current president of the Learning Disabilities Association of North Carolina. He has led hundreds of adventure courses with youth diagnosed with LD and ADHD. He actively presents to parents and professionals at local, state, and national conferences. Finally, he is the proud parent of two magnificent, creative children living with ADHD.

**Tracks:** Coaches & Professional Organizers, Parents & Caregivers

**Audience Level:** Beginner

**Session Description:** High school is coming to an end and you are unsure what the best path forward may be. Consider a gap year, an experiential year typically taken between high school and college in order to deepen practical, professional,



and personal awareness. Many colleges are actually encouraging students to consider a gap year. These unique opportunities give young men and women an opportunity to mature, experience a period of self-discovery, learn valuable life skills, find a direction or calling, unwind from the stressors of the school environment, and be on their own for the first time. It is also a chance to gain some much needed momentum as they determine their next steps and embark on a journey of a lifetime.

## 1:30 PM – 2:30 PM

**Title:** ADHD Is Always "Yes, And"

**Presenter 1: Patricia Sung**

**Presenter 1 Bio:** Patricia Sung supports moms who have (or suspect) ADHD feel confident running their family and/or work life smoothly and lead their family well. After years of entrepreneurship and teaching middle school, she has a uniquely practical perspective for building an ADHD-friendly life coupled with neuroplasticity. With over a million downloads, her top-five parenting podcast, *Motherhood in ADHD*, is a lighthouse for mamas who have ADHD, reminding us that we are never alone in our struggles. An introverted midwesterner at heart, she has adopted the word "y'all" and resides in Houston, Texas, with husband and two boys.

**Presenter 2: Liz Lewis**

**Presenter 2 Bio:** Liz Lewis began writing about ADHD women and mothers in 2015. As the original ADHD housewife she set out to create resources and community for women like her, the ones who are chronically disorganized and over-caffeinated. She resides in central Pennsylvania with her husband, son, dog, and too many houseplants. In her "spare" time she enjoys reading, working out, and watching trash TV. Often all at the same time. Her first book about ADHD women will be published this year.

**Tracks:** Adults, Parents & Caregivers

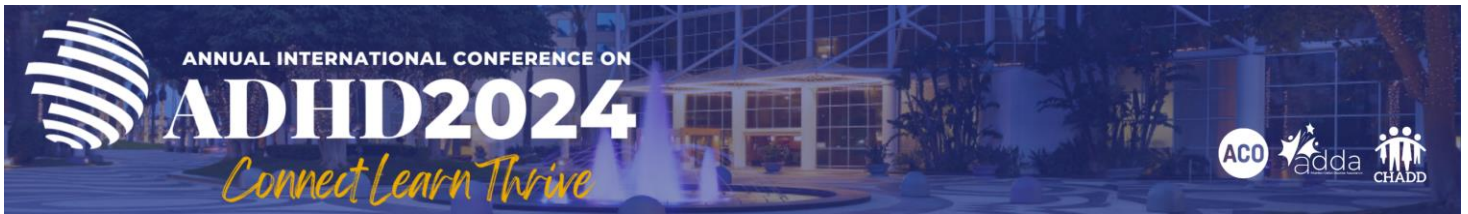
**Audience Level:** Intermediate

**Session Description:** Yes you have ADHD, and you are more than a list of symptoms to be managed. You are a whole person with a history and a life, and that matters. Trying to apply everything you see online to your unique flavor of ADHD is a bit like playing whack-a-mole and a quick path to burnout. "Yes, and" is a foundational cornerstone of improv, which when applied to ADHD creates a deeper dialogue that goes beyond the everyday talking points. In this interactive session we won't be handing out strategies and then sending you on your way. We will invite you to think beyond "fixing" yourself and move toward working with your brain, not against it. To finish the session we will discuss the difference between acceptance and giving up, and how we can use self-compassion to manage the chronic stress of life with ADHD. By sharing this fun, spontaneous way of connecting we're aiming to shift your perspective from hyperfocusing on the challenges of ADHD to a more adaptable and curious mindset. You are the expert on yourself. Let's stop spinning our wheels and start moving forward together.

**Title:** Centers for Disease Control and Prevention ADHD Research and Programs

**Presenter 1: Brooke Staley**

**Presenter 1 Bio:** Brooke Staley, PhD, MPH, CPH, is an epidemic intelligence service officer in the National Center on Birth Defects and Developmental Disabilities in Atlanta, Georgia. Her current research focuses on ADHD in adults and the public health impacts of persistent tic disorders, including Tourette syndrome. Dr. Staley completed her Bachelor of Science in neuroscience and Russian language from Trinity College (Hartford, Connecticut) in 2011, followed by a Master of Public Health from Morehouse School of Medicine (Atlanta, Georgia) in 2016. She recently completed her PhD



in Epidemiology from the University of North Carolina at Chapel Hill in 2023.

**Presenter 2: Sam Katz**

**Presenter 2 Bio:** Sam Katz is a public health professional with demonstrated experience in epidemiology, health communication, and community health initiatives. Katz is skilled in data analysis using SAS and multiple national survey datasets; passionate about mental health promotion, LGBTQ+ health, and improving health outcomes; and a native German speaker.

**Presenter 3: Patricia Whalen**

**Presenter 3 Bio:** Patricia Whalen is an effective public health communicator and researcher with experience in quantitative and qualitative methodologies, study design, data analysis, technical writing, and reporting. Whalen is driven to contribute towards the public good through epidemiologic research for underrepresented populations on local, national, and global levels.

**Presenter 4: Kimberly Newsome**

**Presenter 4 Bio:** Kimberly Newsome, MPH, BSN, health scientist at the National Center on Birth Defects and Developmental Disabilities, combines her experience as a nurse with over twenty years of experience in public health and fifteen years in the NCBDDD. She uses her MPH in epidemiology to support NCBDDD efforts to understand ADHD through surveillance and research. She also works to provide and evaluate NCBDDD programs that support children and adults with disabilities to live their lives fully. Currently, she serves as the project officer for the Cooperative Agreement with CHADD's National Resource Center, and she conducts ADHD and Tourette syndrome research.

**Tracks: Adults, Medical**

**Audience Level: Beginner**

**Session Description:** This session describes how the National Center on Birth Defects and Developmental Disabilities (NCBDDD) within the Centers for Disease Control and Prevention (CDC) works to support people with ADHD and their families, healthcare providers, and educational systems through research and programmatic activities. For individuals and families affected by ADHD, this includes research on prevalence of ADHD, co-occurring disorders, and treatment, and factors associated with receiving recommended treatment. For health care providers, we will share CDC's research on use of telehealth for ADHD treatment as well as providers' attitudes and knowledge around ADHD diagnosis and treatment. For educators, we will present new data on preschool expulsion as well as newly developed ADHD communication aids for classroom behavioral supports. We will also include descriptions and more examples of two decades of CDC's ADHD work, including currently available resources developed through CDC's collaboration with CHADD and new CDC efforts to better understand ADHD in adults.

**Title:** Guiding Families to Thrive: Insights from Behavioral Parent Training Groups

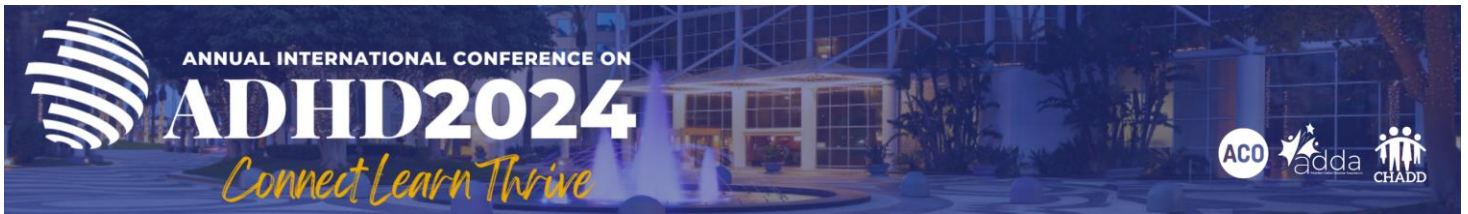
**Presenter: Melody Lavian**

**Presenter Bio:** Melody Lavian, PsyD, is a licensed clinical psychologist and senior child psychologist at Clarity Pediatrics who specializes in pediatric psychology. She graduated from Loma Linda University in 2016 where she obtained her MA and PsyD in clinical psychology. She completed an APA-accredited internship at Didi Hirsch Mental Health Services and an APA-accredited postdoctoral fellowship at Children's Hospital, Los Angeles. She is certified and trained in several evidence-based treatment approaches for children and is passionate about helping families strengthen their relationships and learn effective tools for managing behaviors.

**Tracks: Parents & Caregivers, Therapist**

**Audience Level: Intermediate**

**Session Description:** In this session, participants will learn about behavioral parent training (BPT) as a treatment option



for managing ADHD-related behaviors in children. Through an in-depth breakdown, learners will learn the essential skills taught in BPT specifically tailored to address ADHD-related challenges, as well as the differences between group and individual BPT approaches, providing insights into the benefits of each. Additionally, the presenter will share impactful strategies gleaned from leading BPT groups, offering practical guidance and actionable next steps for families to connect with resources and support communities for ongoing assistance in navigating ADHD management.

**Title:** How to Bridge the Gap Between Intentions and Actions

**Presenter:** Eric Tivers

**Presenter Bio:** Eric Tivers, LCSW, ADHD-CCSP, is a dedicated coach, speaker, and leader in the ADHD community. Diagnosed with ADHD at nineteen, he has spent nearly twenty years supporting neurodivergent clients. He specializes in facilitating intensive online coaching and accountability groups. He's also the host of the popular *ADHD reWired* podcast. As a proud member of the queer/bisexual community, he fosters an inclusive environment in his coaching, emphasizing the importance of embracing one's identity. Outside of work, when he's not spending time with his son, he enjoys pickleball, frisbee golf, riding his motorcycle, and seeing the band Phish.

**Tracks:** Adults, Therapists

**Audience Level:** Intermediate

**Session Description:** This presentation will look at several planning and management strategies and how to leverage to create effective accountability relationships to bridge the gap between good intentions and what gets done. We will explore what healthy and productive accountability looks like and break down the often overlooked, but essential components that foster effective accountability. Some of these components include the importance of building trust, and why conflict is critical in building trust. This presentation will bring together conceptual ideas and best practices around accountability in business and leadership and will apply it to behavioral and psychological frameworks that can be used in clinical practice, as well as with peer support groups. Many examples will be shared that participants will be able to apply in ADHD coaching, group coaching, as well as in peer accountability teams and dyads. This presentation will provide an overview of the various tools, techniques, and technologies that can be used to structure accountability. The case will also be made for the value of community and its impact on the efficacy of group coaching and accountability in the context of a supportive community to foster connection and understanding.

**Title:** Managing Homework, Parent and Teacher Edition: Tips, Tools, and Strategies

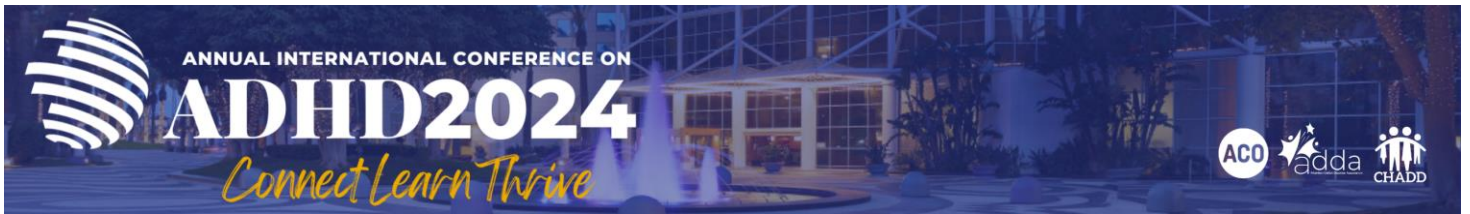
**Presenter:** Andrea Elrom

**Presenter Bio:** Andrea Elrom is an ADHD and executive function parent coach and teacher trainer with more than nineteen years of experience working with parents, teachers, and students. Her New York City/New Jersey-based practice includes workshops, individual, and group sessions. She emphasizes the use of empathy and understanding to help develop effective strategies for addressing their children's challenging behaviors. She also works with schools, using a strengths-based approach to help students develop their executive function skills. She earned her master's degree in education from NYU and received her ADHD training from ADD Coach Academy. She is the founder of CreADDive Solutions.

**Tracks:** Educators & School Professionals, Parents & Caregivers

**Audience Level:** Beginner

**Session Description:** The time children spend on homework should be efficient and productive—but rarely are students taught how to manage the homework process. Executive function skills have an impact on your child's motivation,



retention, and self-confidence. Learn tools and strategies for managing ADHD and executive function challenges that really work. During this live presentation, you will learn tools and strategies that can make a difference in how you and your child approach homework time: Help your child make the best use of the time they spend doing work. Learn effective organizational techniques for students. Confront issues involving motivation, independence, and work ethic. Explore how to collaborate with your child's school effectively. Support your child without enabling them. Learn tips, tricks, and ADHD strategies for parents that will make the lives of all your family members better. Help your child make the best of their educational opportunities.

**Title:** Racial Inequities: A Holistic Approach to ADHD Treatment and Advocacy

**Presenter:** Shandi Fuller

**Presenter Bio:** At five years old, Shandi J Fuller, MD, MPH, declared that she wanted to become a pediatrician. As a child, education was a top priority. Even though she had symptoms of untreated ADHD, she was able to navigate the educational system and fulfill her lifelong dream. Dr. Fuller attended medical school at Howard University and residency at Arnold Palmer Hospital. She continued her education by obtaining her Master of Public Health at UC Berkeley. She has gotten additional training in trauma-informed care and ADHD. She is a board-certified pediatrician and has successfully run ADHD clinics for over fifteen years.

**Tracks:** Educators & School Professionals, Parents & Caregivers

**Audience Level:** Beginner

**Session Description:** Bias in ADHD diagnosis and treatment exists, and it is harming our children. African American and Latinx children with ADHD are disproportionately undiagnosed and inadequately treated. Historical trauma, systemic bias, and barriers to care are a few root causes. As an African American pediatrician who ran an ADHD clinic for fifteen years and was undiagnosed with ADHD until adulthood, the presenter has been on both sides of the neurodivergent coin. Throughout her life and career, she has both experienced and witnessed bias in ADHD diagnosis and management. At the age of eleven years old, she was told by her guidance counselor that she was a C-average student who just worked hard to make As and would not do well in accelerated classes. This was the fuel she needed to prove him wrong and she did just that, not only becoming a pediatrician but then getting her MPH and additional training in trauma-informed care and health equity. But it wasn't easy. She had to learn how to advocate and make accommodations for herself which she then passes on to her patients. She will share the strategies she has learned to address bias and improve health outcomes.

**Title:** Recognizing and Treating Social Anxiety in Teens and Adults

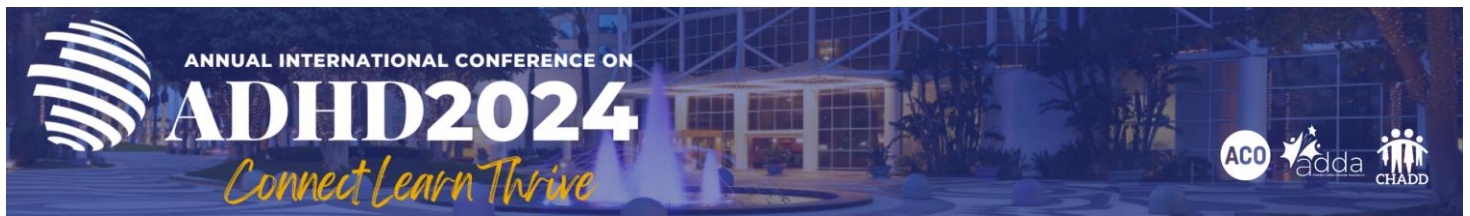
**Presenter:** Thomas E. Brown

**Presenter Bio:** Thomas E. Brown, PhD, is clinical professor of psychiatry and neuroscience at the University of California Riverside School of Medicine

**Tracks:** General Conference Session

**Audience Level:** Intermediate

**Session Description:** Social anxiety is the experience of intense and persistent fears that someone might recognize and disclose one's embarrassing actions, thoughts, or wishes to others. It affects about 12-14% of adults in the United States. Social anxiety often causes elevated rates of school dropout or unemployment, having fewer close friendships, and increased likelihood of remaining single or being divorced. Despite the stress it causes, only half of those affected by social anxiety ever seek treatment for it, and most of those who do seek help for it do so only after fifteen or more years of suffering from the problem. Often they are too embarrassed or ashamed to tell family or others, or even their doctors. Yet social anxiety can be effectively treated with medication and psychotherapy.



**Title:** Teaching Teachers to Manage ADHD/Executive Function in Their Classroom

**Presenter:** **Cindy Goldrich**

**Presenter Bio:** Cindy Goldrich, EdM, ADHD-CCSP, is a mental health counselor, ADHD and executive function parent coach, teacher trainer, and coach trainer. She supports parents, educators, and other professionals in addressing the social and emotional impact ADHD and executive functioning have on learning, motivation, behavior, and the family system. As the founder of PTS Coaching, LLC, she has professionally trained ADHD parent coaches and provided professional development for school districts and other professional organizations worldwide since 2008. Her courses have been approved for continuing education credits from ASHA, AOTA, NBCC, and ICF.

**Tracks:** **Coaches & Professional Organizers, Educators & School Professionals**

**Audience Level:** **Beginner**

**Session Description:** Often, general education teachers call upon special education teachers for help managing their students' behavior and improving their performance. This can place an additional drain on special education teachers' time and resources. The goal of this presentation is to help general education teachers feel more confident working with challenging students within their classroom. Students benefit most from direct support at the point of performance. General education teachers can learn how to restructure their classrooms and teaching methodologies to support not only students with ADHD but also all students. By teaching general education teachers a deeper understanding of the social and emotional impact that ADHD and executive function challenges have on learning, motivation, behavior, and even the family system, teachers are better prepared to support their students within the classroom. This presentation gives teachers targeted strategies to support students that can be implemented immediately in the classroom. By increasing the knowledge and effectiveness of the general education teachers, the special education teachers will be able to spend more time supporting students whose needs require their time, knowledge, and skills. Students in the classroom will receive the support they need in a timelier manner at the point of performance.

**Title:** The Insider's Guide to Neurodivergent Entrepreneurship

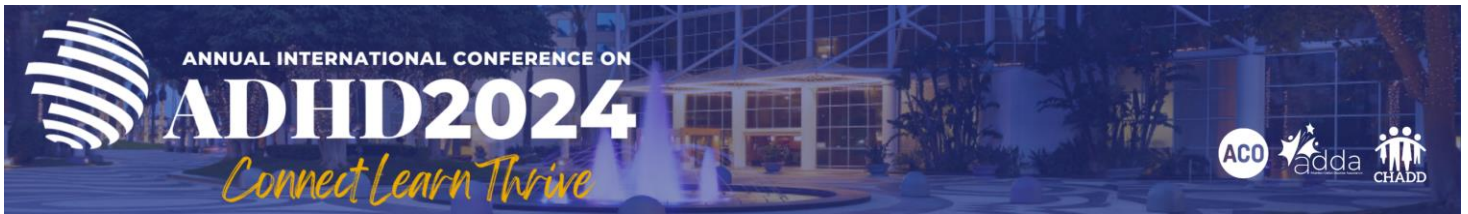
**Presenter:** **Jennifer Snyder**

**Presenter Bio:** Jennifer Snyder, a certified professional organizer, owns Neat as a Pin® Organizing Experts and partners at Discreet Clean Biohazard Cleaning. As a neurodivergent business leader, she brings unique insights into everything she does, from writing books, speaking engagements, and podcasting to furthering her education. She nurtures and leads the Declutter Together online community, volunteers with the Institute for Challenging Disorganization, and contributes to her community as a leader in many areas. Balancing her professional roles with time with her family, she embodies dedication to service and compassion, which is evidenced in how she sees and interacts with those around her.

**Tracks:** **Adults, Coaches & Professional Organizers**

**Audience Level:** **Intermediate**

**Session Description:** Life as an entrepreneur is demanding in many ways. The nuances of being one's own boss bring seemingly limitless joys—and struggles. Neurodivergence ups the ante. The highs are higher and the lows take on a whole new meaning. This session will explore some of the intricacies of neurodivergent entrepreneurship, stepping away from cliched advice and looking instead at lived experiences, habits, and priorities from a new perspective. It is a survival guide for when things get hard and maintaining focus when things are great—and the day-to-day in between. It provides



encouragement to recognize opportunities, pivot with strategic adaptation, and create meaningful connections through community. It is a neurodivergent entrepreneur's guide to thrive.

## 3:00 PM – 4:00 PM

**Title:** Adulting with ADHD: Finding Balance Between Success and Survival

**Presenter:** Blondy Moore

**Presenter Bio:** Blondy Moore is a dynamic success and leadership coach and trainer who also happens to be an adult with ADHD. She goes beyond conventional coaching methods to help others living with ADHD thrive by prioritizing self-care. Her unique approach recently caught the attention of Oprah Winfrey, landing her an exclusive interview. Her academic background includes a master's degree in industrial/organizational psychology, providing her with a robust theoretical foundation to complement her practical insights. In addition to her coaching practice, she imparts her extensive expertise through leadership development training, enriching individuals and organizations to growth and excellence without limitations.

**Tracks:** Adults, Parents & Caregivers

**Audience Level:** Intermediate

**Session Description:** Embark on a transformative journey with a seasoned expert in ADHD management as they uncover the nuanced dynamics of adulting with ADHD. This session offers a comprehensive exploration of the intricate challenges adults with ADHD encounter in their pursuit of success across diverse life domains. Attendees will gain invaluable insights into practical strategies for fostering self-awareness, prioritizing self-care, and implementing effective planning techniques. Whether you're personally navigating ADHD or seeking to deepen your understanding of this complex condition, this session promises a wealth of actionable guidance and empowering perspectives. Don't miss out on this opportunity to equip yourself with the tools and insights needed to navigate the complexities of adulting with ADHD.

**Title:** Advocating for Workplace Accommodations: Understanding Your Rights and Support Options

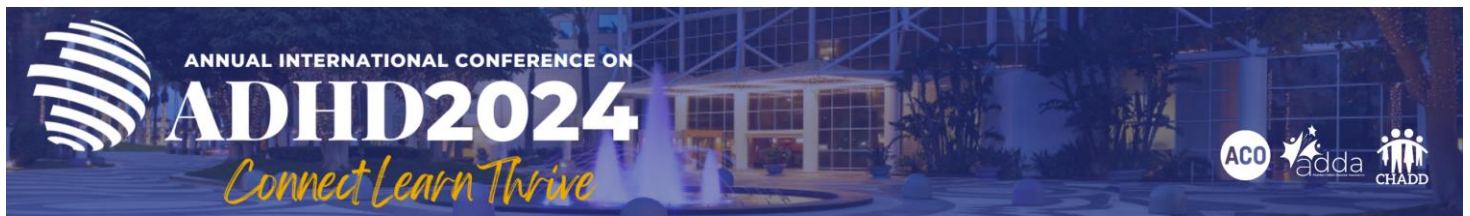
**Presenter:** John Bryson

**Presenter Bio:** John Bryson, learning and development director at Rangam Consultants Inc., strategically designs and launches high-quality learning programs for Rangam employees, clients, community partners and talent that address specific business goals, close performance gaps, and reinforce Rangam's values of "empathy drives innovation" and "employment for all." As a person with ADHD himself, Bryson is a dedicated advocate of disability inclusion and believes that education and empathy are the fundamental ingredients necessary to address systemic barriers and create needed change. He is recognized as a subject-matter expert on disability inclusion and neurodiversity in the workplace.

**Tracks:** Adults, Coaches & Professional Organizers

**Audience Level:** Intermediate

**Session Description:** In this dynamic session, we delve into essential strategies and knowledge for navigating workplace accommodations under the Americans with Disabilities Act (ADA), specifically tailored for individuals with ADHD. Discover how to effectively communicate your needs and advocate for your rights, ensuring you receive the accommodations that foster success and inclusivity in the workplace. We'll cover a concise overview of the ADA,



focusing on actionable steps to request necessary adjustments, and strategies for implementing these accommodations to enhance job performance. Additionally, we'll share tips for creating an inclusive work environment that supports diverse needs, encouraging a culture of understanding and empowerment. By the end of this session, attendees will be equipped with the tools to understand their legal rights, confidently request and implement accommodations, and contribute to fostering an inclusive workplace. Join us to transform your approach to workplace accommodations, turning challenges into opportunities for growth and innovation.

**Title:** From Meltdowns to Calm: Helping Youth Build Better Emotional Regulation

**Presenter:** Joyce Cooper-Kahn

**Presenter Bio:** Joyce Cooper-Kahn, PhD, is a clinical child psychologist who specializes in helping youth, families, and schools to successfully manage behavioral, emotional, and academic challenges. She has particular expertise in attention disorders with an emphasis on interventions for executive functioning difficulties. Dr. Cooper-Kahn is the author of two books on executive functioning: the recently updated and expanded *Late, Lost, and Unprepared: A Parent's Guide to Executive Functioning* and *Boosting Executive Skills in the Classroom: A Practical Guide for Educators* (with Margaret Foster, MAEd). A sought-after speaker on topics related to child development, she also serves on the editorial advisory board of CHADD's *Attention* magazine.

**Tracks:** Educators & School Professionals, Parents & Caregivers

**Audience Level:** Beginner

**Session Description:** When youth struggle with emotional regulation, daily life can become an exercise in walking on eggshells for the whole family. Even the routine ups and downs of a day can lead to emotional and behavioral meltdowns. Research offers sound information to help us understand the challenges of emotional regulation and leads to important guidelines for supporting dysregulated youth and helping them build better emotional regulation over time. This presentation will distill the research into key points and three specific takeaway messages to guide interventions. Examples of how to apply these guidelines will allow participants to utilize the information immediately. There is no magic bullet, but there is real hope here. This presentation will present practical, science-based information to help parents teach their children and teens ways to respond to feelings in a more thoughtful, flexible, and intentional way. In this workshop you will learn: three key components of good emotional regulation, guidelines for harnessing the research to create a calmer home, tips and examples for how to apply the guidelines, ways to help children and teens build better emotional regulation over time, and a five-step model for responding to meltdowns.

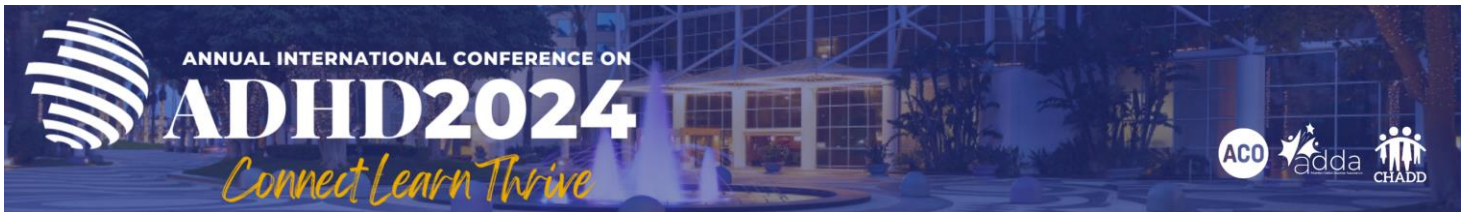
**Title:** Mindfulness and ADHD: Reflections on What Works and What Doesn't

**Presenter 1:** Lidia Zylowska

**Presenter 1 Bio:** Lidia Zylowska, MD, is associate professor in the department of psychiatry and behavioral sciences at the University of Minnesota and a faculty member of UMN's Earl E. Bakken Center for Spirituality and Healing. She is an internationally recognized expert in adult ADHD and mindfulness-based therapies. Her research work pioneered the application of mindfulness in ADHD, developed the Mindful Awareness Practices (MAPs) for ADHD program, and she helped co-found the UCLA Mindful Awareness Research Center. She has been featured in *Attention* and *ADDitude*, *Time*, *Boston Globe*, and *The New York Times*. She is a diplomate of the American Board of Integrative Holistic Medicine and author of *The Mindfulness Prescription for Adult ADHD* and *Mindfulness for Adult ADHD:— A Clinician's Guide*.

**Presenter 2:** Mark Bertin

**Presenter 2 Bio:** Mark Bertin, MD, is a developmental pediatrician and author of *How Children Thrive*, *Mindful*



*Parenting for ADHD, Mindfulness and Self-Compassion for Teen ADHD, and The Family ADHD Solution*, all of which integrate mindfulness into the rest of pediatric care. He is a contributing author for the book *Teaching Mindfulness Skills to Kids and Teens*. Dr. Bertin is a faculty member at New York Medical College, the Windward Teacher Training Institute, and has served on advisory boards for APSARD, ADDitude Magazine, Common Sense Media, and Reach Out and Read. His blog is available through Psychology Today. For more information, visit his website at [www.developmentaldoctor.com](http://www.developmentaldoctor.com).

**Tracks: Adults, Medical, Parents & Caregivers**

**Audience Level: Beginner**

**Session Description:** Since our initial presentation at the 2008 CHADD conference in Anaheim, mindfulness has become a more integral part of the ADHD toolbox for many clinicians and patients. Research increasingly shows benefits of mindfulness around ADHD symptoms, anxiety, mood, stress management, emotion regulation, and self-compassion. However, as a recent survey of adults and parents with ADHD has shown, more recommend mindfulness than feel able to practice it. So, what is mindfulness really, and how can it be practiced to optimize its benefits? A psychiatrist and a developmental behavioral pediatrician will reflect on their individual experiences with mindfulness over the years. They will share the impact of mindfulness in their own lives and as ADHD clinicians and teachers of mindfulness, emphasizing different ways to make mindfulness practical and doable for busy adults, parents, and clinicians. The presentation will reflect on the universal challenges of the practice, as well as the unique ways neurodiverse brains may engage with it.

**Title:** Outsourcing Executive Function with AI

**Presenter: William Curb**

**Presenter Bio:** William Curb, born in Oahu, Hawaii and graduated with a BA in English from the University of Puget Sound in 2008. He now resides in Washington state as a non-binary individual with a loving wife and two children. His career path has been diverse, from real estate to managing a professional frisbee team. His true passion lies in podcasting, where he now advocates for ADHD awareness on his podcast, *Hacking Your ADHD*, (launched in 2019) where he offers actionable advice and fosters a supportive community for those with ADHD, aiming to dispel misconceptions and empower individuals.

**Tracks: Adults, Coaches & Professional Organizers**

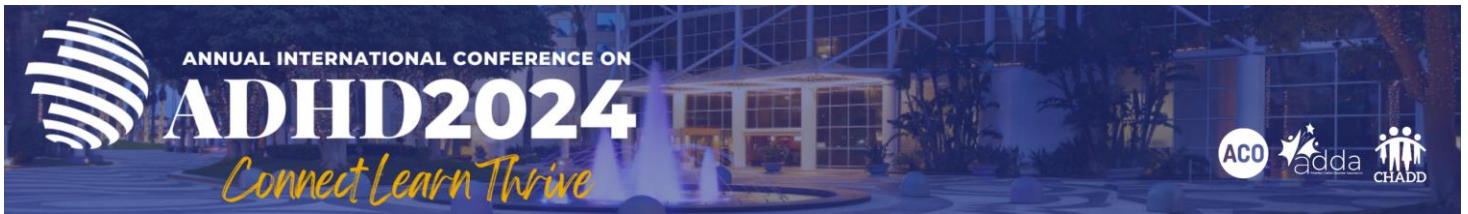
**Audience Level: Beginner**

**Session Description:** The evolving landscape of Large Language Models (LLMs) provides many potential applications in assisting individuals with ADHD by addressing executive function (EF) challenges. LLMs offer solutions for tasks like organizing, planning, and task initiation (though ethical considerations regarding accuracy and misuse must be carefully navigated). LLMs present promising opportunities to enhance EF management and understanding their limitations and ethical implications is crucial for their effective integration into ADHD management strategies.

**Title:** Please Help Me/Go Away: The ADHD Relational Paradox

**Presenter 1: Susan Dillon Tschudi**

**Presenter 1 Bio:** Susan Dillon Tschudi is a licensed marriage and family therapist in Westlake Village, California, and the author of *Loving Someone with Attention Deficit Disorder: A Practical Guide to Understanding Your Partner, Improving Communication and Strengthening Your Relationship* and a chapter contributor for *The Distracted Couple: The Impact of ADHD on Adult Relationships*. She has addressed numerous national and international groups and online audiences on ADHD and relationships.



**Presenter 2: Melissa Orlov**

**Presenter 2 Bio:** Melissa Orlov is the founder of ADHDmarriage.com, and ADHD & Marriage Consulting. She helps ADHD-affected couples from around the world rebalance their relationships and learn to thrive through her seminars, books, and consulting. She has written two award-winning books on the impact of ADHD in relationships. Her first, *The ADHD Effect on Marriage*, was called “the relationship bible for couples impacted by ADHD” by *ADDitude* magazine in 2023. She teaches mental health professionals how to work with couples impacted by ADHD and leads a team of consultants who specialize in this field. She blogs for PsychologyToday.com and at [www.adhdmarrriage.com](http://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, Therapist**

**Audience Level: Intermediate**

**Session Description:** Often misunderstood, this perplexing paradox of needing help but resenting the helper interferes with the “mixed” ADHD-affected couple’s (one partner has ADHD and the other doesn’t) relationship. As a result, the couple can experience confusion and frustration leading to relational distress. An in-depth examination of the personal, emotional, and relational dimensions of couples’ lives with ADHD, and specifically the power dynamics between partners, can illustrate why this paradox may appear and provide insights that help couples move away from this destructive pattern.

**Title:** See Me After Class: Collaborating with Teachers Without Conflict

**Presenter: Annette Lang**

**Presenter Bio:** Annette Lang is a certified ADHD life coach, working with adults, families, and teens. She retired from her career as an elementary and middle school educator after fourteen years in the classroom. She has dealt with the challenges that ADHD brings into a school setting as both a teacher, and parent. She has an MBA in finance and has worked as a financial analyst for a major investment bank. She uses her education and skills to partner with clients to develop healthy, ADHD-friendly monetary habits, and to address challenges that ADHD can bring to financial well-being.

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

**Audience Level: Beginner**

**Session Description:** Have you found it difficult to discuss your child’s ADHD with your child’s teacher? Felt dismissed when you tried to give them the latest information about ADHD? Listened to your child sadly discuss how much their teacher doesn’t like them? These situations can be avoided with cooperation between home and school. Studies show that collaboration between parents and teachers positively impacts students. In this presentation, you will learn how to successfully work with your child’s teacher in order to help your child thrive at school.

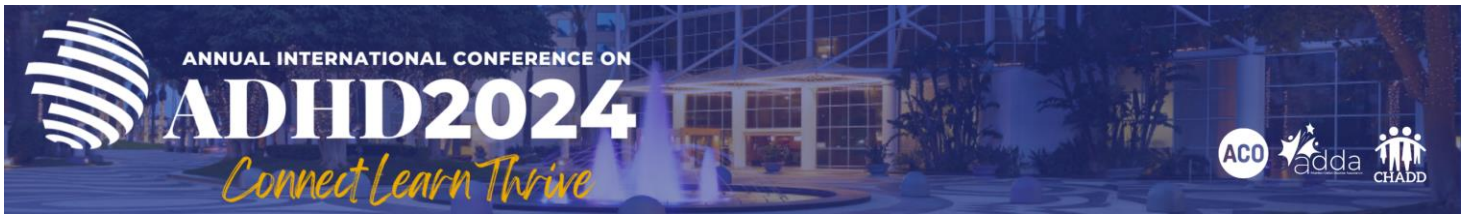
**Title:** Unleashing Neurodiversity: Embracing ADHD in Education, Work, and Society

**Presenter: Jessica Hicksted**

**Presenter Bio:** Jessica Hicksted is an AuDHD woman with a PhD in industrial organizational psychology and a champion of workplace inclusivity. Her groundbreaking work includes the development of a pioneering survey about the stigma surrounding invisible disabilities. By dissecting acceptance, ableism, and advocacy, Dr. Hicksted sheds light on dynamics affecting disclosure decisions in professional settings. Her research not only exposes the barriers faced by individuals with invisible disabilities but also unveils pathways to positive change.

**Tracks: Adults, Educators & School Professionals**

**Audience Level: Intermediate**



**Session Description:** Neurodiversity is a concept that acknowledges and celebrates the natural variations in human neurological functioning. Within this spectrum lies ADHD, a condition often misunderstood and stigmatized in society. This presentation advocates for a paradigm shift in how we perceive and approach ADHD, emphasizing the importance of embracing neurodiversity in education, work, and society at large. Attendees will leave this session with a comprehensive understanding of neurodiversity and its significance in acknowledging and celebrating the natural variations in human neurological functioning; assess and challenge the traditional view of ADHD as a deficit of attention; demonstrate tailored support and accommodations for neurodiverse students in education; explain the benefits of leveraging neurodiversity in the workplace; empowerment to challenge stereotypes, break down barriers, and advocate for policy changes that promote acceptance and inclusion; and tools to develop a deeper sense of empathy and understanding towards neurodiverse individuals, fostering a culture of compassion in personal and professional lives. By embracing the strengths of neurodiverse individuals, we can unlock their full potential and build a more inclusive and innovative future for all.

**4:30 PM – 5:30 PM**

**Title:** Fostering Executive Function Skills at School and Home

**Presenter:** Sean McCormick

**Presenter Bio:** Sean McCormick is the founder of Executive Function Specialists, the Executive Function Coaching Academy, and the co-founder of UpSkill Specialists. His work has been featured in places like Starter Story and the Thinkific blog. He lives in Northern California with his wife and two kiddos.

**Tracks:** Educators & School Professionals, Parents & Caregivers

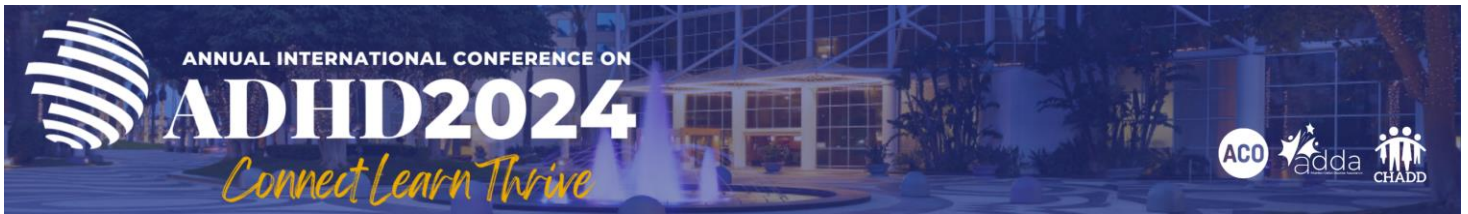
**Audience Level:** Beginner

**Session Description:** Join us for an enlightening session designed to empower parents and professionals with the tools and strategies necessary for nurturing executive function skills in youth and young adults, with a focus on those affected by ADHD. Learn how to translate the latest research into effective practices that foster skill development crucial for success in school, work, and interpersonal relationships. This presentation will guide you through actionable strategies to identify, evaluate, and support the growth of executive function capabilities, offering a pathway to improved life outcomes and societal contribution. Gain insights into practical tools and techniques that can be applied in various settings to enhance well-being, engagement, and achievement. Transform your approach to supporting individuals with ADHD by equipping them with the skills they need for a fulfilling and harmonious life.

**Title:** Helping Students with ADHD Navigate the Challenges of College Life

**Presenter 1:** Allison Bray

**Presenter 1 Bio:** Allison C. Bray is currently a consultant for development and facilitation of the ACCESS Program (Accessing Campus Connections and Empowering Student Success). Dr. Bray earned her BA in psychology from Bates College (Lewiston, Maine), and her MA and PhD in clinical psychology from the University of North Carolina Greensboro. During her graduate school training, under the direction of Dr. Arthur D. Anastopoulos, she completed an advanced practicum and received extensive specialty training in the treatment and assessment of ADHD with children, adolescents, and adults. In addition to serving as a mentor for college students with ADHD in the initial open clinical trial examining ACCESS, she contributed to ongoing refinements of the mentoring guidelines under development at that time. She then completed a one-year clinical internship, followed by a one-year postdoctoral fellowship at Baylor College of



Medicine (Houston, Texas), where she continued her training in comprehensive psychological and psychoeducational assessment, as well as cognitive-behavioral and dialectical behavioral therapies with youth and adults in inpatient, outpatient, and intensive outpatient programs. Following fellowship training, she served as a staff psychologist for LeBauer Healthcare (Greensboro, North Carolina) in the behavioral medicine division, where she specialized in the comprehensive assessment and cognitive-behavioral treatment of ADHD in adults. Currently, Dr. Bray is involved in curriculum development and adaptations of ACCESS in an on-line setting. She also provides direct delivery of the ACCESS program to college students and supervises graduate student trainees who are leading ACCESS groups on their university campuses.

**Presenter 2: Arthur Anastopoulos**

**Presenter 2 Bio:** Arthur D. Anastopoulos, PhD, is currently professor emeritus at the University of North Carolina Greensboro and president of Empowering Student Success, LLC. From 1996 until 2022, he developed and directed a nationally recognized ADHD clinic that provided state-of-the-art clinical services, clinical training for students from multiple disciplines, and opportunities for participation in clinical research. An active researcher, he has been an investigator on numerous federally funded research grants, regularly presents his findings at national and international meetings, and has published a hundred journal articles, book chapters, and books related to the clinical management of ADHD across the lifespan.

**Tracks: Coach & Professional Organizer, Parents & Caregivers**

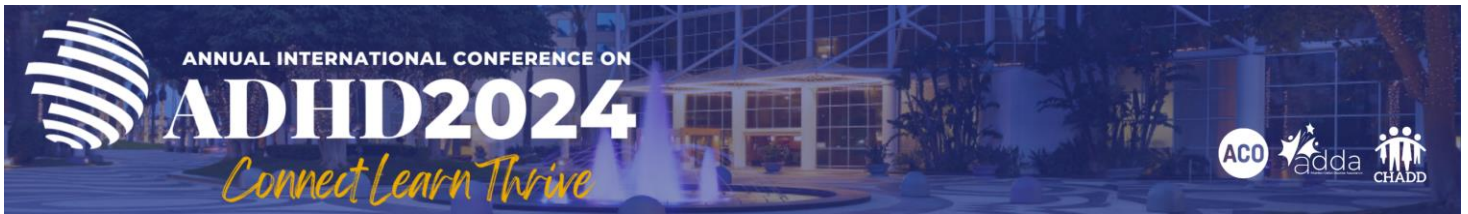
**Audience Level: Intermediate**

**Session Description:** Accommodations, medication, and coaching are services commonly used by young adults to help them cope with the challenges of having ADHD while in college. Although helpful in many ways, such services oftentimes do not fully address the multiple needs of this population related to impairments in academic, personal, social, emotional, and/or vocational functioning. Accessing Campus Connections and Empowering Student Success (ACCESS) is an innovative, evidence-based program informed by cognitive-behavioral principles that is designed to give college students with ADHD the knowledge and skills necessary for academic, personal, and social success. ACCESS utilizes group and individual mentoring sessions that are delivered across two consecutive semesters to provide students with: a developmentally appropriate knowledge and understanding of ADHD; behavioral strategies targeting organization, planning, and other executive functioning skills; and adaptive thinking skills to combat unhelpful negative thinking patterns. This presentation will provide a detailed description of why ACCESS is needed, how it is implemented, and the published research findings supporting its use. Recent dissemination efforts will also be discussed, related to direct in-person and online delivery of ACCESS at several universities, and training of on-campus and off-campus (e.g., ADHD coaches) professionals in delivering the program.

**Title:** Section 504/IEP's: Emphasis on Behavioral Concerns, What Parents Should Know

**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 an immediate past 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:** Educators & School Professionals, Parents & Caregivers

**Audience Level:** Intermediate

**Session Description:** This session will clarify the Section 504 and IEP regulations, and guidance documents published by the Office of Special Education Programs (OSEP) as they relate to behavioral problems- from disruptive classroom behavior to out-of-control meltdowns that some children can experience. We will discuss how to identify an ADHD student's needs, interventions and the accommodations that are appropriate for them. Dr. Katz will emphasize what schools can and should be doing to assist students with behavioral concerns. Furthermore, the session will help you to be an advocate for your child at school in general, and in formal meetings, in particular. Knowing how the regulations should be instituted and being to talk to the school "in their language" about your child and their needs will go far. We will talk about how to deal with recalcitrant teachers and administrators- such as how to involve upper level school district administrators.

**Title:** Stop Apologizing and Start Owning Your Day

**Presenter:** Nikki Kinzer

**Presenter Bio:** Nikki Kinzer, PCC, is the founder of Take Control ADHD and a certified ADHD coach. In addition to coaching, she offers online courses, and her popular Guided Planning Session (GPS) program, a monthly membership designed around weekly planning, prioritizing, accountability, and success. She co-hosts *Taking Control: The ADHD Podcast* with Pete Wright, and together they coauthored the book, *Unapologetically ADHD: A Step-By-Step Framework For Everyday Planning on Your Terms*. She has presented her expertise at major industry conferences and been featured in top publications like *The Wall Street Journal* and *Real Simple*.

**Tracks:** Adults, Parents & Caregivers

**Audience Level:** Intermediate

**Session Description:** Are you tired of that feeling of disappointment when your well-planned day goes off the rails? Are you fed up with lists that leave you feeling more overwhelmed and less in control? Rigid calendars and unrealistic to-do lists often set you up for failure, leaving you feeling the need to apologize for yet another plan that went awry. Traditional planning often ignores the impact of ADHD. In this interactive session, we introduce you to a new daily planning framework that supports your ADHD and stops self-blame. We unravel how ADHD influences the perception of time, working memory, and motivation. Discover new insight into your unique patterns of distraction, focus, and energy and learn how to practice flexible scheduling, allowing you to plan on your own terms. You will walk away feeling empowered to take control of your day in a compassionate way that honors your unique ADHD mind.

**Title:** Supercharge Your Job Search: Top ADHD-Friendly Strategies & Tools

**Presenter:** Kerry O'Connor-Kunsch

**Presenter Bio:** Kerry O'Connor-Kunsch is a resume writer and career coach dedicated to assisting ADHD professionals break free from burnout. Her journey began in 2010 at a career services company, managing customer complaints for a large executive resume writing department. Drawing from this experience, she established her resume writing business in 2017, later incorporating ADHD career coaching in 2022. Originally from New York, she now resides in the North Carolina triangle with her neurotypical husband, an executive recruiter, and their two ADHD children. She firmly believes



that fierce self-compassion is the most powerful tool for career transformation.

**Tracks: Adults, Coaches & Professional Organizers**

**Audience Level: Beginner**

**Session Description:** Did you know the average job hunt takes SIX months? And that jobseekers report spending about eleven hours per week on search-related tasks? I don't know about you, but that sounds exhausting! This session explores the biggest ADHD challenges and top strategies and tools to tackle them. Learn the basics of crafting a compelling personal brand, using storytelling in interviews, and leveraging tools to make the whole process easier. And discover how to optimize your resume for applicant tracking systems and avoid the dreaded "resume black hole." Join us to make your job search more efficient, effective, and rewarding—so you can avoid job search burnout and show up to the first day of your new job with enough energy to rock it!

**Title:** The Importance of Nutrition for ADHD

**Presenter: Julia Cassidy**

**Presenter Bio:** Julia Cassidy has twenty years of experience as a weight and nutrition inclusive dietitian in the behavioral health community. She is a certified eating disorder specialist consultant, certified intuitive eating counselor, certified in nutrition psychiatry, and a licensed body positive facilitator. She obtained a bachelor of science degree in nutrition and dietetics from Cal State Long Beach and a master's degree in exercise science from Cal U, Pennsylvania. She is enthusiastic about helping individuals heal their relationship with food and their body through weight-inclusive and all-inclusive nutrition care.

**Tracks: Adults, Parents & Caregivers**

**Audience Level: Beginner**

**Session Description:** This session will focus on the importance of nutritional psychiatry and how it applies to ADHD. With this focus the presenter will identify some nutrition strategies and interventions to help with different eating patterns and disorder eating. She will also discuss the importance of eating for mood stabilization with an all-inclusive nutrition approach.

**Title:** We Got the Beat: The Impact of Music on ADHD

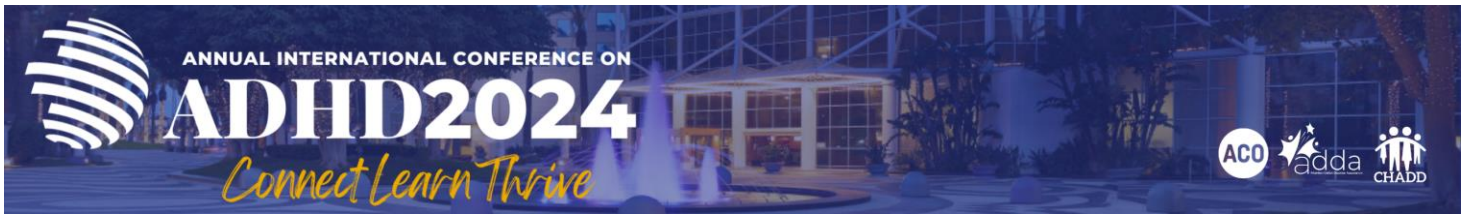
**Presenter: Roberto Olivardia**

**Presenter Bio:** Roberto Olivardia, PhD, is a clinical psychologist and lecturer in the department of psychiatry at Harvard Medical School. He maintains a private psychotherapy practice in Lexington, Massachusetts, where he specializes in the treatment of ADHD, body dysmorphic disorder (BDD), and obsessive-compulsive disorder (OCD). He also specializes in the treatment of eating disorders in boys and men. He is on the professional advisory boards for CHADD and ADDA, and sits on the scientific advisory board for ADDitude, and is a featured expert for Understood. He presents at many conferences, podcasts, and webinars around the country.

**Tracks: Educators & School Professionals, Parents & Caregivers**

**Audience Level: Beginner**

**Session Description:** Famous neurologist Oliver Sacks once said “nothing activates the brain so extensively as music.” Research has found robust findings on how active music therapy (playing an instrument, singing) and passive music therapy (listening) were associated with improved ADHD (and related) symptoms including reduced impulsivity, aggression, and anxiety and increased academic skills, working memory, mood regulation, temporal processing, and sleep onset. Variables to consider when using music as an aid include genre, tempo, volume, and involved task (chores, sleep,



reading, etc.). The speaker will share practical and accessible ways to use music, not only to boost executive functioning but also as a tool for mindfulness, grounding, and emotional regulation. The speaker will also share relevant anecdotes (as a clinician and musicophile with ADHD).

**Title:** “What’s Going On in My brain!?” Practical ADHD Neuroscience 101

**Presenter 1: Tim Hutchison**

**Presenter 1 Bio:** Tim Hutchison is a life coach and professional organizer with a focus in ADHD. A native of Charlotte, North Carolina, he is president-elect of the local ICF chapter, where presented a well-received webinar on coaching ADHD clients. For more than ten years, he has helped adults and young people gain clarity around their priorities and life goals, and empowered them to enjoy life. An entrepreneur at heart, he holds a degree in business from UNC Charlotte and has run a successful business for over ten years. Concurrently, he is completing coach training and ICF certification and experiencing the joy of fatherhood.

**Presenter 2: Summer Varde**

**Presenter 2 Bio:** Summer Varde is an architect, marketing professional, and professional ADHD life coach. She spent the first twenty-plus years of her career as an architect with ADHD, ten of those learning to how to successfully work with that. Now a certified ADHD coach, she helps other “scattered creative” professionals understand how they are uniquely wired, gain self-acceptance, and develop tools for digging out of creative rabbit holes. As an architect, she is all about translating lots of information and complex concepts into digestible visual and written form. As an ADHD coach and neuroscience nerd, she loves doing the same!

**Presenter 3: Vivian Valentin**

**Presenter 3 Bio:** Vivian V. Valentin, PhD, is a cognitive neuroscientist with expertise in developing neurocomputational models of neuroplasticity, learning, executive attention, and brain-state transitions. She studied the brain basis of procedural and goal-directed learning and metacognition. In parallel, she practiced yoga and meditation, and became certified to teach both. Weaving these two worlds, she studied the brain basis of mindfulness. Through motherhood, her passion grew for enhancing child development and promoting systemic change through education, and she turned to bringing mindfulness, compassion and nature-connection practices to schools and other communities through the Kind Mind program. She also leads initiatives to support youth climate actions.

**Tracks: Adults, Coaches & Professional Organizers**

**Audience Level: Beginner**

**Session Description:** “ADHD is from a lack of dopamine that medication fixes, right?” You probably know that the neurobiology of ADHD and its treatment is not that simple! ADHD is a complex condition that even many professionals can’t easily explain. Understanding and articulating what ADHD actually is, in the brain empowers us to implement effective solutions. This presentation is a journey of awareness through the neurobiology of ADHD, neuroplasticity, and mindfulness, arriving at practical action.