INTERNATIONAL CONFERENCE ON

ADHD2025

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Thursday, November 13, 2025

8:15 - 10:15 AM

Session Title: ADHD Coaching Mastery: Traits, Trust, & Transformation
Speaker(s): Roger Dewitt, Coaching NYC Inc
Barbara Luther, ADD Coach Academy (ADDCA)
Track: ADHD Coaches & Professional Organizers
Session Description: What does mastery really look like in ADHD coaching? Is it about powerful questions? Deep insight? Trusting your gut? Knowing the traits cold? Yes—and more. In this engaging, high-level conversation between two master ADHD coaches (who may even disagree!), we'll explore the playful, intuitive, and deeply human art of ADHD coaching mastery through the lens of the PAAC MCAC markers. We'll go beyond techniques and into what happens when you trust the client so fully, you let go of knowing. When you see ADHD not as a diagnosis, but as a dynamic system you can illuminate in real time. When your presence is the intervention. Expect demos, breakout discussions, and behind-the-scenes reflections from decades of coaching and mentor experience. This is for coaches ready to move from "doing it right" to being with it fully. Come for the insight. Stay for the embodiment. Leave with your inner master a little more awake.

Session Title: ADHD Couples' Therapy Through a Neuroaffirming Gottman Lens
Speaker(s): Michelle Dougher Frank, PsyD, Enrich Relationship Center of Colorado
Track: Therapists
Session Description: As ADHD awareness has grown, a focus on ADHD and neurotype differences has grown in the couples' therapy space. At the same time, most providers have not had formal training on how to tailor couples' therapy to neurodivergent clients, leaving most feeling a bit befuddled. You might have asked yourself questions such as: How do I best intervene without overpathologizing or minimizing? Should I focus on dynamics and process or ADHD symptom management? How do I help these couples balance boundaries and acceptance, or honor both limitations and commitment to growth? How do you approach these couples without bias if you, the provider, also have ADHD? This presentation aims to support clinicians in developing a plan for tailoring their couples' therapy practices to support these complex and engaging couples. We will look at ways in which ADHD commonly impacts relationships through the lens of the Gottman approach to relational wellness and their body of research, and discuss themes for exploration with couples as well as ways to become a more neuroaffirming couples practitioner.

Session Title: Executive Function, Motivation, & Emotional Regulation: Innovative Strategies for Educators
Speaker(s): Shelly Levy, M.Ed., M.S., Research Institute For Learning And Development
Laurel Black, Research Institute for Learning and Development
Track: Educators & School Professionals
Session Description: How can we best support students with ADHD? As students face increasingly demanding academic work, their success hinges on their ability to juggle multiple tasks – setting goals, organizing information, and adapting strategies when problems arise. These critical processes fall under the umbrella of executive function (EF), and for many students, especially those with ADHD, navigating these demands can result in a "clogged funnel" – information gets stuck, and progress stalls. Executive function does not happen in a vacuum, so in order to understand the challenges students face, it's important to explore the crucial link between executive function, emotional regulation, and motivation. For students with ADHD, these areas can be particularly vulnerable during moments of academic challenge. Attendees will gain insight into the research behind each of these components and understand the unique challenges and opportunities they present when working with students with ADHD. Attendees will learn practical strategies for addressing executive function, emotional regulation, and motivation in a way that help students foster a growth mindset and develop the strategies they need to be more confident and independent in their work and in their lives.

Session Title: Stress-Free Documentation: Practical Strategies for Neurodivergent Clinicians
Speaker(s): Maelisa McCaffrey, QA Prep
Track: Therapists
Session Description: In this presentation you'll learn the most common mistakes that clinicians make with their documentation and what leads to these mistakes. Most importantly though, you'll learn what to do instead and how to thrive with documentation as a stress-free process in any clinical setting. Come prepared to interact and realize that everyone else has the same embarrassing questions because this workshop is not just a lecture. You will see practical examples of documentation, evaluate real-life ethical conflicts, connect with colleagues, and leave with an actionable plan that instills confidence in your documentation.

9:00 – 10:00 AM

Session Title: A Practical Approach to Measurement-Based Care of Adult ADHD
Speaker(s): Benjamin Cheyette, Mindful Health Solutions
Track: Medical
Session Description: In this seminar I will discuss the pros and cons of adult ADHD diagnostic tools - i.e. screeners, surveys, and tests. This will include self-report screeners such as the ASRS and WURS, diagnostic self-survey measures such as the CAARS2, observer-based survey measures such as the CAARS2-O, and diagnostic Continuous Performance Tests, such as the CPT-3, TOVA, QB, and Creyos Testing. To increase accuracy and reliability of ADHD diagnosis in adults I will advocate for a diagnostic process that incorporates a battery of complementary tools as an adjunct to traditional psychiatric diagnostic methods based on history taking, observation, and consideration of DSM diagnostic criteria. I will also describe the utility of using a novel symptom measure to track patient progress during follow-up visits, called the HII-5, based on the widely used PHQ-9 for depression and GAD-7 for generalized anxiety. At the conclusion of my talk, attendees will be well-prepared to incorporate quantitative testing into their practice for optimizing both the diagnosis and ongoing management of adult ADHD patients.

Session Title: Confident Countertransference in treating ADHD: Awareness, Analysis, & Management
Speaker(s): Cody Cheney, Utah Valley University
Track: Therapists
Session Description: A description of countertransference (CT) and the impact, for good or bad, that CT has on our working relationships. Therapists and coaches (of which I will collectively refer to as helpers) will receive training in management of CT based on current research and clinical experience. Management is defined as an increased awareness of CT, ability to analyze one's CT, and ability to identify supports for CT. These skills are crucial when building trusting relationships with, empathizing with, and understanding clients' unique inner experiences. Furthermore, I address these issues as a psychodynamic psychotherapist who recognizes the shared elements in effective therapies. I will address recent research into common factors therapy (CFT), and present an argument that helpers are more effective (less likely to have harmful CT) when feeling confident in their modalities, regardless of whether it is strictly called CBT or "the gold standard."

Session Title: Identifying & Managing Sleep Health Among Individuals with ADHD
Speaker(s): Carlos Yeguez, Seattle Children's Research Institute

Track: ADHD Coaches & Professional Organizers
Session Description: ADHD Coaching shows great promise for expanding access to effective care for individuals with ADHD that manages both daytime (e.g., executive functioning) and nighttime functioning (e.g., sleep health). Sleep problems are ubiquitous among individuals with ADHD, are often targeted during ADHD Coaching sessions, and may improve overall functioning when effectively managed. Therefore, Coaches may wish for high quality training on practical strategies to identify sleep problems, effectively assess and manage sleep health, and make appropriate referrals when sleep health concerns emerge that feel beyond the scope of ADHD Coaching.

Session Title: "Well-being Wheel" for ADHD Group Coaching: Uses, Demonstration & Analysis
Speaker(s): Emily Whelden, Dixon Life Coaching
Evan Monez, Dixon Life Coaching | Monez ADHD Coaching
Tracy Winter, Neurodiversity Coaching Academy | Dixon Life Coaching
Track: ADHD Coaches & Professional Organizers
Session Description: Brought to you by a team of experienced coaches who have led hundreds of group coaching workshops, this in-depth exploration of using a “Well-being Wheel” in a group coaching session will help you elevate your coaching practice. Featuring a live group coaching demonstration of the Well-being Wheel in action you will learn how to use this classic coaching tool in a dynamic group setting. We will also explore the key skill differences between coaching and facilitation needed for a successful group coaching workshop, how to build rapport quickly in a group setting, and analyze in real time the skills used during the coaching demonstration.

10:30 – 11:30 AM

Session Title: A New Approach to ADHD Adult Diagnosis
Speaker(s): Jessica Rosenfeld, The Chicago School
RENEH KARAMIANS, The Chicago School of Professional Psychology
Track: Therapists
Session Description: ADHD diagnoses have been on the rise for decades. With the current diagnostic criteria based largely on its presentation in children, there is widespread debate about how best to accurately diagnose ADHD in adults. Many practicing providers were trained to use neuropsychological assessments to enhance diagnostic specificity and may be skeptical to drop their robust assessment batteries. However, new research is suggesting that these measures are not accurate in correctly

differentiating ADHD and non-ADHD patients. Other diagnostic options include clinical interview and questionnaires, which are helpful but have high face validity that can lead to concerns with malingering and/or unconscious bias from clients. This presentation will review existing literature on comprehensive adult ADHD diagnosis, the pros and cons of existing assessment tools, and will introduce the EEG as a potential new tool to aid in diagnostic accuracy.

Session Title: Beyond Cultural Competence: Practicing Cultural Humility in ADHD Coaching for Diverse Clients
Speaker(s): Sudhita Kasturi, Leverage Your ADHD
IngerShaye Colzie, Black Women With ADHD/ADHD Black Professionals Alliance
Track: ADHD Coaches & Professional Organizers
Session Description: ADHD shows up differently across cultures—but too often, coaching frameworks fail to recognize these differences, let alone respond to them with nuance. This session goes beyond the basics of cultural competence and digs into cultural humility as a lifelong practice that helps ADHD coaches and professionals work more effectively with Black, POC, immigrant, and other marginalized clients. Through real coaching scenarios, participants will explore how to build authentic rapport, address bias and microaggressions, and create safer spaces for clients navigating complex cultural identities and systemic barriers. We'll focus on the practice of cultural humility—not as a destination, but as an ongoing mindset—while offering tools that can be used immediately, including bias-checking questions, intake strategies, and culturally responsive communication techniques. This session is ideal for professionals seeking to expand their cultural awareness, improve coaching outcomes, and build meaningful connections across lines of difference.

Session Title: Helping Clients Thrive at the Intersection of ADHD & Addiction
Speaker(s): Mike Starkey, ADHDandAddiction.com
Amber Harper, ADHDandAddiction.com
Track: ADHD Coaches & Professional Organizers
Session Description: As coaches with lived experiences at the intersection of ADHD and addiction, we offer informed and compassionate solutions designed for the individual client. A key neurobiological factor involved in both ADHD and addiction is low dopamine activity in certain brain regions responsible for attention and impulse control. Substance abuse and addictive behaviors provide a firehose release of dopamine, leading to a surge in the brain's reward pathways that can reinforce drug-seeking behavior

and lead to relapses. As coaches, we can provide tools for early recovery and relapse prevention support. Executive functions, such as decision-making, planning, inhibition, and self-control, are also impaired in both ADHD and addiction. To address this we work with clients to create trackable results that allow them to see progress and feel in control of their recovery path. A better understanding of functional differences in neurochemicals such as dopamine, cortisol, adrenalin, and serotonin can also help individuals navigate recovery at the intersection.

Session Title: I Hurt Too Much: Rejection Sensitivity (RS) & ADHD in Girls and Women
Speaker(s): Rachel Fryman, Yeshiva University
Track: ADHD Coaches & Professional Organizers
Session Description: In this session, participants will learn to better identify and support female clients with Attention Deficit Hyperactivity Disorder (ADHD) presenting with symptoms of Rejection Sensitivity (RS). The session will begin with an overview of ADHD in girls and women, including the Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria of ADHD, recent scholarship, and clinical observations. Although more research is needed to understand the mechanism and prevalence of RS, in clinical practice identifying and understanding how females with ADHD may feel and act differently in interpersonal relationships can prove very powerful and meaningful. By providing a developmental overview of how ADHD and RS may present during childhood, adolescence, and adulthood, this session is intended to raise awareness for identifying and supporting female clients who are struggling with emotional dysregulation and interpersonal relationships through the lifespan. A case vignette will illustrate presentation of ADHD with RS and different interventions to consider when working with the young woman navigating demands of school, family, and friends, as well as later in treatment once in the workforce and dating. There will be concrete recommendations on making appropriate referrals and how to support female clients to thrive at home, school, and the workplace.

Session Title: Mindfulness Based Resilience & Regulation for Kids and Teens
Speaker(s): Christopher Willard, Harvard medical school
Track: Therapists
Session Description: Join author, psychologist and consultant in this workshop for professionals and parents interested in sharing mindfulness with youth. Will be sharing fun practices that can be used by teachers, therapists, and others looking for creative ways to teach 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 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 30 seconds to 30 minutes.

Session Title: Results from the U.S. National Survey on ADHD Coaching
Speaker(s): Margaret Sibley, University of Washington School of Medicine
Melissa Dvorsky, Children's National Hospital the George Washington University School of Medicine and Health Sciences
Tamara Rosier, ADHD Center of West Michigan
Track: ADHD Coaches & Professional Organizers
Session Description: ADHD Coaching is a fast-growing form of support for individuals with ADHD (Ahmann & Saviet, 2021), yet research has not documented trends and practices withing the ADHD Coaching workforce. This presentation is cutting edge because it offers the first large-scale snapshot of the ADHD Coaching workforce in the United States—an essential but largely undocumented sector supporting individuals with ADHD (Prevatt et al., 2015, 2017 for qualitative studies). As coaching continues to gain visibility and credibility, understanding who ADHD coaches are, how they practice, and how they reach clients is vital for informing public health policy, credentialing standards, research priorities, and equitable access to care (Aboujaoude, 2020). The U.S. National Survey on ADHD Coaching was conducted from October 2024 to April 2025 to capture the experiences of ADHD coaches in the U.S. . In this presentation, researchers will present full survey results. We will engage and reflect with audience members regarding what our findings might mean, survey blind spots, and next steps for translating results into an organized ADHD Coaching public health strategy.

Session Title: The Real Reason Your Client is Stuck & What to Do About It
Speaker(s): Kate Barrett, Coaching Cville, LLC
Diane Dempster, ImpactParents
Track: ADHD Coaches & Professional Organizers
Session Description: Are your coaching clients spinning their wheels, unable to make progress no matter how many practical strategies you try? The root cause might be different than you think. In this session, we'll unpack the underlying emotional and mindset factors that can keep clients stuck and give

you the tools to address them. You'll discover how your personal coaching approach can inadvertently contribute to client stuckness. We'll help you identify your tendencies and shift into a more empowering coaching stance. We'll explore the emotional landscape that may be holding your clients back - from fear and imposter syndrome to impatience and powerlessness. Through interactive exercises, you'll learn how to uncover and address these deeper blocks compassionately Forget quick fixes. This session is about sustainable change. Walk away with a holistic framework for supporting your clients' success, rooted in their whole selves, not just their to-do lists. Get ready to unlock the true potential in every stuck client.

Session Title: Understanding ADHD in Girls & Women – A Comprehensive Approach to Wellness
Speaker(s): Brandi Walker, V.O.I.C.E for Neurodiversity, Inc.
Carolyn Lentzsch Parcells, Our Place Adolescent And Young Adult Health
Track: Medical
Session Description: This professional session delves into biological, psychological and cultural dimensions of living with ADHD for females. In light of the latest research on life expectancy, diagnostic trends and biological influences, the presenters will offer evidence-based tools to assist in assessment and diagnosis. Participants will gain insights into how ADHD manifests across different life stages and the psycho/social/cultural implications of living as a neurodivergent girl or woman. Innovative strategies to navigate these particular challenges, often compounded by stress, will expand the range of treatment interventions for attendees. Using an intersectional lens, we will facilitate discussions about the impact of societal expectations, interpersonal relationships and shame on girls and women with ADHD. With this integrated approach, participants will leave with practical, effective tools to provide comprehensive care that improves the overall well-being of their patients and clients.

12:30 – 1:30 PM

Session Title: ADHD & Borderline Personality Disorder
Speaker(s): Roberto Olivardia, Harvard Medical School
Track: Adults with ADHD
Session Description: Borderline Personality Disorder (BPD) is a condition marked by identity disturbance, emotional dysregulation, interpersonal problems, impulsivity and self-destructive or suicidal behavior. Research has found that anywhere from 16%-38% of patients with BPD also have ADHD. There has been more empirical and clinical interest in the relationship between ADHD and BPD.

Since both are widely misunderstood and have overlapping symptoms, there is much room for diagnostic confusion. Many mental health providers have little to no training in both of these conditions. This session will break down the symptoms of BPD and how to properly distinguish these from ADHD symptoms. Various clinical anecdotes will be highlighted, including cases of misdiagnosis. Reasons why ADHD can serve as a risk factor for the development of BPD will be reviewed. Treatment interventions and clinical challenges for patients with both conditions will be discussed, and the importance of identification since this comorbidity presents with higher severity. The speaker will also address the stigmatizing nature of both of these conditions and present a more self-accepting framework of understanding this complex relationship so that one can move toward more valued living.

Session Title: An Integrative Psychological/Neurobiological Framework for Case Formulation & Intervention
Speaker(s): Dr. Sarah Alden, Licensed Clinical Psychologist & Learning Coach
Track: Therapists
Session Description: Participants will learn how to utilize key concepts and findings from multiple areas of theory and research from the fields of psychology and education; these include but are not limited to growth mindset framing (C. Dweck), positive psychology (C. Rogers, M. Seligman), ADHD and Cognitive Behavioral research (R.Barkley, F. Dixon, N. Hallowell, S. Cohen) and Dialectical Behavior Therapy (M. Linehan). Participants will learn how these ideas can be integrated and applied in ADHD coaching and therapy with the goal of helping clients with ADHD develop a deeper, more hopeful and empowering understanding of themselves and get on the path to successful coping and self actualization. Through case examples and discussion, participants will learn to formulate treatment goals, work with emotion dysregulation and implement a variety of support and intervention strategies such as psychoeducation, motivational enhancement, building self-efficacy, emotion regulation and metacognition skills. Practical, research based and integrative coaching, educational and therapeutic methods will be discussed in the context of an innovative, collaborative and client-centered approach that aims to optimally customize goals and strategies to the unique neurobiological makeup of each ADHD client.

Session Title: Empowering Late Diagnosed Women: Therapeutic & Coaching Insights for Transformation
Speaker(s): Liz Lewis, Healthy ADHD
Michelle Dougher Frank, PsyD, Enrich Relationship Center of Colorado
Track: Adults with ADHD

Session Description: Receiving an ADHD diagnosis later in life can be a profound and disorienting experience for women, often reshaping their sense of identity. This session explores the unique emotional and psychological challenges that arise post-diagnosis, including doubt, grief, self-blame, burnout from decades of masking and trying to "just push through," and the cultural pressure to “fix” oneself. Your clients might wonder: "How do I actually move forward after all these years?" or "Can't you help me fix this already?!" Through a combined coaching and therapeutic lens, we’ll examine how women with ADHD can integrate their late diagnosis in a more empowering way—balancing self-knowledge with the desire for growth. The coaching perspective will highlight challenges with fusing oneself to rigid labels or narratives instead of getting to a balanced self-perspective and how to pivot from perfectionism to mental flexibility so you can better tackle day to day life with ADHD. The therapeutic approach will discuss a four-part approach to supporting clients in finding wholeness and integration after a later-in-life diagnosis of ADHD. Dr. Frank will touch on relationship to ADHD, Self, emotions, and others as key aspects of a well-rounded clinical approach to ADHD support - with concrete take-aways for professionals. Attendees will leave with realistic, effective and practical tools to help clients navigate their ADHD journey with greater clarity, resilience, and self-acceptance.

Session Title: Staying in the Lane: Ethical Practice in ADHD Coaching
Speaker(s): Julia Mullins, Mullins Professional Group
Track: ADHD Coaches & Professional Organizers
Session Description: This session explores the critical role of ethics in ADHD coaching, emphasizing the prioritization of client well-being and the complexities of neurodivergence. Participants will reflect on the importance of adhering to evidence-based methods and maintaining informed consent, confidentiality, and professional boundaries. Creating connections in alignment with ICF Core Competencies, such as Demonstrating Ethical Practice and Cultivating Trust and Safety, we will engage in open discussion about what ethical practice looks like. We will examine the risks of coaching without ethical grounding, including potential harm from changing lanes, unrealistic expectations or misguided advice. The presentation highlights how integrating ADHD-specific knowledge supports competencies like Evoking Awareness and Facilitating Client Growth, empowering clients to achieve meaningful, sustainable change. Additionally, the session addresses how ethical practice protects coaches by establishing clear boundaries, managing risks, and fostering professional integrity. Adherence to ICF standards equips coaches to navigate complex situations responsibly, reducing liability and burnout.
Through this session, participants will deepen their understanding of ethical vigilance and professional standards, ensuring they provide compassionate, knowledgeable, and effective support to individuals with ADHD.

Session Title: The Shame Spiral & ADHD: What Actually Helps
Speaker(s): Nate Page, Ph.D., ADHD Center of Minnesota
Track: Therapists
Session Description: Shame is the elephant in the ADHD room—and in this session, we're not just naming it. We're pulling up a chair, offering it snacks, and learning how to work with it. Elephants, after all, aren't just heavy; they're wise, loyal, and strong. When we learn to befriend our shame instead of fear and avoid it, it can become one of our greatest teachers. For many ADHDers, shame starts early and runs deep. It hides behind perfectionism, procrastination, people-pleasing, and masking—patterns that often become internalized as part of a shame-based identity. And when clients spiral into shame, it's easy for clinicians and coaches to feel stuck too. This engaging, practice-based session will give you tools to get unstuck. You'll learn a process-oriented framework for creating corrective experiences, practice holding shame with empathy and co-regulation, and receive practical guidance for working with the cultural, developmental, and neurological layers of shame in ADHDers. You'll also reflect on your own shame—because unexamined shame in the clinician creates barriers. Expect research-informed interventions, real client stories, and at least one metaphor involving poop (yes, really). Let's roll up our sleeves and embrace this elephant–together!

12:30 – 3:30 PM

Session Title: ADHD, Learning Differences, & Autism: Navigating Where Diverse Paths Cross
Speaker(s): Kimberly Harrison, The Conative Group, PLLC
Track: Educators & School Professionals
Session Description: Neurodiversity is not one-size-fits-all. This session will help participants understand some of the core features and nuanced differences of the neurodiverse thinking styles inherent in ADHD, learning differences, and Autism. Further, this session will provide information about how to incorporate techniques that work best in the classroom and therapeutic setting based on the unique features that are most common in each of these groups. By viewing where similarities and differences exist, participants will be able to more accurately provide help to those with whom they work.

Session Title: Exploring the Overlaps Between ADHD Coaching, Cognitive Behavioral Therapy, and Motivational Interviewing in Practice
Speaker(s): Cameron Gott, Cameron Gott Coaching LLC
Russell Ramsay, Independent Practice
Margaret Sibley, University of Washington School of Medicine
Track: Therapists
Session Description: In this dynamic and interactive three-hour presentation, three leading experts in their respective disciplines—Dr. Russell Ramsay (Cognitive Behavioral Therapy), Dr. Margaret H. Sibley (Motivational Interviewing), and Cameron Gott (ADHD Coaching)—explore the overlaps and differences in intervention process and content when applying these psychosocial approaches with individuals who have ADHD. CBT and ADHD Coaching are two commonly available forms of psychosocial support for individuals living with ADHD. Motivational Interviewing is an engagement focused communication style that has widely blended into both CBT and coaching models across a range of clinical populations. CBT is an evidence-based form of psychological treatment that is aimed at helping people modify their behavior and thinking patterns through identifying and applying adaptive behavioral (e.g., organization skills, problem-solving) and cognitive skills (i.e., metacognitive strategies, cognitive restructuring) to help manage everyday challenges due to ADHD. ADHD coaching draws from a non-clinical, strengths-based approach that supports individuals in bridging intention and action. This session will feature live demonstrations, case-based discussion, and collaborative dialogue that highlight each expert's methodology when working with individuals with ADHD. Attendees will gain insight into the goals, techniques, and theoretical foundations of these approaches, including how the approaches can be used in combination. Designed for clinicians, coaches, educators, and researchers, this session will showcase how to support clients with challenging aspects of psychosocial intervention for ADHD such as procrastination, following through on intentions, and finding personal meaning in the change process. The session will include ample time for audience questions and discussion to foster an open exchange of ideas across disciplines. Come ready to engage, learn, and rethink how support for ADHD can look in practice.

Session Title: Rethinking Time Management: Teaching Students to See & Move Through Time
Speaker(s): sarah Ward, Cognitive Connections, LLP
Kristen Jacobsen, Cognitive Connections, LLP
Track: ADHD Coaches & Professional Organizers
Session Description: Individuals with ADHD often struggle to initiate and follow through—not because they don't want to, but because they can't see the path forward. Traditional time management strategies

like checklists and timers provide structure but fail to address the root difficulty: a limited ability to mentally simulate time, space, and action. In this session, we present a developmental approach that moves beyond compensatory tools and teaches individuals to internalize time as something they can see, feel, and move through. You'll learn how to help individuals create mental maps of both time and space—essentially rehearsing the steps, transitions, and emotional experience of completing a task before they even begin. We'll explore how analog clocks, visual time markers, embodied gestures, and spatial-temporal simulation can help build working memory, reduce overwhelm, and support self-regulated behavior. For ADHD coaches and therapists, this session offers practical, neuro-informed strategies to teach initiation, improve planning, and transform time perception—from an abstract concept into a lived experience. You'll leave with tools that empower individuals to picture the future, mentally walk through it, and stay on track—turning intention into action with greater independence.

2:00 – 3:00 PM

Session Title: An ACT Approach to Treating ADHD: From Acceptance to Action
Speaker(s): Heather DeAngelis, ADHD Aligned LLC
Track: Therapists
Session Description: ADHD is widely misunderstood—even by clinicians—as a mental health disorder, when in fact it is a complex neurodevelopmental condition rooted in emotional dysregulation, cognitive inflexibility, and executive dysfunction. While traditional talk therapy may offer insight, it often fails to create the behavioral momentum ADHD clients need to take meaningful action. In this experiential, skills-based session, licensed mental health clinician and ADHD-informed therapist, introduces an Acceptance and Commitment Therapy (ACT) approach that meets ADHD clients where they are—emotionally and behaviorally. Attendees will learn how ACT's six steps can be applied to common ADHD pitfalls such as emotion deregulation, overwhelm, anxiety, rejection sensitivity, avoidance, and shame-based identity narratives. Through clinical case examples, practical strategies, and a guided mindfulness exercise, participants will leave with tools they can immediately implement to help clients stop spinning their wheels—and start acting in alignment with what matters most. Whether you're a therapist, psychiatrist or integrative medical provider, this training offers a flexible, science-backed approach that supports sustainable change and empowers clients to move—not just think—toward lives rooted in purpose and values.

Session Title: Basic Brain Biology: Understanding ADHD, Anxiety & Depression

Speaker(s): Sarah Cheyette, Epiphany Mental Wellness
Track: Medical
Session Description: Unfortunately, may 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 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 ADHD'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.

Session Title: The Inflammation-ADHD Connection: A Holistic Approach to Managing Symptoms
Speaker(s): Chante Anderson, Essence Holistic Health LLC
Track: Therapists
Session Description: ADHD is often viewed solely as a neurodevelopmental disorder, but emerging research reveals a strong link between chronic inflammation and symptom severity. Factors such as diet, gut health, stress, environmental toxins, and sleep disturbances can contribute to neuroinflammation, exacerbating executive dysfunction, emotional dysregulation, and cognitive challenges. While medication remains a key treatment, it does not address these underlying inflammatory mechanisms. This session explores the science behind the inflammation-ADHD connection and provides evidence-based, integrative strategies to help manage symptoms. Attendees will learn how dietary interventions like the Mediterranean diet and omega-3s can reduce neuroinflammation, how gut health plays a role in ADHD, and how movement, mindfulness, and stress management techniques can support cognitive function. Additionally, we will discuss ways to minimize exposure to environmental toxins and improve sleep hygiene for better ADHD management. Designed for clinicians, educators, and individuals with ADHD, this session will provide actionable takeaways that go beyond traditional treatment approaches, helping attendees create personalized, holistic strategies to support brain health and overall well-being.

Session Title: Unmasking the Critical Connections Between ADHD, Autism, & Chronic Pain Syndromes
Speaker(s): Dr. Michael Lenz, Froedtert and the Medical College of Wisconsin
Track: Medical
Session Description: Individuals with ADHD and autism face a significantly higher risk of developing chronic pain, yet these crucial connections often go unrecognized by medical professionals, patients, and their families. Similarly, chronic pain sufferers are more likely to have ADHD, underscoring the urgent need for greater awareness and early intervention. This session will explore the latest research on the intersection of neurodevelopmental conditions and chronic pain, highlighting the importance of early identification and proactive care. Attendees will gain valuable insights into how recognizing these links can lead to better prevention, more effective management strategies, and an improved quality of life for those affected.

3:45 – 4:45 PM

Session Title: Connecting ADHD Support: Why Speech-Language Pathologists Belong on the Team
Speaker(s): Letizia Hendrickson, The Learning Grove
Track: Therapists
Session Description: Attention-Deficit/Hyperactivity Disorder (ADHD) frequently coexists with communication challenges—yet difficulties with receptive language, auditory processing, expressive language, rapid or dysfluent speech, social communication, and reading and writing are often overlooked by ADHD support teams. This session highlights the vital, but often underutilized, role of speech-language pathologists (SLPs) in identifying and addressing these challenges. Participants will explore how ADHD affects communication through overlapping factors such as executive functioning deficits, working memory limitations, and auditory processing difficulties. Topics will include speech fluency (e.g., stuttering, cluttering), receptive and expressive language, and literacy development—including reading comprehension and written expression, with attention to co-occurring dyslexia. Case examples, current research, and practical, evidence-based strategies will help attendees recognize when communication challenges require referral, understand how SLPs support treatment planning, and strengthen collaboration across disciplines. By addressing these often-missed aspects of ADHD, professionals and families can better support individuals in developing the communication skills they need to connect meaningfully, learn effectively, and thrive fully in every area of life.

Session Title: Establishing Quality Metrics to Improve ADHD Assessment & Treatment Outcomes
Speaker(s): Aaron Dodini, Calibrate ADHD
Nerissa Bauer, NB Behavioral Pediatrics
Sara Weisenbach, McLean Hospital, Harvard Medical School
Track: Medical
Session Description: ADHD care has recently faced intense scrutiny amid rising patient demand; tension exists between patients, clinicians and policy stakeholders. Within this landscape, ADHD treatment guidelines remain vague, leaving gaps in assessment and treatment protocols. Now more than ever, a higher standard of care that ensures positive outcomes, access, equity, and safe prescribing practices is essential. Providers are confronted with a critical challenge: What standardized elements should be included to ensure high-quality ADHD care and measurable treatment outcomes? This session brings together top clinicians and patient advocates from leading health systems, universities, and practices to establish key quality metrics in ADHD care.

Session Title: That Client You Dread: Red Flags, Boundaries, & Ethical Termination
Speaker(s): Riley Karbon, PCAC, Center for Living Well with ADHD
Nate Page, Ph.D., ADHD Center of Minnesota
Track: ADHD Coaches & Professional Organizers
Session Description: You know the client. The one whose name on your calendar makes you want to reschedule… your entire career. This feeling of dread is important data! It may point to client dynamics of chronic crisis cycles, emotional manipulation, or traits of borderline personality disorder—which have been shown to cause serious damage to helping professionals (Laverdière & Kealy, 2022). Practitioners with ADHD may be more prone to getting hurt, where rejection sensitivity, hyperempathy, and chronic self-blame make it even harder to set limits. If you're a highly empathic ADHD therapist or coach who's usually proud of your big heart—but have found that with certain clients, that deep empathy can become a liability—you're not alone. If you've ever walked on eggshells, bent boundaries, or tolerated harmful behavior because you didn't yet know how to navigate boundary-pushing clients, this session is for you. This interactive session will guide you to differentiate "your stuff" (e.g. countertransference) from true red flags and legitimate harmful client behaviors. You'll identify your non-negotiables, and leave with scripts and strategies for holding healthier boundaries and protect your well-being —without abandoning your values.

Session Title: CHADD Professional Advisory Board Session 2025 Science Update
Speaker(s):
Track: Medical
Session Description: Presentation of research on a late breaking topic on ADHD and presentations by the two 2025 CHADD Dr. Thomas E. Brown Pioneer Award recipients on their winning research studies.

5:00 – 6:30 PM

Session Title: Keynote | William W. Dodson, MD, LF-APA | Why Do So Few People Stick With Treatment
Speaker(s): William Dodsonn, MD, LF-APA, self employed
Track:
Session Description: ACO Presidential Remarks & Awards Followed by the keynote presentation from William W. Dodson, MD, LF-APA.

Friday, November 14, 2026

9:00 – 10:30 AM

Session Title: Keynote | Brandi Bolling, MD | Thriving with ADHD: What New Science Teaches Us About Connection, Learning, and Resilience
Speaker(s): Brandi Bolling, MD
Track:
Session Description: CHADD presidential remarks followed by the keynote presentation from Brandi Bolling, MD.
Discover how the latest ADHD research is transforming our understanding and support. This session equips clinicians, educators, and caregivers with evidence-based tools to help individuals connect, learn, and thrive—integrating advances in neuroscience, digital therapeutics, and collaborative care to foster resilience and real-world success.

11:00 AM – 12:00 PM

Session Title: 10 Simple Mindset Shifts for More Doing & Less Stressing
Speaker(s): Alan P Brown, ADD Crusher™
Track: Adults with ADHD
Session Description: Overwhelmed with too many to-dos? Feel like you never have enough time? Can't get motivated for difficult tasks? Constantly berating yourself for mess-ups? Evidence-based mindset shifts can help! While coaching, tools and productivity hacks are helpful, our mindset – i.e., the lens through which we view events, situations and ourselves – is the easiest place to start for solutions. In this presentation, you'll learn 10 "simple mindset-shifts" that create calmer and confidence and open the door to action. E.g., learn how you can shift your mindset to…

- Reduce the psychological and even physiological effects of feeling overwhelmed…with a 10-second mindfulness hack.
- Experience more spaciousness in daily life…with a shift from a time management focus to an energy management focus.
- Cut down on on social media…by shifting from a 'self-comfort' to a 'self-care' mindset.

Also included are ways to shift our mindset about ourselves to counter the everyday costs of negative self-doubt and self-criticism, for instance, with a simple inner-voice shift. Whether you're an overwhelmed parent of a differently-wired child, an ADHD adult, or a coach seeking new tools to help

their clients, these evidence-based strategies can help you increase the doing and decrease the stressing.

Session Title: Decoding AuDHD: A Playbook for Understanding & Empowering
Speaker(s): Rachel Feldman, Psychotheraplay LLC
Track: Therapists
Session Description: Are you curious about the fascinating intersection of Autism and ADHD? Join us for an engaging and insightful journey into the world of AuDHD—a unique blend of two neurodivergent profiles that are often misunderstood. This session will uncover the overlapping traits between ADHD and Autism, exploring how these traits shape the daily lives of those who live with AuDHD. Through real-world examples and research-backed insights, we'll dive into the core challenges faced by AuDHD individuals, including executive functioning, sensory processing, emotional regulation, and socialization. You'll leave with a deeper understanding of how these traits manifest, alongside practical strategies to better support neurodivergent individuals at home, in the classroom, or in the workplace. Whether you're a parent, educator, mental health professional, or simply eager to learn, this session will give you the tools to become a stronger advocate for AuDHD individuals. Don't miss this opportunity to expand your knowledge, challenge misconceptions, and discover how embracing neurodiversity can lead to greater inclusion and acceptance. Come ready to engage, ask questions, and connect with others who are passionate about building a more understanding world for those with AuDHD!

Session Title: Exploring our Relationship With ADHD and Food: Shifting our Approach
Speaker(s): Chris Nixon, Coach CAN, LLC
Track: Adults with ADHD
Session Description: Food is essential to life, yet for many adults with ADHD, fueling ourselves feels anything but simple. In many instances, we know what we "should" be doing to nourish ourselves, but this knowledge doesn't align with how our ADHD brains operate. This session-designed for adults with ADHD and anyone who works with them-aims to challenge our beliefs around food. It encourages a shift in our thoughts, feelings and behaviors by inviting us to throw out the map we've been following and to give ourselves permission to do things differently. As we explore connections between food and ADHD, tap into our interest-based nervous systems, and identify and engage our unique strengths we'll discover ways to move beyond survival mode and toward a relationship with food that feels better to our bodies

and brains. Attendees will leave the session equipped with practical, creative, and science-backed strategies to experiment with as they experience new ways of thinking about and approaching food.

Session Title: From Misunderstood to Empowered: A Path Forward for ADHD Families
Speaker(s): Ashley Mangione, Dynamic Learning Connection
Track: Parents & Caregivers
Session Description: Parenting a child with ADHD can bring overwhelming feelings of doubt, frustration, and uncertainty. Many ADHD families suffer in silence with feelings of shame and helplessness believing others will not understand (which is often unfortunately true). This presentation will explore how ADHD challenges can impact family dynamics and relationships-and how parents/caregivers can shift from feelings of inadequacy to a place of confidence and connection. Through practical strategies, real-life stories, and expert insights, you'll learn how to build a supportive, thriving family environment where both you, your ADHD child, and any siblings can succeed. Whether you're a parent, caregiver, educator or coach, this session will provide actionable tools to foster resilience, strengthen relationships, and embrace the strengths within your ADHD family while also assisting in improved communication and advocacy.

Session Title: How ADHD Professionals Can Get Hired in Today's Job Market
Speaker(s): Larry Worth, Rangam
John Bryson, Rangam
Track: Adults with ADHD
Session Description: This interactive session will break down the biggest hiring challenges ADHD professionals face and provide real-world, ADHD-friendly strategies to overcome them. Attendees will learn how to network without the exhaustion, prepare for interviews without masking, and navigate disclosure in a way that benefits them. By the end of this session, ADHD professionals will leave with a clear, step-by-step action plan to get hired faster, advocate for their needs, and build a career that supports their neurodivergent strengths.

Session Title: Navigating Entrepreneurship with ADHD: Strengths, Strategies, & Support Systems
Speaker(s): Alexia Hetzel, mondaycoach
Christian Makaya, University of Paris-Nanterre

Track: Adults with ADHD
Session Description: Entrepreneurship can be both an opportunity and a challenge for individuals with ADHD. While creativity, risk-taking, and hyperfocus can be assets, difficulties with organization, time management, and executive function can create barriers to success. This session will explore how individuals with ADHD can harness their strengths while implementing practical strategies to mitigate challenges in entrepreneurship. Attendees will gain insight into neurodivergent-friendly business approaches (including business structures like freelancing or tech startups, organizational models such as cooperatives or asynchronous teams, and adaptive work styles like flow-based planning or project-based sprints), time management techniques, and supportive ecosystems that can foster long-term sustainability. Case studies and real-life testimonials will be incorporated to illustrate how successful ADHD entrepreneurs navigate their professional lives. Participants will leave with concrete tools to help them thrive in their entrepreneurial journey.

Session Title: The Future of Tech & AI in ADHD Coaching
Speaker(s): Christal Wang, Shimmer
Vikram Sreedhar, Shimmer
Xenia Angevin, Shimmer
Alex Bellitter, Shimmer
Track: ADHD Coaches & Professional Organizers
Session Description: The future of ADHD coaching is human—powered by data, digital tools, and technology. This session, led by a multidisciplinary team of experts in coaching, psychology, and AI, will explore how emerging tools like AI-powered nudges, automated session summaries, and wearable data can enhance coaching without compromising the coach-client relationship.
You'll hear from professionals who are building the next generation of ADHD support—combining real-world coaching experience, technical expertise, and neurodivergent lived experience. Whether you're a coach, clinician, or someone with ADHD, you'll leave with a clear understanding of today's tech trends in ADHD care—and practical ways to integrate these innovations into your work with empathy, ethics, and a neurodivergent-centered lens.

Session Title: Using Motivational Styles to Increase Teamwork in ADHD Impacted Couples
Speaker(s): Rachel Ban, LiCSW, Intent to Action/ ADHD & Marriage
Katherine Buoscio, Boundless Coaching LLC

Track: Adults with ADHD
Session Description: What is your motivational style? What is your partner's motivational style? Come learn what your top 3 motivational styles are plus tools to activate each motivational style, and how to work with your different motivational styles as a couple. Two different people are going to have two different sets of motivational styles – especially if one of you has ADHD and the other is neurotypical (or even if you both have ADHD!). That's not a bad thing, but it can lead to frustration and fighting in couples with ADHD relationship dynamics. We're here to help you understand yourself and your partner better in order to reduce friction around household chores and life's tasks.

Session Title: "Yes" to Life with ADHD!! For Seniors & Future Seniors
Speaker(s): Jami Shapiro, Grandma Has ADHD
Track: ADHD Coaches & Professional Organizers
Session Description: Despite growing awareness that ADHD exists across lifespan, seniors with ADHD remain underdiagnosed and underserved. Many have unknowingly battled ADHD-related challenges their entire lives, dismissing them as personal shortcomings or aging-related difficulties. This session will examine the societal, and psychological barriers that have prevented ADHD in seniors from receiving the attention it deserves. We will explore how shifts in mindset, including neuroplasticity and gerotranscendence, can help older adults break free from limiting beliefs and embrace new strategies for success. Additionally, this session will highlight the practical benefits of ADHD coaching for seniors, including improving family relationships, organizing their environments, and managing paperwork and responsibilities more effectively. By addressing both the emotional and functional aspects of late-life ADHD, we can empower seniors and those who will BE seniors.

2:00 – 3:00 PM

Session Title: ADHD & Sex: Let's Go Beyond the Basics!
Speaker(s): Lyne Piche, Psychological Private Practice - Dr. Lyne Piché, Inc.
Track: Therapists
Session Description: There is an interconnection between ADHD and sexual behaviors. This session is geared towards exploring interventions that can improve sexual health for individuals in the ADHD community. Strategies to address common ADHD struggles with sexuality such as difficulties with transitions, sexual impulsivity, sensory issues as well as difficulties with interoceptive awareness within

sexual interactions will be explored. Improving sexual functioning is possible! Let's focus on interventions to address common sexual problems that are often identified within the ADHD community

Session Title: Empowering Families: Understanding Your Legal Rights, Accommodations, & Advocacy Strategies
Speaker(s): Beth Roth, OpenTabs
Track: Parents & Caregivers
Session Description: This presentation is designed to educate and empower parents of children with ADHD by providing information about their legal rights under the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act. These federal laws ensure that students with disabilities receive necessary support and accommodations to succeed in school.
Participants will gain an understanding of the differences between Individualized Education Programs (IEPs) and 504 Plans, including (i) eligibility criteria, (ii) evaluation processes, and (iii) specific accommodations that can help children with ADHD thrive academically. Examples of modifications such as extended time on tests, preferential seating, structured schedules, and assistive technology will be discussed.
The session will also incorporate recent case studies highlighting successful advocacy efforts and legal precedents affecting students with ADHD. Parents will receive practical strategies for effectively communicating with schools, requesting evaluations, and advocating for their child's educational needs. By the end of the presentation, parents will be equipped with tools and confidence needed to advocate for their child's rights and ability to be in a supportive learning environment that fosters academic and social success.

Session Title: Flipping the Script: ADHD as a Strength, Not a Struggle
Speaker(s): David Giwerc, ADD Coach Academy (ADDCA)
Track: Adults with ADHD
Session Description: What if ADHD isn't just a challenge—but also a source of strength? For decades, ADHD has been framed through a deficit-based lens, focusing on dysfunction, disorganization, and delay. But ADHD coaching is flipping the script—helping individuals and professionals alike connect to the creative intelligence, resilience, and motivation hidden beneath the struggle. In this energizing session, we'll explore how ADHD coaching creates a new way forward—one that integrates neuroscience, strengths-based inquiry, and real-life tools for thriving. Through compelling case stories,

science-backed insights, and practical coaching demonstrations, you'll learn how ADHD coaching helps people move from self-doubt to self-trust, and from burnout to sustainable success. Whether you're an individual with ADHD, a parent, a clinician, or a coach, this session will equip you with a deeper understanding of how to:

Session Title: Forgetting Isn't Failure: ADHD, Memory, & Adaptation Strategies
Speaker(s): Daniella Karidi, ADHDtime
Track: Adults with ADHD
Session Description: Forgetting isn't a failure—it's a feature, not a bug in our brain's complex operating system. In this session, we'll bust the myths about memory and ADHD, transforming frustration into empowerment. The human brain is bombarded with approximately 11 hours of information daily—images, sounds, conversations, and sensations—yet we are not designed to remember everything. Forget about beating yourself up over missed appointments or unfinished tasks. Instead, discover how the ADHD unique brain processes information and learn practical strategies to work with—not against—your memory. We'll dive into the science of forgetting (yes, it's actually a good thing!), explore tools that can be your memory's best friend, and most importantly, change the conversation. We will examine both event-based and time-based prospective memory failures and discuss interventions tailored for ADHD brains, including external memory supports, structured routines, and technology-based solutions like AI-powered reminders. No more self-criticism. We're rewriting the script from "I always forget" to "I'm building a memory system that works for me." Part myth-busting, part problem-solving, and entirely judgment-free, this session is your roadmap to understanding, embracing, and optimizing your ADHD brain's approach to remembering.

Session Title: From Self-Doubt to Self-Trust: Managing Rejection Sensitive Dysphoria (RSD) with Internal Family Systems Theory
Speaker(s): Catherine Mutti-Driscoll, Hallowell Todaro ADHD & Behavioral Health Center
Track: Adults with ADHD
Session Description: Rejection Sensitive Dysphoria (RSD) can make even minor criticism feel overwhelming, leading to cycles of self-doubt, emotional pain, and avoidance. For neurodivergent individuals, particularly those with ADHD, these intense feelings can shape self-perception and relationships in profound ways. This session explores how Internal Family Systems (IFS) theory offers a compassionate and structured approach to managing RSD by fostering self-awareness and internal

harmony. IFS helps us understand the different "parts" of ourselves that often react to rejection. These parts commonly include the inner critic, the perfectionist, or the protector trying to shield us from pain. Through the lens of "parts", we'll examine how to develop self-trust by identifying and soothing these parts, rather than being overwhelmed by them. Participants will gain practical tools for recognizing and working with their internal dynamics, cultivating a greater sense of self-acceptance, and reducing emotional reactivity to perceived rejection. This interactive session will include guided exercises, reflective discussions, and actionable strategies to help attendees move from self-doubt to self-trust. Whether participants personally struggle with RSD or support clients who do, this workshop will provide a framework for navigating emotional intensity with greater confidence and self-compassion.

Session Title: Limit Yourself: How Restrictions Help ADHD and Creativity Thrive
Speaker(s): Bradley Smith II, Mindsmith Coaching
Track: Adults with ADHD
Session Description: Having ADHD can feel like trying to drink from a firehose: too many ideas, options, and projects, all at once. But what if the key to productivity and creativity isn't trying harder or doing more, but intentionally doing less?
In this interactive and practical session from an experienced ADHD Coach, we'll explore how setting deliberate limitations can transform ADHD overwhelm into clarity, creativity, and focus. Using relatable examples—from popular media and everyday ADHD challenges— you'll discover why fewer options lead to more effective choices, reduced anxiety, and greater satisfaction. We'll also address a common yet rarely discussed ADHD obstacle: our tendency to resist rules—even our own—and offer strategies to embrace structure as an ally rather than an enemy.
Participants will experience:

- How having too many options fuels anxiety, indecision, and perfectionism.
- Simple, practical ways to set—and stick to—time limits, task limits, and creative constraints to boost productivity and decision-making.
- Real-world stories and interactive demonstrations showing how limits don't stifle creativity—they ignite it.

Come to engage, learn practical tools, and experience why doing less can help you achieve more—with fewer frustrations and greater confidence.

Session Title: Spiritual Self-Care: Finding Your Center & Reconnecting to Your Brilliance

Speaker(s): Carol Robbins, Annapolis ADHD Center
Track: Adults with ADHD
Session Description: Briefly revisit the fundamental non-negotiable pillars of self-care for individuals with ADHD: sleep, exercise and diet. Find out what you need to know about them and how to develop good daily habits to prioritize them. Then learn about the all important fourth pillar of Spiritual self-care. Experience daily practices for centering and grounding, as you bring your focus down from your overactive monkey mind and into your body and the Earth below. Implement simple Qigong, meditation, breathing, and energy medicine practices to calm you and train your body to be peaceful and centered. Learn how to raise your vibration energetically when you get stuck in fear-based emotions like worry, shame, blame, sadness, anger, and guilt, moving into love-based emotions such as happiness, gratitude, joy, peace, and appreciation. Tap into the brilliance of your heart-space to connect with your inner Buddha of peaceful, loving presence that is always available to you as a resource. Learn ways to avoid overcommitting and depleting yourself by prioritizing you. Reconnect to your brilliance and gifts, your intuitive and creative energies, and your passion and purpose, through aligning your body, mind and Spirit to manifest your dreams.

Session Title: The Invisible Tug-of-War: ADHD, Overfunctioning, Underfunctioning, & How They Affect Relationships
Speaker(s): Tamara Rosier, ADHD Center of West Michigan
Track: Adults with ADHD
Session Description: In relationships touched by ADHD—whether romantic, familial, professional, or social—an invisible tug-of-war often plays out. One person may over-function: taking control, doing too much, compensating for what isn't getting done. The other may under-function: withdrawing, shutting down, or struggling to keep up. These patterns aren't about laziness or control—they're deeply rooted responses to the executive function challenges that come with ADHD. In this session, we'll explore how overfunctioning and underfunctioning show up in a wide range of relationships, why they often become entrenched, and how they can lead to resentment, burnout, or disconnection on both sides. Drawing from neuroscience, real-life examples, and practical tools, we'll uncover ways to bring more balance, understanding, and shared responsibility to ADHD-impacted relationships.

Session Title: What Everyone Needs to Know About ADHD Medications
Speaker(s): Carolyn Lentzsch Parcells, Our Place Adolescent And Young Adult Health

Track: Medical
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 walk through the current stimulant and non-stimulant medications that are most commonly used to treat ADHD looking at how they work and why we use them. We will discuss the similarities and differences amongst these medications, current guidelines for the use of medication in the treatment of ADHD, how to get started, and what to expect. We will discuss and dispel some of the key myths and misconceptions surrounding these medications that are some of our greatest barriers to care.

3:30 – 4:30 PM

Session Title: Beyond the Buzzwords: Executive Function, RSD, & ADHD in Leadership
Speaker(s): Blondy Moore, Moore Success Solutions
Track: Adults with ADHD
Session Description: Leadership with ADHD isn't just about managing time or staying organized—it's about navigating deep emotional and cognitive undercurrents that few leadership frameworks account for. This session goes beyond the buzzwords to explore the often-overlooked intersection of executive dysfunction and Rejection Sensitive Dysphoria (RSD) in high-performing professionals.
Attendees will unpack what it means to lead while carrying the invisible weight of overthinking, avoidance, and emotional exhaustion. Instead of offering surface-level productivity tips, this session dives into the hidden emotional labor of leadership—and the patterns of overcompensating, self-doubt, and fear of rejection that often follow.
Participants will leave with a renewed understanding of themselves and a sustainable model for leading with clarity, self-trust, and emotional regulation. The tools shared will support not just productivity, but a more compassionate and empowered leadership style rooted in neurodivergent strengths.
Whether you're a current or aspiring executive, entrepreneur, or team leader, this session offers real-world strategies to lead effectively—without masking, minimizing your needs, or burning out. You'll walk away feeling seen, supported, and equipped to lead powerfully—without hiding the parts of you that others may not fully understand.

Session Title: Creating & Embracing Healthy Relationships With Video Games

Speaker(s): Steve Genett, ADHD Level-Up
Stephanie Adams, Playful Minds ADHD Coaching
Raffael Boccamazzo, PsyD, Save Point Behavioral Health
Michael Ruffin, Dueling Minds
Track: Adults with ADHD
Session Description: Join our panel of neurodiverse mental health experts, ADHD coaches, and video game streamers for a nuanced and empowering discussion as we explore answers to the questions: What are the essential elements of a healthy relationship with video games? How can we harness the benefits of video games while avoiding the pitfalls? And how do we support our loved ones, our clients, and ourselves in finding a balanced relationship with video games in our own lives?

Session Title: From Chaos to Clarity: Enhancing Executive Functioning Skills in Psychotherapy with Adults
Speaker(s): Jenny Mariaschin-Rudin, LCSW, Jenny Mariaschin-Rudin Therapy & Neurodiversity Consulting
Track: Therapists
Session Description: Executive functioning challenges, such as difficulties with task initiation, sustained attention, and habit formation, are common among individuals with ADHD, anxiety, and other neurodivergent traits. These struggles can significantly impact clients' ability to achieve personal and professional goals, often leading to frustration and self-doubt. This workshop is designed to offer clinicians an applied framework and practical interventions to assist clients in overcoming procrastination, enhancing attention, and building sustainable habits. This interactive workshop equips psychotherapists with evidence-based strategies to support clients in enhancing executive functioning skills within a therapeutic framework. Participants will learn practical interventions to help clients overcome procrastination, manage distractions, and build sustainable habits. The session will cover psychological barriers to task initiation, behavioral and environmental strategies for focus, and structured techniques for long-term success. Through a combination of psychoeducation, hands-on exercises, and case discussions, clinicians will gain concrete tools to integrate executive functioning strategies into therapy. Therapists will walk away with an approach to integrate relevant strategies into their practice at any stage. This session is ideal for mental health professionals seeking to enhance their therapeutic approach and empower clients to take meaningful action toward their goals.

Session Title: How Productive Do You Really Need to Be?
Speaker(s): Ari Tuckman, Tuckman Psychological Services, PC
Track: Adults with ADHD
Session Description: ADHD makes it harder to get things done consistently and to meet others' expectations. This can lead to more disappointment and conflict than either person wants. If you rack up enough of these experiences, it's easy to blame yourself when something doesn't work out—and feel like you need to be the one to fix it. But how productive do you really need to be? And how much should other people's opinions and preferences influence your decision? Strong self-esteem and solid relationships are a balance between generosity and assertiveness. We will discuss how ADHD inconsistencies can influence your self-esteem and others' opinions, then discuss how to decide wisely what tasks you take on and how to negotiate any differences of opinion. And, since things don't always go according to plan, we will talk about how to handle those occasional disappointments.

Session Title: Outsourcing Executive Function with AI 2.0
Speaker(s): William Curb, Hacking Your ADHD
Track: Adults with ADHD
Session Description: Capabilities of Large Language Models (LLMs) have evolved significantly, and their usage has become ubiquitous with our use of tech. This presents new avenues to help manage ADHD, particularly with executive functions (EFs). EFs, crucial for tasks like planning and self-monitoring, are areas where LLMs can be particularly beneficial. This presentation will first explore what executive functions are and some of the difference between the major models (such as Dr. Russell Barkley's Model of Self-Regulation and The Brown Model of Executive Function Impairments in ADHD). It is critical to understand how executive function is impaired with ADHD when trying to determine to what tools to use. We will explore various LLM tools, such as ChatGPT, Claude, Gemini and others, and their applications in addressing EF challenges. LLMs can assist with organization, planning, and prioritization, as well as applications for helping managing attention and emotional regulation. The use of LLMs is not without ethical implications. Issues such as accuracy, potential misuse, and the generation of misleading content are concerns, especially in sensitive areas like ADHD management. It's crucial to be aware of these limitations and the inherent risks in relying on text prediction technologies, which can propagate errors and misinformation.

Session Title: Raising Problem Solvers vs Direction Followers: Strategies to Help Foster Independence

Speaker(s): Leslie Josel, Order Out of Chaos
Track: Parents & Caregivers
Session Description: How do we get children diagnosed with ADHD and other co-morbidities to take ownership, responsibility and accountability of their time, tasks and priorities? How can we as parents and professionals stop telling children what to do, how to do it, and even when? My signature "Answer-Question" coach approach teaches parents and educators how to help children develop individualized and achievable plans to formulate answers, devise manageable steps to reach goals, build habits, and learn strategies that foster independence and competency. In other words, problem solve. We'll explore tools needed to strengthen your child's brain so they can build habits, routines and memory skills. We'll dive into proper "adult-led" language to use to create "future awareness," time sense and independent motivational skills. We'll have an interactive dialogue around the reframing of the word "problem" and how when overused it sends severe negative messages to our children impeding the growth of their problem-solving muscle. In addition, my 3-step model for habit building will be explored through appropriate case studies. Participants will also learn how to stop answering their child's questions when none were asked and why this is paramount in fostering problem solving and critical thinking skills.

Session Title: Removing Any Shame & Changing the Narrative of ADHD
Speaker(s): Phillip Anderton, ADHD 360
Track: ADHD Coaches & Professional Organizers
Session Description: ADHD and people with ADHD have suffered for long enough, not just with the actual illness, but with stigma, shame and society's inputs that are completely out of 'whack' with the truth. This session brings to the conference 22 years of working in the ADHD field, firstly in law enforcement in the UK, then through a career as a management consultant into the UK NHS to improve things in ADHD clinical settings, then latterly as the CEO of Europe's first and probably largest (read best) virtual neurodiversity hospital. Bringing ADHD to life through anecdotes, facts, lived experience and clips from the acclaimed TV series he recorded in 2025 (ADHD beyond the label) this session challenges and supports the ADHD community in equal measure to help to remove the shame and change the narrative on ADHD once and for all.

Session Title: Wait, Am I AuDHD? A Beginner's Guide to Autism + ADHD
Speaker(s): Eric Tivers, ADHD reWired
Track: Adults with ADHD

Session Description: Many adults diagnosed with ADHD feel there's more to their story. They might experience sensory sensitivities, a strong preference for routine, social differences, or intense interests that aren't fully explained by ADHD alone. This session offers a compassionate introduction to AuDHD—the intersection of Autism and ADHD—designed both for individuals curious about their identity and therapists or coaches seeking deeper insight. Participants will learn how to identify autistic traits that often go unnoticed in adults diagnosed with ADHD, understand why recognizing autism alongside ADHD can lead to more effective support, and gain practical strategies to help clients or themselves. Real-life examples and relatable experiences will illustrate common misunderstandings and highlight how identifying AuDHD enhances self-awareness, reduces burnout, and fosters more affirming therapeutic approaches. This session emphasizes validating personal experiences and provides actionable next steps, including recommended self-assessment tools, advocacy strategies, and guidance for finding supportive communities. Both individuals exploring AuDHD for themselves and professionals aiming to deepen their knowledge will leave equipped with greater clarity, compassion, and practical skills to better support the AuDHD community.

Session Title: What Did You Just Hear? Reflective Listening for ADHD Coaches
Speaker(s): Barbara Luther, ADD Coach Academy (ADDCA)
Track: ADHD Coaches & Professional Organizers
Session Description: Clients give us all the clues we need to coach them well—if we know how to listen with our ADHD lens. In this session, we will discuss then have us practicing how to note language and reflect with curiosity rather than interpreting or assuming, while listening for the deeper messages shaped by ADHD brain wiring and internalized stigma. By practicing through the ADHD lens, coaches will learn to recognize hidden strengths, uncover internalized stigma, and grow clients' self-compassion. You will come away from this session feeling more confident in your reflective listening skills, hopefully feeling you have a stronger ADHD lens, and better appreciating how reflective listening can lead to stronger partnership and client-led coaching sessions.

5:00 PM – 6:00 PM

Session Title: ADHD & Bullying: Stories of Struggle, Strength, & Solutions
Speaker(s): Brooke Schnittman, Coaching With Brooke
Track: ADHD Coaches & Professional Organizers

Session Description: With nearly 30 years of lived experience as a bullying survivor and two decades of professional work supporting individuals with ADHD, this session offers both personal depth and expert insight.
ADHD traits such as impulsivity, emotional sensitivity, and social challenges can make individuals more likely to be bullied—and in some cases, to engage in bullying behavior. This panel discussion brings together adults with ADHD who have experienced bullying in childhood, adolescence, and adulthood. Each will share their journey, their restorative work, and the tools that helped them build confidence and resilience.
The session will also include an overview of current research on the impact of bullying on those with ADHD, with emphasis on emotional outcomes like anxiety, depression, and isolation. Attendees will be invited to ask questions, share insights, and connect with others through open dialogue.
Whether you're an educator, parent, professional, or individual with ADHD, this interactive forum will offer valuable perspectives and strategies to reduce harm, promote healing, and create more understanding and inclusive environments for people with ADHD.

Session Title: Age Appropriate Accountability for Emerging Adults
Speaker(s): John Willson, SOAR
Track: Parents & Caregivers
Session Description: This workshop will explore practical, age-appropriate accountability strategies designed to support young adults with ADHD—particularly those still living at home. Participants will learn how to establish clear expectations, promote financial and personal responsibility, encourage progress toward independence, and set healthy boundaries without enabling. By implementing structured, supportive accountability measures, parents and caregivers can empower young adults to take ownership of their growth and future success.

Session Title: Funfulness - Mindfulness but make it ADHD!
Speaker(s): Amy Polly, ADHD360 Limited
Track: Adults with ADHD
Session Description: What is mindfulness? Let’s start with what it is not. It is not a group, sitting in a circle, plaiting fog and knitting yoghurt. Why is mindfulness still so overlooked as a potentially life changing practice in the support of ADHD? Because it has been taught in the same neurotypical way for so long. It needs to be more accessible and inclusive… welcome to the world of Funfulness. Funfulness

has all the science backed elements of mindfulness combined with the playfulness that is so needed for ADHD brains. It is more understanding of, and focussed on, your (or your loved ones) ADHD, not as a biproduct but as a DNA string, a great way to thrive, get to know yourself and your brain, and how to work with it not against it. This session will leave you feeling empowered and with a brand-new perspective that could help with self-regulation, executive function and self-compassion.

Session Title: iDeal Relationship: Setting Healthy Boundaries with Your Smartphone
Speaker(s): Brittany Smith, Devise and Conquer Coaching
Track: Adults with ADHD
Session Description: Getting sucked into our phones and losing time is such a common ADHD phenomenon it's almost a trope. But we don't have to accept it or "try harder." We all have smartphones, but are we all happy with how we use them? There are so many aspects of ADHD that can complicate our relationship with our smartphones: distractions like games or social media, avoiding tasks that are painful or we're unsure of, being overwhelmed, or just being less boring than the task in front of us! Your smartphone doesn't have to be a source of frustration or avoidance; it can become a powerful ally when used intentionally. This session blends practical techniques with cognitive science insights to guide our preferred smartphone use. You will learn how to set your phones up to aid what you want this technological relationship to look like. Developers want you to stay in their app longer and employ manipulative methods to achieve this. We will discuss how to fight back and reclaim your control over your phone and your attention. Leave this session equipped with a deeper understanding of your brain and concrete tools to reshape your relationship with your smartphone.

Session Title: Mindsets for Muddling Through & Thriving with Adult ADHD
Speaker(s): Russell Ramsay, Independent Practice
Track: Adults with ADHD
Session Description: This session will focus on ways to promote adaptive mindsets and beliefs that can support coping and living well with ADHD and counteract common unhelpful thoughts and beliefs that can lower self-esteem and interfere with copings. The session will emphasize the effect of common cognitive distortions and an emerging cognitive triad of adult ADHD. The focus will be on adapting mindsets and self-talk at all points of living with adult ADHD.

Session Title: Supporting Children & Families Living with ADHD, Autism … or Both
Speaker(s): Mark Bertin, Developmental Pediatrics
Track: Parents & Caregivers
Session Description: In this insightful talk on autism and ADHD, the speaker, a developmental pediatrician and expert in autism and ADHD will delve into a strength-based approach to managing these neurodevelopmental conditions. The discussion will cover the latest research findings, highlighting the importance of early diagnosis and intervention. Attendees will gain a deeper understanding of how autism and ADHD manifest similarly and differently in individuals, such as the distinct social communication difficulties in autism versus the executive function and emotional challenges found in ADHD. Strategies to support those affected in various settings will be shared. The talk aims to foster empathy, reduce stigma, and promote inclusive practices that enable individuals with autism and ADHD to thrive.

Session Title: Sustainably ADHD: Avoiding Toxic Productivity, Languishing, & Burnout
Speaker(s): Aaron Smith, Potential Within Reach Inc. // Attention Different LLC
Stephen Tonti, Attention Different LLC
Christal Wang, Shimmer
Devin Pitts-Rogers, Attention Different LLC
Trina Haynes, My Lady ADHD; Shimmer
Jesse J. Anderson, Wavepal
Track: Adults with ADHD
Session Description: In a world obsessed with hustle culture and "getting it together," adults with ADHD are often caught between two extremes: burnout from overcompensating or languishing in shame and overwhelm. But what does it actually look like to live—and work—sustainably with ADHD? Join a dynamic panel of ADHD creators, coaches, clinicians, and advocates as they share insights and lived experiences around building a life that prioritizes energy, not just output. Together, they'll explore how to resist toxic productivity, navigate the gray zones of ADHD inertia, and design rhythms that support long-term well-being. Expect a mix of storytelling, science, and practical takeaways as each panelist offers their unique lens on what it means to honor your neurodiversity without sacrificing ambition or self-compassion. This conversation is for anyone tired of burnout cycles and ready to redefine success on their own terms.

Session Title: The Risks of Adopting AI Solutions for Coaches & Therapists
Speaker(s): Bob Palacios, Bob's Your Coach
Track: ADHD Coaches & Professional Organizers
Session Description: Artificial Intelligence (AI) solutions are rapidly being marketed to and adopted by coaches and therapists. But how do you know if they're safe to use with your clients? What risks do they pose to your intellectual property and your practice?
In this session, we'll explore the often-overlooked potential ethical, privacy, and security concerns and risks of AI tools that could be used in ADHD coaching and therapy practices. From generative tools (e.g., ChatGPT, Claude) to coaching and therapy chatbots, these technologies raise critical questions:
•Who owns the data you enter?
•Can client conversations be used to train AI models?
•Are your notes and research at risk of exposure?
We'll look beyond vendor marketing to help you assess AI platforms, including how to review Terms of Service and what protections you and your clients may be sacrificing for convenience.
You'll also get highlights from the ICF's 2024 AI white paper, an overview of key HIPAA implications for therapists, and a Due Diligence Checklist to guide your own tech decisions.
Whether you're already using AI or just starting to explore, this session will give you the tools and insight to navigate this fast-changing space with confidence.

Session Title: What I Learned from Having Lunch with Your Wife
Speaker(s): Mike Fedel, everythingMDoes,LC
Track: Adults with ADHD
Session Description: What lessons would a married man with ADHD learn from spending an hour a week facilitating discussion among a group of non-ADHD partners? Over a period of 7 years? With anywhere from 8-30 people in the room? Plenty! If you have ADHD, come and learn how we look to the people who live with us. Do you think of yourself as selfish? Narcissistic? A habitual liar? As fascinating and creative? As someone who's "trying so hard but not quite making it?" They do. If you are the non-ADHD partner, are you aware that we don't wake up in the morning and ask ourselves "how can I mess up her day?" Or that we will almost definitely beat ourselves up for our mistakes more often and more effectively than you ever could? Some of the topic areas we'll talk about: living with the ups and downs, the challenge of apologies and rebuilding, what is just "being married" versus "your ADHD is acting up", 'parent/child' language (hint: it isn't good for your sex life), and "do I have to lower my expectations? Again?!"

Saturday, November 15, 2025

9:00 – 10:30 AM

Session Title: Keynote | Matt Cohen, JD | Distracted and Overwhelmed: The Crisis in Washington, Its Impact on People with ADHD and What You Can Do About It!
Speaker(s): Matthew Cohen, Matt Cohen and Associates
Track:
Session Description: ADDA presidential remarks & awards, followed by the keynote Matt Cohen, JD. The presentation will outline changes in laws, funding and organization of the Federal Government that have already taken place since the start of the Trump administration and key risks for further reductions of rights and services. It will focus on how the current and threatened changes particularly impact children and adults with AD/HD, including medical and educational research and funding, and civil rights protections. It will also outline various steps that people can take to protect these rights and services.

10:45 – 11:45 AM

Session Title: Preventing ADHD Behaviors at Work That Derail Careers
Speaker(s): James D'Amico, Fortify Leadership Coaching & Training
Track: Adults with ADHD
Session Description: How you present yourself at work matters! Unfortunately, common ADHD symptoms can quietly chip away at your credibility—without you even realizing it. Running late, interrupting, or squirming in your seat might feel like everyday challenges. But to colleagues and clients these behaviors can make you appear unreliable and disrespectful. Over time, they can damage your reputation and even derail your career or business. But it doesn't have to be that way. Imagine showing up to every meeting focused, prepared, and in control. Imagine colleagues valuing your input because you always stay on point and communicate clearly. That's why in this session you'll learn a few key strategies to regulate your behaviors that will help build your reputation and ensure you come off as a reliable professional. We'll give you the tools to succeed, including NoteMind, a simple note-taking system that helps you stay engaged and emotionally regulated in meetings. You'll also receive the Credibility Protector Checklist to ensure you show up polished and ready to succeed.

Session Title: Reclaiming Parental Authority: Supporting Families Struggling with Parental Empathy Dysregulation
Speaker(s): Ryan Wexelblatt, ADHD Dude
Track: Therapists
Session Description: Parental Empathy Dysregulation is common in families of children with neurodevelopmental differences and has been exacerbated by the ride of parenting social media content that is not based on evidence. Parental Empathy Dysregulation is the catalyst for family accommodation, in which families modify their behavior to alleviate or avoid their child's temporary distress. In the process, the parent-child hierarchy becomes flipped upside down, leading to the child controlling their home dynamic through their behaviors. This session will equip providers with the knowledge to recognize parental empathy dysregulation and help families understand how they can reclaim their parental authority for their child's benefit using an evidence-informed approach.

Session Title: Rethinking Perfectionism and Home Care: Shifting Expectations from Perfect to Possible
Speaker(s): Jennifer Snyder, Neat As A Pin® Organizing Experts, LLC
Track: Adults with ADHD
Session Description: For many adults with ADHD, home organization and management are deeply tied to self-worth, identity, and internal narratives. Perfectionism often fuels the belief that if something cannot be done "right," it should not be done at all—leading to overwhelm, avoidance, and shame spirals. When a home feels out of control, negative self-talk follows, reinforcing a cycle of frustration and self-criticism. This session reframes the relationship between ADHD, perfectionism, and home management, shifting the focus from impossible standards to realistic, flexible systems that build confidence. By combining cutting-edge research on ADHD, executive function, and self-compassion with real-life, ADHD-friendly strategies, attendees will learn how to release shame and create a home that feels manageable, functional, and uniquely theirs. Attendees will leave with:

- A new perspective on ADHD, perfectionism, and home organization.
- Science-backed strategies to replace the all-or-nothing perspective with progress-based approaches.
- Practical, ADHD-friendly home systems that prioritize ease and sustainability over perfection.

By shifting expectations from perfect to possible, home life—and all aspects of life—can become more peaceful, more functional, and far less overwhelming.

Session Title: Thriving Through Intersection: Black Identity, ADHD, & Culturally Responsive Care
Speaker(s): IngerShaye Colzie, Black Women With ADHD/ADHD Black Professionals Alliance
Larry Jones, ADHD & Life Coach | Retired Pediatrician | Public Health Advocate | Healthcare Executive
Angela Green, Urban Educator, ADHD Black Professionals Alliance
Track: ADHD Coaches & Professional Organizers
Session Description: Black people with ADHD often live at the intersection of racialized expectations, neurodivergent stigma, and systemic exclusion. From late diagnoses and chronic masking to burnout and biased care, their experience is rarely acknowledged in traditional ADHD spaces. This 2-hour session centers those realities and invites ADHD coaches, therapists, educators, and providers to better understand and support Black clients. Led by Black clinicians, educators, and coaches with lived experience, the session explores how cultural identity, systemic bias, and workplace dynamics shape ADHD diagnosis, treatment, and performance. Participants will leave with a deeper understanding of the lived experience, plus practical tools for applying culturally responsive care in ADHD support spaces. This session blends personal narratives, clinical insight, and interactive activities. Attendees will gain frameworks for equity-driven care, reflect on their own biases and assumptions, and leave with concrete strategies to affirm, not pathologize, Black identity within ADHD contexts. This is not just a conversation. It's a call to action for ADHD professionals who are ready to deepen their cultural responsiveness and show up differently for Black clients and colleagues.

Session Title: Thriving with ADHD: Parenting Beyond Survival Mode
Speaker(s): Anita Robertson, Anita Robertson, LCSW
Carrie Comstock, Kitestrings
Track: Parents & Caregivers
Session Description: Parenting with ADHD is like juggling flaming torches while riding a unicycle—challenging, a little chaotic, but definitely doable with the right tools. Most of us didn't grow up in ADHD-affirming spaces (hello, old-school discipline!), which can make trying to parent differently feel like an uphill battle. The struggle is real: pregnancy hormones, sleep deprivation, and sensory overload all crank up the difficulty dial, and that's before you even factor in juggling ADHD medication changes. Plus, ADHD parents are expected to manage an ever-growing list of responsibilities, from medical appointments to household chores, all while trying to keep their sanity. This presentation will help you understand why parenting with ADHD feels like kryptonite instead of a superpower and give you practical, sensory-friendly tools to make life easier—for both you and your little ones—while celebrating the beautiful chaos of ADHD parenting. Get ready to laugh, learn, and walk away with a fresh perspective on making ADHD parenting work for you!

Session Title: Understanding & Reducing the ADHD Tax on Financial Health
Speaker(s): Christina ONeill, Christina O'Neill ADHD Coaching LLC
Track: Adults with ADHD
Session Description: Grounded in both lived experience and professional expertise—as well as current research—this presentation offers compassionate, practical strategies for navigating the unique financial challenges of ADHD. Whether you're supporting clients or navigating your own path, the focus is on unpacking shame, setting healthy boundaries, and learning to pause long-standing triggers that lead to impulsive or avoidant financial behaviors. We'll explore how to have open money conversations with both teens and adults from a place of curiosity rather than fear or judgment. Rather than fixating on what's hard, this session centers on empowerment and growth. You'll gain actionable, ADHD-friendly tools to build financial confidence, reduce stress, and design sustainable money habits. We'll explore how to use AI and simple apps to create financial clarity, transparency, and long-term intention. I'll also share my personal story—how discovering my parents' debt sparked feelings of shame and regret, ultimately revealing my mother's long-undiagnosed ADHD, and later, my own. That moment became a turning point, launching a journey of self-awareness, healing, and a deeper understanding of the "ADHD Tax." You'll leave with practical strategies and insights to support yourself and others with compassion, structure, and resilience.

Session Title: What Are You Working On, & Why Does It Matter?
Speaker(s): Carrie Spaulding, Spaulding Coaching and Facilitation LLC
Track: Adults with ADHD
Session Description: Another hour, another day, another week, another month, another year. Take stock: are you investing your energy and time on what matters most? Most of us juggle countless to-dos, goals, and responsibilities. It's challenging to get to the projects and ideas that deeply matter to us. You may suffer from lack of engagement with your tasks--or, you may be overwhelmed with trying to put energy towards all you care about. How can you increase your confidence, motivation, and effectiveness as you work towards myriad goals, from mundane to major? How can you harness the vision, consistency, and grit to take bold action on projects with a long horizon and no promise of a payoff? This experiential session will help you embody key mindsets, skills, resources, and strategies that will help you achieve what matters. Discover ADHD-friendly ways to tap into clarity, courage, and conviction to do what's most important. Learn to:

- Prioritize more effectively, intentionally, courageously, and realistically
- Work more successfully and nonjudgmentally with the brain you have
- Break through procrastination and overwhelm and get into action
- Tap into greater purpose, motivation, and resourcefulness
- Increase trust in your goals and your ability to reach them

Session Title: When Emotions Block Learning: Helping Students Regulate and Reengage
Speaker(s): Gena Vandermeulen, ADHD Center of West Michigan
Track: Educators & School Professionals
Session Description: Why do students freeze, shut down, or scroll—even when they have the skills to succeed? This session explores how emotional regulation shapes learning, motivation, and engagement. Through case studies and insights from neuroscience, we'll examine what blocks student progress and how to respond with practical, compassionate strategies. Participants will leave with tools to support emotional regulation and create learning environments that feel safe, supportive, and effective.

Session Title: Why Running in Circles Runs in Families: ADHD Genetics 101
Speaker(s): Mike Legett, The Center For Living Well With Adhd
Track: Adults with ADHD
Session Description: These days, the line between science fiction and real news might seem surprisingly thin as headlines address clones, 23-and-Me, de-extinction, and gene-editing therapies. Most of us here can probably attest to the fact that ADHD runs in families... but what do words like genetic and heritable really mean? If you've searched the internet to learn more, you may have found the two types of results: "yes, ADHD is genetic" and "an update to our understanding of the genetics of ADHD for clinicians." In order to bridge the chasm between those two categories, this session will help attendees understand the basic principles of genetics (what's a gene, how does it work, and more!), and of what we know about the genetics of ADHD (why polygenic risk scores are easier to understand than you might guess, what's up with epigenetics, how do we decide what to research, and what have we found so far). Be prepared, though, for bad puns and good metaphors - this talk is 100% safe for the nonbiologists among us!

1:30 – 2:30 PM

Session Title: ADHD Accommodations Hidden in Plain Sight
Speaker(s): Jeff Copper, DIG Coaching Practice LLC
Track: Adults with ADHD
Session Description: ADHD is best understood as an executive function impairment. Dr. Russell Barkley defines executive function as a collection of mind tools used to problem-solve. The impairment makes problem-solving more taxing for those with ADHD, rendering many interventions ineffective without proper accommodations in the same manner as a person reading without prescription eyeglasses. This presentation drills down into Dr. Barkley's model, impairments, and why accommodations are essential as modifications supplied to satisfy a need to be productive such as elevators to reduce stigma around the concept and to recognize they are all around us hidden in plain sight. In that context, we'll bring tangibility to intangible accommodations hidden in plain sight used by neurotypicals to problem-solve with specific examples, making an argument that those with ADHD need them to a greater extent. We'll compare revealed accommodations hidden in plain sight that help to problem-solve with traditional ADHD accommodations centered around focusing harder, explaining why many interventions fall short. Insights from this presentation include that it is convenient for society to frame ADHD as a focus issue to avoid necessary but inconvenient accommodations and to provide logic and tangibility to advocate for what those with ADHD need to succeed!

Session Title: From Wanting and Willing to Winning: Navigating Successful Organizing Journeys
Speaker(s): Sara Skillen, Coach Approach Training Institute
Diane Quintana, DNQ Solutions, LLC
Track: Adults with ADHD
Session Description: Do you envision peaceful, organized, and functional spaces in your home or office - but just getting started feels like pulling yourself out of quicksand? Does it sometimes feel easier or more comfortable to be stuck, than to risk the stress and overwhelm of moving forward with an organizing project? What's the clear path to go from what you desire, to organizing success? Join us for a fun, unique, and interactive experience that will take you from dreaming to doing, and spark your imagination to a way of creating order that suits unique ADHD wiring. This session is ideal for all audiences (because wouldn't we all like to have some more organizing tools in our toolboxes?). You'll discover ways to transform outdated, unhelpful, and unrealistic organizing perspectives into successful outcomes, and learn practical and user-friendly strategies for creating more organized and functional

spaces. You'll also learn about the concept of "chronic disorganization," how to work with it, and walk away with fresh ideas and a handy acronym that supports your own, one-of a-kind organizing adventure.

Session Title: Helping Disorganized Children: How to Create a Plan that Works
Speaker(s): Joyce Cooper-Kahn, Thinking Tree Psychology
Track: Parents & Caregivers
Session Description: When youth struggle with planning and organization, they may have difficulty organizing their "stuff," organizing information in their heads, or planning and executing a long-term project. Further, as they move beyond the elementary years, disorganized children and teens often struggle when they must juggle multiple demands that compete for their time and attention. They need direct, intensive help to develop successful habits. It is important that help with planning and organization be well-informed and offer more than only accommodations designed to fill in the gaps. Rather, systematic planning is needed to help individuals to build independence and success in the long run. Yet, parents and educators, who are most often responsible for creating plans to help disorganized youth, may struggle to do so with confidence and success. This workshop will offer practical information for adults who are tasked with helping disorganized youth. Participants will learn a model to assess the functional levels of children and teens on any organizational task, strategies to help the child make progress, and how to monitor development over time. We will incorporate general guidelines for teaching the skills and practical strategies that disorganized kids need. Specific examples will allow participants to apply the material.

Session Title: Impact of ADHD on Communication Skills
Speaker(s): Lucinda Bowman, Visualize Success ADHD
Track: Educators & School Professionals
Session Description: Communication deficits are often overlooked in people with ADHD, while research estimates that 50-60% of individuals with ADHD experience difficulties with communication. Executive function skills are critical to effective communication as we rely on our EF skills to process and organize information, regulate our emotions and behavior, and adjust our communication style based on our communicative partner. As an educator with ADHD, parent of an ADHD teen and speech-language pathologist with over 30 years of experience, I have seen the impact that ADHD plays on communication skills. My clients demonstrate communication challenges that interfere with social interactions, from

difficulty with perspective taking, and maintaining attention to conversational partners, to interrupting or dominating conversations. These communication challenges can be harrowing for people with ADHD, affecting social interactions and relationships alike. This 1-hour seminar will explore the impact ADHD can have on communication. We will review strategies to identify ADHD/EF-related communication deficits as well as tools to increase effective communication strategies: maintaining attention during conversations, initiating, maintaining and completing conversations, asking and responding to questions, using, reading and responding to non-verbal communication, understanding and utilizing effective perspective taking, and managing emotions and impulses during communication exchanges.

Session Title: Rewards & Punishment Don't Work. New Keys to Changing Behavior.
Speaker(s): Mary E. Smith, Chaos Free ADHD, LLC.
Track: ADHD Coaches & Professional Organizers
Session Description: Think rewards and punishment don't work for your child. Guess what? It's not your fault and science has the reasons why. Join this session for an eye-opening session that will revolutionize how you approach your child's behavior. Discover how meeting your child's fundamental needs for autonomy, relatedness, and competence holds the true key to unlocking lasting positive change. Walk away with two concrete, immediately applicable behavior correction strategies:

- Structured Collaborative Problem Solving: Build essential life skills together for long-term success.
- Point of Need Behavior Correction: Address impulsive moments effectively, fostering learning instead of resentment.

Stop relying on outdated methods that leave you and your child feeling defeated. Invest this time and leave feeling empowered with a fresh perspective and practical tools to understand and support your child's growth. It's time to unlock their potential for positive change by meeting their deepest needs.

Session Title: Section 504/IEP, Where We Are Now
Speaker(s): Jeffrey Katz, Jeffrey S. Katz, Ph.D., PC
Track: Parents & Caregivers
Session Description: This session will provide up to the minute information regarding the status of Section 504 and Special Education regulations- what has changed and what has not. In either case there is a path forward, and we will focus on what you can do, as a parent or an educator to ensure that their children receive the accommodations, supports and services that they need. This will include a guide to

meetings with the school, to advocate for your children and to hold schools accountable for their part in the student's well-being while they are there. We will discuss how to identify the needs of the ADHD child, how to problem-solve when they are having difficulty, and usable examples of accommodations, interventions, goals and supports.

Session Title: Unmasking in Friendship: Making Friends As Your Authentic Self As An Adult with ADHD
Speaker(s): Caroline Maguire, New England Coaching Services
Track: Adults with ADHD
Session Description: As an adult with ADHD and Audhd, you might be wondering - is it even possible to make a new friend and be yourself? Designed for neurodivergent individuals, this presentation explores the impact of masking and provides practical tools to embrace your true self, set healthy boundaries, and cultivate deeper connections. Discover the liberating power of authentic friendships to unmask within friendships and confidently express your preferences and needs.

Session Title: When Parenting Styles Collide: Navigating Differences & Finding Common Ground
Speaker(s): Elaine Taylor-Klaus, MCC, ImpactParents
Diane Dempster, ImpactParents
Track: Parents & Caregivers
Session Description: How important is it for parents to get on the same page when their kids have ADHD? What do you do if your co-parent's style isn't always helpful? Is there a right or wrong way to co-parent ADHD? What about when you or your co-parent has ADHD? Parenting differences can lead to endless debates and conflicts. When one parent leans toward structure and discipline, and another values flexibility and freedom, kids can feel like they're stuck in a ping-pong battle. With ADHD in the family, there are more problems to argue about -- more complexities to manage -- and all the more need to find fair common ground when parenting styles collide. Join us for a practical co-parenting workshop (even if your co-parent doesn't attend!). It only takes one parent to bridge the gaps and create a team environment -- despite differences in parenting approaches. Learn to communicate more effectively, find alignment, and turn your differences into strengths that support the whole family. Whether you're struggling to get on the same page or simply want to understand each other better, this session offers a path to create an effective, collaborative parenting journey.

3:00 – 4:00 PM

Session Title: 4th Annual ADHD Influencers Panel
Speaker(s): Brendan Mahan, ADHD Essentials.com
Jesse J. Anderson, Wavepal
Caroline Maguire, New England Coaching Services
Alan P Brown, ADD Crusher™
Jessica McCabe, How to ADHD
Track: ADHD Coaches & Professional Organizers
Session Description: In this panel discussion, you will hear the shared experience and knowledge of various ADHD advocates who have become authors to widen the scope of their work. The panel includes traditional and self-published authors in order to view the publishing industry from multiple angles. Panelists will discuss how they have used writing to increase their advocacy work and expand their careers. Panelists will share the reasons for writing their books, the ways they accommodate their ADHD when writing, lessons they've learned from their author journeys, as well as the kind of difference they are hoping to make with their work. In the interest of providing as complete a view as possible, traditional and self-published authors, as well as advocates who built their career through authorship, and those who started as "influencers" and then moved to authorship will be included on the panel.

Session Title: ADHD & Prioritizing People: Who Gets Your Energy?
Speaker(s): Kristen Carder, I Have ADHD
Track: Adults with ADHD
Session Description: Do you ever feel like everyone in your life is pulling on you at once—and you don't know who to give your time or energy to? ADHD brains struggle with prioritization, and that doesn't just apply to tasks—it shows up in our relationships, too. When every person feels equally important in the moment, it's easy to overextend yourself with acquaintances and neglect the people who matter most. In this honest, empowering session, you will learn a clear, practical framework for prioritizing people without guilt. Using the "Relationship Tiers" tool and a set of ADHD-friendly discernment questions, you'll learn how to sort the chaos, protect your time and energy, and focus on the relationships that truly nourish you. You'll walk away with: A new understanding of why relationships can feel so overwhelming A shame-free system for deciding who gets your limited bandwidth Boundaries you can set (and keep!) with confidence and kindness This session is for anyone who feels stretched thin by social obligations, guilted by others' expectations, or unsure how to show up for the people they love most.

Session Title: Beyond the Diagnosis: Navigating Shame, Identity, & Emotional Healing in ADHD
Speaker(s): Valerie McIntyre, Valiant Minds Counseling, P.C.
Track: Therapists
Session Description: ADHD impacts far more than attention—it can shape how individuals see themselves, relate to others, and experience the world. This session examines the deeper emotional and psychological effects of ADHD, including chronic shame, identity disruption, rejection sensitivity, and internalized self-criticism. Attendees will explore trauma-informed and self-compassion-centered approaches to support emotional healing and develop strategies that foster resilience and empowerment. This session is designed for both individuals with ADHD and professionals seeking a deeper understanding of the internal experience of ADHD beyond surface-level symptom management.

Session Title: Beyond the Refill: Rethinking ADHD Treatment for Lifelong Wellbeing
Speaker(s): Lucia Miri Echavarria, EspacioTDAH
Dr. Norma Echavarria, EspacioTDAH
Track: Medical
Session Description: ADHD treatment shouldn't be just about refilling prescriptions—but that's how it's often handled. With low treatment adherence and changing needs over time, ADHD care must be flexible, personalized, and holistic. Led by a mother-daughter team—both ADHDers and experts—this session will explore how to change ADHD treatment. You'll learn:

- Why ADHD care must evolve across life stages
- What's missing in current treatment models
- How to create tailored ADHD treatment plans that actually work Expect real-world case studies, science-backed insights, and practical strategies to make ADHD care more effective, flexible, and sustainable.

If you've ever felt ADHD treatment was stuck on autopilot, this session is for you.

Session Title: Embracing Wholeness: Mindful Self-Coaching for Adult ADHD
Speaker(s): Dr. Lidia Zylowska, University of Minnesota, Medical School, Department of Psychiatry
Joohee Seo, National Medical Center, South Korea
Track: Adults with ADHD

Session Description: ADHD is more than just a list of symptoms—it affects every aspect of life. It influences how you think and behave, how you manage your health, and how you navigate different life stages. This session will introduce mindful self-coaching–a neurodiversity-informed and accessible 3-step process that brings mindfulness to ADHD outside of traditional meditation to train self-regulation in different ADHD/other neurodiversity contexts. The process involves brief cognitive shifts in attention, attitude and self-talk. The session will highlight how an ADHD-informed, mindful and compassionate inner voice that skillfully guides you through a difficult challenge is a key for self-regulation. ADHD will be framed via the adaptive neurodiversity lens: seeing ADHD as a neurobiological difference that depending on the situation brings challenges, promotes certain coping needs, and has potential upsides. With several examples of mindful self-coaching the participants will be shown how to use this approach to understand their own neurodivergent needs, become more self-directed and ultimately feel empowered and whole.

Session Title: Putting Parents at the Center of Support: The Value of ADHD Parent Coaching
Speaker(s): Cindy Goldrich, PTS Coaching, LLC
Track: Therapists
Session Description: Too often, the focus of ADHD support centers on helping children manage schoolwork and behavior while overlooking the central role that parents play in a child's success. This session introduces the growing field of ADHD Parent Coaching and explores how it supports the child by first supporting the parent. Attendees will gain a deeper understanding of the unique executive function and emotional regulation challenges families face and how parent-focused coaching shifts the dynamic from daily power struggles to collaborative problem-solving. Through real-life examples and evidence-based insights, we'll examine how helping parents reframe their expectations, build their own emotional regulation skills, and set up practical systems at home can dramatically change outcomes for the entire family. ADHD Parent Coaching does not replace therapy or academic support—it bridges the gap by empowering parents to support their children more effectively and compassionately. This presentation is ideal for ADHD coaches, therapists, educators, and parents who want to learn how to better guide families through the day-to-day challenges of raising children with ADHD. Participants will leave with a clear sense of what ADHD Parent Coaching is, why it works, and how it can complement existing support services.

Session Title: Un-mangling ADHD Communication: Telling Your (Real) Truth
Speaker(s): Linda Roggli, ADDiva Network
Track: Adults with ADHD
Session Description: ADHD adults use a lot of words to get their point across, but somehow the message gets mangled in translation (or transmission!). "They" still don't get it. So, what's going on? It's partly the proverbial ADHD run-around-the-racetrack thinking, but there can also be some static that alters the message you're trying to send and the message "they" receive.
Clear communication is actually a skill that can be learned, even with an ADHD brain. Whether you're talking to your partner, your best friend, your boss or that aggravating next-door neighbor, you can keep your cool, stay on track and come to a mutual understanding, even if the conversation has some conflict. Join this session to learn about "Brain-and-foot disease," "Interrupting and How to Stop it," and "Say Ouch Quickly" while you speak your truth without shame or embarrassment. A thoughtful, authentic session that could change your relationships.

Session Title: Workplace Emotional Regulation: The Science of Staying Cool with ADHD
Speaker(s): Marcy Caldwell, The Center for ADHD
Track: Therapists
Session Description: Adults with ADHD often face invisible workplace battles: rejection sensitivity, sensory overload, and burnout, which can sabotage careers and diminish well-being. This dynamic, interactive session merges neuroscience with practical tools to explore how individuals with ADHD—and those who support them—can navigate emotional dysregulation on the job. Discover why ADHD brains uniquely struggle with emotional intensity, from rejection sensitivity to sensory overload, and learn how to navigate and harness these differences. Through real-world examples and hands-on activities, you'll gain actionable strategies to defuse high-stress moments, reset your nervous system, and redesign environments for focus and calm. Clinicians and coaches will acquire frameworks to empower clients, while adults with ADHD walk away with science-backed tools to thrive in any role.

4:30 – 5:30 PM

Session Title: ADHD & Workplace Accommodation
Speaker(s): John Severino, MyAdultADHDCoach.com
Track: Adults with ADHD

Session Description: ADHD has been getting a lot of buzz lately from all sorts of places, and it feels like the spotlight on it has grown tremendously. This can be a positive shift, shedding light on a real issue, but it also opens the door for shady folks looking to cash in on people's struggles. When it comes to handling ADHD, having solid, trustworthy info is key. One area that's still flying under the radar is how ADHD plays out in the workplace. Sure, there are some studies, but they rarely dig into the nitty-gritty of securing accommodation at work. My doctoral dissertation tackled this head-on, surveying HR managers and staff about what it takes to get those accommodations. As an ADHD coach, I've also picked up plenty of real-world insights worth sharing. The big takeaway? Self-advocacy. Just like finding treatment can be a battle, convincing companies to step up is tough. Knowledge is the game-changer for making accommodations work.

Session Title: Cultivating Self-Compassion to Live Well as a Woman with ADHD
Speaker(s): Pippa Simou, The ADD-vantage
Track: Adults with ADHD
Session Description: This evidence-based session explores how self-compassion can serve as a powerful protective factor for women with ADHD, who face unique challenges compared to their neurotypical peers. Recent research demonstrates that women with ADHD experience significantly lower levels of self-compassion yet developing this skill can dramatically improve mental health outcomes, emotional regulation, and overall quality of life. Women with ADHD often navigate a complex landscape of challenges, including:

- Lower self-esteem and higher rates of self-criticism
- Increased vulnerability to depression, anxiety, and stress
- Higher rates of comorbid physical health conditions.

We will identify evidence that cultivating self-compassion directly addresses these vulnerabilities, understanding the nature and benefits of self-compassion for women with ADHD , how it can transform the lived experience of ADHD, as well as equipping them with strategies for its practice for both themselves and others so as to replace any shame and self-criticism with understanding, acceptance, and resilience This session is valuable for:

- Women diagnosed with ADHD seeking evidence-based strategies for wellbeing
- Mental health professionals working with ADHD populations
- Partners, family members, and allies of women with ADHD
- Researchers interested in neurodiversity and psychological interventions

Session Title: From Forgetful to Focused: Executive Function Strategies That Stick
Speaker(s): Ann Dolin, Educational Connections
Track: Parents & Caregivers
Session Description: For students with ADHD, forgetfulness, procrastination, and disorganization are everyday challenges. But these are more than bad habits—they're executive function (EF) skill deficits. In this session, attendees will learn how to integrate EF strategies into real academic tasks so students not only build skills—but actually use them. Drawing from the SMARTS Executive Function curriculum and grounded in the Transtheoretical Model of Change, this session helps attendees understand how to match strategies with a student's readiness to change. Through practical tools, real-world coaching stories, and guided implementation, participants will gain the confidence to embed EF support into everyday routines—at home and in the classroom. Whether a student is in denial, trying something new, or ready to build habits, this session will show how to meet them where they are and help them move toward independence.

Session Title: Seeing ADHD on Screen: Representation, Humor, and Lessons Through Animated Storytelling
Speaker(s): Andrew Kahn, Understood.org
Jamie Piekarz, HappyNest Entertainment
Track: Parents & Caregivers
Session Description: Animated content can shape how kids see the world—yet it rarely shows what life with ADHD is really like. This session introduces a new animated program that does just that. Through humor, thoughtful stories, and creative design, the show highlights ADHD strengths and challenges while weaving in social-emotional learning (SEL) and universal design for learning (UDL) skills for all viewers. You'll leave with fresh insight into how mainstream media can both entertain kids and equip them with tools for empathy, resilience, and inclusion.

Session Title: Study Skills to Help Students with ADHD Thrive
Speaker(s): Erin Rothwell, maryvale preparatory school
Rachel Mays, Maryvale
Track: Educators & School Professionals
Session Description: Discover classroom-tested strategies that empower middle and high school students with ADHD to succeed. This session will deliver a toolkit of practical, research-informed

techniques that educators, coaches, and caregivers can implement immediately. Drawing from daily work with students who face executive function challenges, the presenters will share ways to structure learning, teach writing organization, and foster engagement through simple but effective methods. From digital vs. paper systems to color-coded scaffolds and neurologically informed instruction, participants will leave equipped to connect, support, and help students thrive—inside and outside the classroom.

Session Title: The College Quest: ADHD Edition
Speaker(s): Jennifer Fordham, Fordham Educational Consulting
Heather Zapp-Massaro, Zapp Educational Consulting
Track: Parents & Caregivers
Session Description: Choosing the right college is an important decision for any student, but for those with ADHD, finding a school that offers the right support can make all the difference. This session will guide students and families through the key factors to consider when researching potential colleges, including academic accommodations, ADHD support programs, and school policies that impact neurodivergent students. We'll explore different types of institutions, such as large universities, small liberal arts colleges, and specialized schools, to help students find the best fit for their learning style and needs. In addition to learning what to look for in a college, attendees will receive a step-by-step timeline for preparing and applying. From researching schools and visiting campuses to securing accommodations and managing deadlines, we'll break down the process into manageable steps. We'll also discuss asking for recommendations and advocating for necessary supports once enrolled. Whether you're just beginning your college search or finalizing your applications, this session will provide valuable insights and practical tips to help students with ADHD transition smoothly into higher education. Join us to get the information you need to make an informed and confident college decision!

Session Title: The Power of Perspective: Coaching our Clients to New Narratives
Speaker(s): Cameron Gott, Cameron Gott Coaching LLC
Track: ADHD Coaches & Professional Organizers
Session Description: Have you ever had the experience where you sense there is more to explore in a topic than your ADHD client is bringing to the coaching session? As a coach you can hear it plain as day - a repeated narrative, a limiting belief, an inconsistency that doesn't add up, but you are unsure how to delve further with your client? On the surface it can be discouraging but it may be a sign that you are progressing with your coaching skills. Coaching is, in part, a constellation of communication skills. It

begins with a foundation of effective listening, and it is these listening skills that often outpace other complementary skills of inquiry and articulation. This session is designed to explore one complementary skill in particular - working with client perspectives. Perspective work helps clients better understand their own patterns of thinking and reasoning and helps to increase self-awareness and cognitive flexibility - two qualities impacted by ADHD. Internal stories drive motivation and behavior. They can also get in the way of real and sustainable change. In this extended interactive session, coaches get to practice identifying and exploring perspectives using a simple and approachable model with their coaching peers.

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FEBRUARY 25-28

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Children and Adults with ADHD

Wednesday, 25, 2026

Session Title: ADHD Service Challenges and Recommendations: Lessons from the UK
Track: Advanced
Speaker(s): Anita Thapar, MBBCh, FRCPsych, PhD, FMedSci, CBE
Speaker Bio(s): She is lead editor (with Dr. Daniel S. Pine, NIMH) of the authoritative textbook *Rutter's Textbook of Child and Adolescent Psychiatry*. Anita was awarded a CBE for services to Child and Adolescent Psychiatry in 2017, the President's Medal from the Royal College of Psychiatrists in 2015 for contributions to policy, public knowledge, education, and meeting population and patient care needs and the Ruane Prize 2015 from the Brain and Behavior Research Foundation, USA for outstanding Child & Adolescent Psychiatric research.

In 2025 she was awarded the World Federation of ADHD, Heinrich Hoffman Medal, for a life devoted to clinical work, teaching and research on ADHD, and also the International Society for Psychiatric Genetics, Ming Tsuang Lifetime Achievement Award and also in 2024.
She has served on Welsh Government Child and Adolescent Mental Health and Neurodevelopmental Policy and Ministerial Advisory groups including currently for adult ADHD, and has been chair of the NHS England ADHD Taskforce and a member of the Department for Education Neurodivergence Task and Finish Group.
Session Description: In the UK, there have been growing concerns about service demands and the need for transformation. This session focuses on recommendations made to address current ADHD challenges.

Session Title: AI in Daily Life: From Overwhelm to "Ohhh, That's Easy"
Track: Application
Speaker(s): Roger DeWitt, MCAC, MAPP, PCC
Speaker Bio(s): Roger DeWitt is a Master Certified ADHD Coach (MCAC), PCC, and longtime trainer who has spent the past 23 years helping adults, creatives, and executives transform overwhelm into clarity, confidence, and meaningful action. A former Broadway performer turned coach, Roger brings a unique blend of science, storytelling, and spark to every room he enters. He specializes in the ADHD brain, executive function, positive psychology, and the art of making complicated things feel simple—and even fun.

Roger is also the creator of AI Coach Roger, an AI-powered coaching companion trained on his decades of expertise. He is currently developing Version 2 of the AI, designed to think more holistically, ask cleaner questions, and support ADHD brains with greater nuance, curiosity, and compassion. His work explores

how humans and AI can partner in ethical, strengths-based ways that empower—not replace—the brilliance of neurodiverse minds.

Known for his humor, warmth, and knack for breaking concepts down in ADHD-friendly ways, Roger also teaches around the world, mentors advanced coaches, and helps people design lives that work with their brain instead of against it. His mission is simple: to help people feel capable, inspired, and just a little more unstoppable.

Session Description: AI in Daily Life is a 45-minute, fast-moving, ADHD-friendly session designed to show you how artificial intelligence can become one of the most powerful support tools in your life—without replacing your humanity, creativity, or brilliance. If you're an adult with ADHD (or you coach them), you already know the daily friction: decision fatigue, time blindness, procrastination, task initiation, emotional swirl, and the million-tab brain. AI can step in as a calm, non-judgmental thinking partner—helping you organize your day, plan projects, break tasks down, prepare scripts and emails, brainstorm creative ideas, practice self-coaching, and make life feel lighter. In this talk, Roger shows you how to use AI the ADHD way: quick wins, zero perfectionism, real-world examples, and prompts that meet the brain where it actually is. You'll see how AI can support executive function, spark creativity, reduce stress, and increase follow-through—while still keeping you in the driver's seat. You'll leave with: simple go-to prompts for daily life, a structure for using AI as your "second brain," tools for coaches to integrate AI ethically and effectively, and a sense of ease, possibility, and momentum that is ADHD-friendly, shame-free, and immediately usable.

Session Title: Friendship Skills for Neurodivergent Adults: How to Make Friends Without Burning Out
Track: Application
Speaker(s): Caroline Maguire, ACCG, PCC, M.Ed.
Speaker Bio(s): Caroline Maguire, ACCG, PCC, M.Ed., 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 Masters of Education and Early Childhood Development degrees at Lesley University with specializations in social emotional learning and executive functioning. Caroline has been a rock for thousands of people who struggle to make friends. Her unique way of drawing out the best in her clients has been recognized internationally. She speaks at conferences, institutions, and corporations around the world. 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. Caroline's next book, Friendship *Skills for the Neurodivergent: A Guide for the Quirky, Anxious, and Easily Distracted*, will be released in April 2026.

Session Description: The path to friendship takes, time, participation, practice, and a mindset to understand that we build trust, connection, and friendship over time. Caroline Maguire will lead participants through how to reframe and shift your friendship mindset and approach in ways that works with your ADHD neurology so you can find authentic connection rather than masking, people-pleasing, and burning out. Walk away with a new mindset about friendship that can end a lifetime of pain and open doors to a new outlook. Caroline will offer concrete scripts, role-play style examples, and step-by-step strategies to help you pace new relationships, notice red and green flags earlier, and recover after awkward moments without spiraling. She'll also talk about how to put parts of friendship on "autopilot" by using reminders, routines, and templates so it takes less executive function to keep connections alive. You'll leave with a kinder lens on yourself and a realistic plan to create friendships that fit your brain, your energy, and your life, whether you are rebuilding a social world after burnout or cautiously ready to try again.

Session Title: State Before Strategy: Emotion Regulation in Adult ADHD
Track:
Speaker(s): Shawn Horn, PsyD
Speaker Bio(s): Shawn Horn, PsyD, is a licensed clinical psychologist in private practice in Spokane, Washington, specializing in adult ADHD, emotion regulation, DBT, and polyvagal-informed treatment. She is the author of *Thrive Socially with Adult ADHD: The Shame-Busting Guide to Building Better Relationships with Polyvagal Theory and Neuroscience* (New Harbinger, 2025). Dr. Horn integrates over 30 years of clinical experience with contemporary neuroscience and polyvagal theory to help adults with ADHD understand the connection between nervous system regulation, executive functioning, and emotional health. Drawing on both professional expertise and lived experience as an adult with ADHD, she focuses on reducing toxic shame and reframing symptom-based narratives through a nervous system lens. She is a TEDx and international speaker, host of the Inspired Living podcast, and has served as a clinical supervisor with the University of Washington School of Medicine–affiliated Psychiatric Residency Program in Spokane.
Session Description: Emotional impulsiveness and difficulty regulating feelings are now recognized as core features of adult ADHD. For many, these emotional patterns create the greatest challenges in relationships, work, and daily life. Treatment approaches focus on learning new skills, improving thinking patterns, or changing behavior. While these strategies can be helpful, many people still find themselves asking, "If I know what to do, why can't I do it in the moment?"
Polyvagal theory offers a practical and hopeful lens for understanding why we struggle to bridge the gap between what we know and what we do. Your nervous system constantly shifts between states of safety, stress, and shutdown. Each state influences which brain systems are most accessible. When the system is regulated, the brain networks that support learning, planning, insight, and growth are more accessible.

Under stress or shutdown, access narrows. Each state has different needs — and different tools work in different states. In this session, Dr. Shawn Horn introduces a clear framework for recognizing your nervous system states and matching strategies to what your system needs. When we shift from a shame-bound story — "What's wrong with me?" — to a shame-free nervous system story — "What state is my system in?" — real change becomes possible.

Session Title: ADHD in Connection: Strengthening Relationships, One Boundary at a Time
Track: Advanced
Speaker(s): Michelle Dougher Frank, PsyD & Anita Robertson, LCSW
Speaker Bio(s): Michelle Frank, PsyD, is a neuroaffirming clinical psychologist who specializes in the diagnosis, treatment, education, and empowerment of individuals with ADHD, and their partners. She draws from cognitive behavioral therapy, here-and-now mindfulness-based practices, humanistic and attachment theories, Gottman Method Couples' Therapy, and psychoeducational approaches based in the latest research to help those impacted by ADHD live empowered, connected lives. Dr. Frank is co-author of the book *A Radical Guide for Women with ADHD: Embrace Neurodiversity, Live Boldly, and Break Through Barriers*. She is in clinical practice in the Denver area where she works with individuals and couples impacted by ADHD.

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*. Her next book is on ADHD and motherhood. She partners with clients to strengthen their relationships by embracing neurodivergence and fostering safe, affirming environments, connections, and tools that support their unique needs. She also focuses on pre-baby counseling for ADHD moms to give them the tools, skills, and knowledge to enjoy the adventure of parenthood, while keeping their relationships strong. Anita offers online courses, groups, and trainings throughout the year.
Session Description: ADHD brings unique strengths to relationships: creativity, empathy, spontaneity, and an ability to connect deeply with others. Yet, these same qualities can make boundaries feel challenging, and when we struggle to say no, our relationships can become strained. This presentation will highlight practical, compassionate strategies for setting ADHD-friendly boundaries that honor your energy and values while strengthening trust and communication with others. This session emphasizes that boundaries aren't barriers—they're bridges. When used intentionally, they deepen connection, reduce overwhelm, and make it possible to show up with more presence, confidence, and authenticity.

Session Title: Girlhood to Burnout to Diagnosis; The ADHD Woman's Story
Track: Application
Speaker(s): Jamie Roberts, LMFT

Speaker Bio(s): Jamie Roberts (she/her) is a Licensed Marriage and Family Therapist, who actively shares her experience with later in life diagnosis of ADHD and autism.. Jamie is the founder of NeuroPebble, a neuroaffirming clinical training platform, founder of Equilibrium Counseling Services, author of *Neurodiversity for Teen Girls and Mindfulness for Teen Anxiety*, and is an active speaker on Neurodivergent, LGBTQIA+ and Teen topics.
Session Description: As more women receive late diagnoses of ADHD, clinicians are uncovering a powerful source of information hiding in plain sight: their stories. Prompting a critical question: What can we learn from adult women about their experiences as undiagnosed adolescents, and how can that knowledge shape earlier, more effective support for the next generation? This presentation explores a strikingly familiar developmental pattern of ADHD in those raised as girls. Rather than focusing on attention alone, the discussion highlights themes of internalization, chronic invalidation, perfectionism, and gradual loss of self. Attendees are invited to reconsider familiar presentations of anxiety, depression, self-harm, and disengagement as adaptive responses rather than isolated disorders. With unprecedented insight into the long-term impact of being overlooked in childhood and adolescence, this session emphasizes the importance of assessing for neurodevelopmental differences at the earliest signs of distress. By learning from the experiences of adult women, clinicians can help prevent the next generation from becoming another "lost" one.

Session Title: How to Effectively Advocate for your ADHD Child in School
Track: Foundational
Speaker(s): Emily Rubin Persons, PCC
Speaker Bio(s): Emily Persons is a PCC certified ADHD Coach and the mom of three young adult men with three very different learning styles. She's been "that parent" negotiating and educating the educators about how ADHD presented on her kid and why he needed the supports he needed. To ensure her kids were seen and understood, she worked hard to help the teachers and administrators understand that ADHD is not one size fits all. She works with students (high school and college) and adults struggling with ADHD. Emily helps each of her clients to improve their self-awareness around their strengths, challenges, and tolerances so they can live life better. She knows that with coaching and education, ADHD doesn't have to be so hard.
Session Description: Are you struggling to navigate the process of getting school services or accommodations for your child or teen with ADHD? It can be difficult—especially when they are getting good grades. This presentation will discuss these challenges and what support can look like for your child in school. It's often up to parents to educate the educators, since many educators don't understand the ADHD diagnosis, are hesitant to offer accommodations or are unfamiliar with legal guidelines. Real-life scenarios will be shared showing common obstacles and successes in working with the school and how to hold schools accountable. This presentation will also explore the importance of locating policies at the

district, state, and federal levels so that you can best advocate for your child. This session will emphasize the value of including the child or teen in the conversations. This helps normalize the diagnosis, reinforcing that there is nothing wrong with having ADHD, and supports young people in learning to advocate for themselves as early as possible. Resources will be shared to provide roadmaps for parents on how best to understand the needs of their child/teen with ADHD and how to get those needs met.

Session Title: Late-Breaking Findings from the U.S. National Study on ADHD Coaching
Track: Advanced
Speaker(s): Melissa Dvorsky, PhD, Jillian Holbrooke, & Elias Graham, University of Washington
Speaker Bio(s): Melissa R. Dvorsky, PhD, is a psychologist and researcher at Children's National Hospital and the George Washington University School of Medicine where she directs the ADHD & Learning Differences Program. She is a clinical psychologist by training who specializes in ADHD diagnosis and treatment in adolescent and young adult populations. She has authored over 60 peer-reviewed publications on ADHD with research funded by the National Institute of Mental Health and the U.S. Department of Education Institute of Education Sciences. Dr. Dvorsky developed the Advanced Tools for Organization Management (ATOM), a technology-enhanced organizational skills intervention for adolescents with ADHD. She is an Associate Editor of the *Journal of Attention Disorders* and serves on the editorial boards for the Research on Child and Adolescent Psychopathology, Journal of Youth & Adolescence, and School Mental Health journals. Dr. Dvorsky's research is focused on partnering with communities including schools and care providers, to improve the access, effectiveness, and sustainability of services for the ADHD community.

Jillian Holbrook graduated from the University of Washington, Seattle, with College Honors and a double degree in neuroscience and psychology. She currently works as a Suicide Care Coordinator and Dialectical Behavior Therapy (DBT) Skills Trainer at Portland DBT Institute.

During her time at the University of Washington, Jillian served as a research assistant in the Sibley Lab at Seattle Children's Research Institute and completed an undergraduate honors thesis on the role of ADHD self-identification in coaching structure and practices under the guidance of Dr. Margaret Sibley. She collaborated on the U.S. National Survey on ADHD Coaching and continues to contribute to research on ADHD coaching. Jillian is interested in the unique identities of ADHD coaches and how ADHD coaching can diversify or augment existing care strategies, including its potential to increase access to support. Her additional interests span clinical psychology, neuropsychiatric care, and health equity. She hopes to continue her professional development and pursue a long-term career as a physician–researcher.

Elias Graham is a senior psychology student at the University of Washington. They recently completed their honors thesis under the mentorship of Dr. Margaret Sibley, which examined the difference in practices between ADHD coaches who began their practice pre- versus post- COVID-19 pandemic. As a research assistant at Seattle Children's Research Institute, they work on several projects studying psychotherapy treatment for teens with ADHD. Elias aims to pursue a Ph.D. in clinical psychology, specializing in research and clinical assessments of populations with ADHD. Their long-term goal is to become a professor researching the development, evaluation, and refinement of novel, scalable, and accessible interventions for youth and young adults with ADHD who do not benefit sufficiently from well-established treatments, including those with co-occurring conditions, women and other gender minority groups, and ethnic/racial minority groups. They hope to reduce stigmatization around seeking mental health treatment and to promote inclusivity in both research and clinical practice settings.
Session Description: In this research presentation we present two new studies from the U.S. National Survey on ADHD Coaching dataset. Dr. Dvorsky will chair the session, which includes presentations from Ms. Jillian Holbrooke and Mr. Elias Graham. In the first presentation, we will learn how coaches with ADHD differed in their practices, demographics, and background from coaches who do not have ADHD. In the second presentation, we will learn how coaches who joined the workforce during or after the COVID-19 pandemic differ from ADHD coaches who joined the workforce prior to the COVID-19 pandemic. The results of these studies will be discussed by Dr. Melissa Dvorsky who will discuss their implications for public health and the ADHD coaching field and lead a question and answer sessions

Thursday, February 26, 2026

Session Title: Adult ADHD Medications: From Basics to Advance Understanding
Track: Advanced
Speaker(s): David Goodman, MD
Speaker Bio(s): David W. Goodman, MD, is an Assistant Professor of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine and Clinical Associate Professor of Psychiatry at the State University of New York, Norton College of Medicine. He is also the Director of the Adult Attention Deficit Disorder Center of Maryland and the Director of Suburban Psychiatric Associates, LLC. An internationally recognized expert, he has presented over 750 lectures to medical specialists, authored ~40 peer-reviewed scientific papers, conducted clinical research on several of the ADHD medications now on the market, serves as a consultant to the NFL and the World Anti-Doping Agency, widely quoted in national media, and teaches 4th-year psychiatric residents at the Johns Hopkins School of Medicine and State University of New York Upstate. Dr. Goodman served on the American Professional Society for ADHD and Related Disorders (APSARD) steering committee tasked with developing for publication the

first U.S. Guidelines for the Diagnosis and Treatment of ADHD in Adults. He founded two non-profit foundations to advance funding and collaborative support for adult ADHD research and education.
Session Description: This session will discuss the FDA-approved and non-FDA-approved medications available in the U.S. for the treatment of adults with ADHD. It will discuss the categories of medications-stimulants, non-stimulants, alpha2 agonists, off-label antidepressants, and alerting agents. While many patients respond to the first two medications tried, the clinical challenge is optimally medicating those patients who don't respond well to FDA-approved daily dosing recommendations. This session will highlight a clinical sequence of decision-making about dosing and medication combinations for persistent symptoms.

Session Title: Later Life Diagnosis: The Relief, The Regret and The Reality
Track: Foundational
Speaker(s): Linda Roggli, PCC
Speaker Bio(s): Linda Roggli, PCC, is the creator of the ADHD Palooza series, a Professional Certified Coach (PCC), and 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 a 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. She was honored with the ADDA Leading By Example award in 2019. Her Get Organized program has helped hundreds of ADHD men and women get a handle on their "stuff." Linda regularly hosts ADHD workshops, coaching groups, and retreats and is based in Durham, NC.
Session Description: After decades of feeling "different" from others, folks diagnosed with ADHD at age 40, 50, 60 and beyond are often relieved to name their unique way of thinking: Attention Deficit/Hyperactive Disorder. That relief is usually mixed with an equal share of justifiable anger at the long delay in arriving at an accurate diagnosis. And there can be regret and grief over the missed opportunities over a lifetime of what "could have been." Eventually, however, each of them must make peace with today's reality. It often happens in three stages: 1) "I've got an ADHD brain, let's fix it!"; 2) "Shoot! tried to fix it and it's still hanging around "and 3) "OK, I understand and like my ADHD brain (most of the time) and I'm embracing it." With a long look backwards at how ADHD impacted their childhood and early adulthood and a sneak peek into the future, this session explores and reassures those diagnosed in later life that they can absolutely live their best life with an ADHD brain.

Session Title: Reframing Workplace Feedback When Your ADHD Brain Takes Things Personally
Track: Application
Speaker(s): David Rickabaugh, MSC, PCC, BCC

Speaker Bio(s): David has over 30 years of business experience, including at the executive level, and ten years of coaching experience. As a former executive with a background in digital, customer experience, technology, and retailing, David has developed new products and processes, unearthed key customer insights, developed customer-centric teams, and transformed businesses. David has been coaching since 2016 and has over 10,000 hours of direct client coaching experience. David founded his ADHD coaching practice, "Leading with ADHD," in 2018, where he has helped over 250 clients with ADHD lead with their superpowers— identifying, leveraging, and maximizing their unique gifts — while also being aware of and managing their challenges, without over-focusing on them. He currently serves as president of the ADHD Coaches organization, and he has served on its board of directors since 2020. He holds an MSc in Coaching Psychology from the University of Sydney, and he is credentialed as both a Professional Certified Coach (ICF) and a Board-Certified Coach (CEE).
Session Description: For individuals with ADHD, receiving workplace feedback can trigger overwhelming emotional responses due to rejection sensitive dysphoria (RSD), a neurologically-based heightened sensitivity to perceived criticism affecting up to 99% of adults with ADHD. This evidence-based 45-minute workshop addresses this challenge through a neurodiversity-affirming approach that validates these experiences while building practical workplace and emotional regulations skills. Drawing from recent research on emotional dysregulation in ADHD and mindfulness-based interventions, participants will learn why their brains process feedback more intensely and develop concrete strategies for managing these reactions. The workshop teaches the "PRO" pause protocol for interrupting emotional reactivity, evidence-based reframing strategies including the Reporter Technique and 10-10-10 Rule, and creation of a personalized support toolkit. This workshop recognizes that neurological differences in processing criticism are valid brain-based variations, not personal failings. Through structured practice and self-compassion, participants develop skills to navigate and make use of feedback while preserving their emotional well-being and professional relationships.

Session Title: Self-Care That Actually Works for ADHD
Track: Foundational
Speaker(s): Evan Monez, JD, LLM, AACC
Speaker Bio(s): Evan Monez is an attorney-turned-coach who has trained extensively with the ADD Academy (ADDCA) and is skilled in Dixon Life Coaching's unique approach to coaching high achievers with ADHD. She specializes in working with lawyers who have ADHD and other executive functioning challenges. Prior to becoming an ADHD coach, Evan practiced as an attorney and focused primarily on trusts, estates, and tax planning for high-net-worth individuals. While struggling as an associate attorney with a prominent Seattle law firm, Evan received her own ADHD diagnosis and discovered all of the ways that her go-to coping mechanisms were not working in her new professional environment. After receiving her own life-changing ADHD coaching, Evan shifted her professional role from lawyer to coach. As both a

coach and an attorney with ADHD, Evan understands the ongoing stigma of ADHD in the legal world and offers a safe, accepting, and non-judgmental space for lawyers with ADHD to turn to for support. In her coaching, Evan helps high achievers with ADHD maximize their unique talents while building the right tools and systems to manage their ADHD at work and in life successfully.

Session Description: Adults with ADHD are often told to "try self-care," yet the standard advice rarely matches how the ADHD brain actually works. This session reframes self-care as a cognitive performance strategy rather than a luxury or moral obligation. Drawing from neuroscience and clinical research, we'll explore how four core habits—eating, sleeping, breathing (breaks and mindfulness), and moving—directly support the prefrontal cortex, the part of the brain responsible for starting, sustaining, organizing, shifting, and regulating emotions. Participants will learn why ADHD brains burn cognitive fuel more quickly, why stress depletes executive function, and how simple, well-designed routines can stabilize attention, reduce overwhelm, and improve daily follow-through. Instead of overwhelming attendees with idealized health standards, this session offers practical, ADHD-friendly approaches that reduce decision fatigue, create consistency, and work in real-life contexts. It covers how to build small, sustainable entry points into nutrition, sleep, exercise, and stress recovery; how to avoid all-or-nothing thinking; and how to externalize cues to make habits easier. This session is especially valuable for high-performing adults who struggle with fatigue, inconsistency, or burnout. Attendees leave with immediately usable strategies to protect their cognitive energy and strengthen executive functioning through supportive, achievable self-care habits.

Session Title: ADHD and the Boundary Puzzle: Clinical Approaches to Help Clients Set Limits While Staying in Connection
Track: Application
Speaker(s): Michelle Dougher Frank, PsyD & Anita Robertson, LCSW
Speaker Bio(s): Michelle Frank, PsyD, is a neuroaffirming clinical psychologist who specializes in the diagnosis, treatment, education, and empowerment of individuals with ADHD and their partners. She draws from cognitive behavioral therapy, here-and-now mindfulness-based practices, humanistic and attachment theories, Gottman Method Couples' Therapy, and psychoeducational approaches based on the latest research to help those impacted by ADHD live empowered, connected lives. Dr. Frank is co-author of the book, *A Radical Guide for Women with ADHD: Embrace Neurodiversity, Live Boldly, and Break Through Barriers*. She is in clinical practice in the Denver area where she works with individuals and couples impacted by ADHD.

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*. Her next book is on ADHD and motherhood. She partners with clients to strengthen their relationships by embracing neurodivergence and fostering safe, affirming

environments, connections, and tools that support their unique needs. She also focuses on pre-baby counseling for ADHD moms to give them the tools, skills, and knowledge to enjoy the adventure of parenthood, while keeping their relationships strong. Anita offers online courses, groups, and trainings throughout the year.

Session Description: Supporting your ADHD clients in boundary work can be tricky. This presentation uses systems theory to explain why boundaries are harder for your ADHD clients. We will explore how common ADHD childhood experiences, neurological differences, and executive functions show up in adult relationships, and why they can make setting and receiving boundaries scary to clients with ADHD. We will explore various clinical interventions and tools to support your ADHD clients thriving in their relationships, one boundary at a time.

Session Title: Co-Designing an ADHD-Friendly CBT with Adults with ADHD and Practice Experts
Track: Advanced
Speaker(s): Margaret Sibley, PhD
Speaker Bio(s): Maggie Sibley, PhD, is a researcher at the University of Washington School of Medicine who has been studying ADHD for nearly two decades. She is a clinical psychologist by training who specializes in ADHD diagnosis and treatment in adolescent and adult populations. Dr. Sibley has authored over 120 scholarly publications on ADHD with research funded by the National Institute of Mental Health, Institute of Education Sciences, Klingenstein Third Generation Foundation, and American Psychological Foundation. She is Secretary of the American Professional Society for ADHD and Related Disorders (APSARD), a Professional Advisory Board Member for Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD), an Editorial Advisory Board Member for *Attention* magazine, and an Associate Editor of the *Journal of Attention Disorders*. She is the author of *Parent-Teen Therapy for Executive Function Deficits and ADHD: Building Skills and Motivation* published by Guilford Press in 2017. Dr. Sibley is interested in understanding public health trends in ADHD, including the rapid rise of ADHD coaching as a form of support for individuals in the ADHD community.
Session Description: This presentation provides results of an Innovation Tournament in partnership with adults with ADHD and psychology practitioners specializing in adult ADHD. We elicited from 16 adults their wish list for ADHD-friendly CBT, generating 42 suggestions, which were combined with 20 common elements of adult ADHD CBT and 21 ADHD-specific engagement strategies from an existing CBT for adolescent ADHD (Sibley et al., 2016). These 83 strategies were submitted to 53 new adults with ADHD and 16 experts who rated their importance and feasibility on a 1-5 scale. Top therapy topics rated by clients and experts were: (1) task management, (2) organization, planning, and prioritization, (3) emotion regulation, (4) responding to negative/maladaptive thoughts, (5) anti-procrastination/self-motivation strategies, and (6) long-term goal setting. Elements of Motivational Interviewing were also highly rated as was ensuring therapists are knowledgeable about ADHD. Several features of traditional CBT were rated

poorly suggesting a need for de-implementation: (1) prescriptive, standardized session agendas and sequences, (2) weekly tracking of symptoms, (3) direct instruction and advice on skills, and (4) prescriptive feedback on failures. We will compare results to existing adult ADHD CBTs, generate audience feedback on prevailing ideas, and offer best practices in CBT delivery for adult ADHD.

Session Title: Cognectivity: Use Tech to Get Your Brain in Gear
Track: Application
Speaker(s): Brittany Smith, MS
Speaker Bio(s): Brittany Smith is an ADHD, Productivity, and Technology Coach, instructor for the course "Unstuck Your Tasks," and co-founder of The ADHD Guild, a community for neurodivergent nerds. Brittany has a Master's of Science in Cognitive Neuroscience, but fell in love with the practical applications of cognitive science in our everyday lives. In addition to coaching, Brittany enjoys creating content, videos, and courses on how to be more productive using the brains that we actually have, as well as joining related podcasts. As a hard-cord nerd, Brittany uses the latest gadgets, geeky pop culture, as well as cognitive science, to help her clients, audiences, students, and ADHD Guild Members get more done, with less stress.
Session Description: Our devices are an external brain: they remember appointments, hold our notes, organize tasks, and keep us connected. At the same time, they interrupt, tempt, and derail us. This session digs into the science of attention and how ADHD plays a role in our tech-saturated lives. We'll look at the costs and benefits of living on a single "everything" device and walk through concrete ways to dial down the chaos so your technology becomes a genuine support.
Session Title: Yikes! What's the Secret to Launching ADHD Teens & Young Adults (without losing your mind)?
Track: Foundational
Speaker(s): Diane Dempster, MHSA, CPC, PCC & Elaine Taylor-Klaus, MCC
Speaker Bio(s): Diane Dempster, MHSA, CPC, PCC is a professional coach, speaker, author, and educator with 20 years of corporate leadership experience. Diane is the co-founder of ImpactParents.com, a coaching and training organization for parenting neurodiverse kids, and co-host of the *Parenting with Impact* podcast. Through her work with ImpactParents, she teaches a relationship-first neurodiversity-informed coach approach to parents and professionals, blending behavior management with change management, so that concerned adults can empower kids, teens and young adults to become independent and successful. An experienced leader, spiritual wanderer, change agent and all-around life-guide, Diane helps clients create deep, inside-out, sustainable change.

Elaine Taylor-Klaus is a Master Certified Coach and the mom in an ADHD ++ family of six. A trusted advisor for parents and an inspirational mentor for professionals, she is internationally recognized as a

thought leader at the intersection of neurodiversity, coaching, and parenting. As a parent advocate and educator, Elaine co-founded the first global coaching and training organization for parents of complex kids, ImpactADHD® (now dba ImpactParents.com). ImpactParents educates, coaches, and empowers families of complex kids from 4 to 40 -- and the professionals who support them -- using an innovative neuro-informed coaching model. Elaine is the co-host of the *Parenting with Impact* podcast, is regularly featured in national magazines, summits and podcasts, and is 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*, a typical parenting book for kids who are not so typical.

Session Description: Do you wish your older teens or young adults were more independent at this stage? Are you doing more than you think you "should" -- whether they are still living at home or out on their own? This practical workshop can help you shift the dynamic. It will inspire you to stay in the game, even when it feels like you want to throw in the towel. It will clarify what your kids need from you to get them ready to launch. And it will give simple tools to reduce power struggles, strengthen relationships, and help your young adult take ownership of their life. Surprise: independence is actually closer than you think!

Session Title: ADHD, You Have Company! A Roadmap of Navigating Comorbid Disorders
Track: Advanced
Speaker(s): Roberto Olivardia, PhD
Speaker Bio(s): Dr. Roberto Olivardia is a Clinical Psychologist, Clinical Associate at McLean Hospital and Lecturer in the Department of Psychiatry at Harvard Medical School. He maintains a private practice in Lexington, Massachusetts, where he specializes in the treatment of ADHD, body dysmorphic disorder, and obsessive-compulsive disorder. He also specializes in the treatment of eating disorders in boys and men. He sits on the Professional Advisory Boards for CHADD and ADDA, the Scientific Advisory Board for *ADDitude*, and is a featured expert for Understood.org.

Session Description: Attention-deficit/hyperactivity disorder (ADHD) rarely occurs in isolation and is frequently associated with a range of psychiatric and medical comorbidities. Common psychiatric comorbid conditions include depressive disorders, anxiety disorders, substance use disorders, and learning disabilities, while frequently associated medical conditions include sleep disorders, allergic conditions, and migraine headaches. The presence of overlapping symptoms may complicate diagnostic accuracy, resulting in misdiagnosis, delayed diagnosis, or incomplete recognition of co-occurring conditions. Individuals may be incorrectly diagnosed with an alternative disorder when ADHD remains unrecognized, misdiagnosed with ADHD when another condition is primary, or present with both ADHD and additional disorders concurrently. This presentation will review key considerations in the assessment of comorbid conditions and differential diagnosis in individuals with suspected or confirmed ADHD. Emphasis will be placed on identifying distinguishing clinical features, understanding symptom overlap,

and recognizing patterns suggestive of secondary conditions arising from untreated ADHD. Additionally, the bidirectional impact of ADHD and comorbid disorders on clinical presentation, functional impairment, and treatment response will be examined. Clinical case examples will be used to illustrate diagnostic challenges and inform treatment planning.

Session Title: Hard Conversations About Sex: ADHD and Relationships in Clinical Practice
Track: Advanced
Speaker(s): Lyne Pich é , MD
Speaker Bio(s): Dr. Lyne Piché is a registered psychologist who has worked as a psychologist specializing in sexual issues for 25 years. Her graduate studies, research, and work endeavors have been focused on improving sexual health for all individuals. Since 2009, she has provided sexual therapy, couples counseling, relationship counseling, and trauma counselling in her private practice. Dr. Piché is an EMDRIA certified EMDR therapist. She is also a forensic psychologist. She offers psychological services in both English and French. The intersection of ADHD and sexual therapy has been a particular interest of hers in recent years. Her new workbook, ADHD *and Sex: A Workbook for Exploring Sexuality and Increasing Intimacy* is now available.
Session Description: Discussing hard issues about sex, intimacy, and relationships can be hard for professionals and clients alike. It can be difficult to communicate effectively with a partner; but when we add ADHD into the mix, it can feel almost impossible! This workshop will explore essential communication strategies when talking about hard topics. We will include conversations about relationship foundations as well as specific sexual themes such as discussing consent, sensory issues, hygiene, sexual novelty, pornography use, and using sex to cope with ADHD symptoms. Let's find solutions to the question “But how do I say that?!?” If these conversations are difficult for you or your clients, join us for a fun talk aimed at finding ways to get those hard conversations started!

Session Title: Parenting Emerging Adults: Finding the Balance
Track: Foundational
Speaker(s): John Willson
Speaker Bio(s): John Willson is the Executive Director of SOAR, a nonprofit school, camp, and GAP program for youth with learning and attention challenges. With over 30 years of experience, he specializes in empowering young people with ADHD and learning differences through experiential education. John holds a B.A. in Sociology from Texas State University and an M.S. in Outdoor Therapeutic Recreation Administration from Aurora University. A licensed recreational therapist and certified therapeutic recreation specialist (NCTRC), he blends an expertise in ADHD with adventure-based learning. He serves on the boards of CHADD and the Learning Disabilities Foundation Association and was the State President of LDA-NC. He has served as an adjunct professor at Mars Hill College and

Western Carolina University. He is a national speaker and has led hundreds of adventure courses for youth with ADHD, focusing on resilience, accountability, and skill-building. John is a Wilderness First responder, lifeguard, and rescue SCUBA Diver who thrives in the outdoors. Most importantly, he is the proud father of two adult children with ADHD, giving him both personal and professional insight into the ADHD journey.

Session Description: This workshop will explore practical, age-appropriate parenting strategies designed to support young adults with ADHD—particularly those still living at home emerge into adulthood. Participants will learn how to establish clear expectations, promote financial and personal responsibility, encourage progress toward independence, and set healthy boundaries without enabling. By implementing structured, supportive accountability measures, parents and caregivers can empower young adults to take ownership of their growth and future success.

Session Title: Sailing the Ocean of Emotion with ADHD

Track: Application

Speaker(s): Jonathan Hassall, BN, ACG

Speaker Bio(s): Jonathan is an ADHD & 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. Jonathan is a regular speaker at national ADHD meetings in Australian and US. He has previously held roles as a board member of ADHD Australia and ADDA. He also co-authored “Decoding
Doing - Solving ADHD & Procrastination” in 2023. His current practice focuses on working with adults and couples with ADHD. His approach includes the translation of relevant executive function theory to facilitate individuals with ADHD findings and embracing their “neuro-native” state supporting adaptation and realization of potential.

Session Description: Like the ocean, emotions in the presence of ADHD can feel like invisible, overwhelming forces, outside of our control. Emotion is an essential tool we can use to shape our experience of the world and ourselves. By discovering the approaches that create a habit of shaping emotions instead of reacting to them, we can be who we want to be. In this interactive discussion we will take the coaching approach to capture your experiences, both successful and not, with emotions and ADHD to create a foundation for our time together. By taking what the neuroscience tells us and converting it into a motivational approach, we can build simple strategies to make emotions work for us. In this session we will: create an understanding of how emotions work with ADHD, identify opportunities for change, share a compact system to use for yourself, and plan using this compact system in daily life. With my experience of over twenty years in the ADHD world from the theory of neuroscience to the real life translation in coaching, I hope we can share, learn, and best of all put it into action to create the emotional life your want and sail the ocean of emotion!

Friday, February 27, 2026

Session Title: ADHD Care, Decoded: Who Does What (and How to Choose!)
Track: Foundational
Speaker(s): Sara Skillen, PCC, COLC, CNC, CPO®, Jeremy Didier, LSCSW, LMAC, & Carolyn Lentzsch-Parcells,MD
Speaker Bio(s): Sara Skillen, PCC, COLC, CNC, CPO®, is the owner and Director of Education of Coach Approach Training Institute (CATI), and the founder of SkillSet Coaching, in Nashville, TN. In addition, she is a certified Interfaith Spiritual Director, and has been assisting with training student coaches through CATI since 2019. From 2023-2025 she served on the board of directors of the Institute for Challenging Disorganization (ICD). As both a coach and professional organizer, Sara has always been intrigued by how environments (both exterior and interior) affect work, productivity, and life. As a result, she was inspired to start her first company in 2012, helping creative and neurodiverse people manage their stuff, time, and tasks. Sara's writing has appeared in numerous publications and her own blog, "The Stuff Behind the Stuff™." She published her book, *Organizing and Big Scary Goals,* in 2019, and she is a contributor to the new ICD book, *The Chronic Disorganization Tapestry*. She is a popular presenter and has spoken at numerous conferences and events including NAPO, ICD, and International Conference on ADHD. In addition to leading an accredited coach training program, client work, teaching, and writing, Sara continually studies the impact of awareness, observation, and inner work on creating holistic, real-life orders.

Jeremy Didier, LSCSW, LMAC, has over fifteen years of extensive experience working with children, parents, and adults with ADHD in both her personal life and as an ICF/JST/ADDCA-certified ADHD coach with ImpactParents. She currently provides assessment, diagnosis, and therapeutic services for adults with ADHD in her private practice at TreehouseADHD in Kansas City. She is also the group founder and co-coordinator of Kansas City's award-winning CHADD chapter, ADHDKC, twice recognized as the organization's chapter of the year. She is the immediate past president of CHADD's board of directors and has served on the board in many capacities: as secretary, as co-chair of both the chapter advisory board and the governance committee, and as a volunteer leadership trainer and chapter mentor. She is a nationally recognized speaker and a frequent contributor to national media outlets such as the *Washington Post* and NBC Nightly News. A passionate advocate for justice-involved individuals with ADHD, she specializes in the underdiagnosis of girls and women with ADHD and the intersection of ADHD and addiction. Didier holds a Master of Social Work from Fordham University and a Bachelor of Science in journalism from the University of Kansas. Her favorite job is being mom to five fabulous kids, four of whom also have ADHD among other neurodiversities.

Dr. Lentzsch-Parcells happily lends her expertise to as many institutions as she can. She is faculty at the TCU Burnett School of Medicine where she teaches and mentors future physicians. She is a member of the National Board of Directors for CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder) as well as the planning committee for the International Conference on ADHD. She frequently hosts webinars for the Attention Deficit Disorder Association (ADDA) and CHADD.

Session Description: ADHD support doesn't come in a one-size-fits-all package—and figuring out who does what can feel like cracking a code. In this lively, practical session, a doctor, an ADHD coach, and a clinical social worker will decode their roles, bust common myths, and show how each profession supports different aspects of living with ADHD. You'll get an inside look at how medical treatment works, when therapy is the best fit, and how coaching can turn daily chaos into manageable routines. We'll also share real-world examples of how these approaches overlap and complement one another. Whether you're choosing your first provider or building a more complete support team, this session will help you make informed, confident decisions.

Session Title: Advances in the Genetics of ADHD
Track: Advanced
Speaker(s): Steve Faraone, PhD
Speaker Bio(s): Stephen Faraone is Distinguished Professor in the Department of Psychiatry at SUNY Upstate Medical University and Senior Scientific Advisor to the Research Program for Pediatric Psychopharmacology at Massachusetts General Hospital. He studies the nature and causes of ADHD across the lifespan. An author on over 1,000 journal articles, editorials, chapters, and books, from 2014 to 2023 he has been listed as a highly cited researcher by Thomson Reuters/Clarivate Analytics. From 2019 to 2022, his citation metrics placed him in the top 0.01% of scientists across all fields in 2021, Expertscape indicated he was the top-rated expert in ADHDworldwide. In 2024, he was their top-rated expert for neurodevelopmental disorders. As of March 2025, his publications have been cited 154,519 times leading to a lifetime H-Index of 193. He disseminates evidence-based information via www.ADHDevidence.org. In 2002, he was inducted into the CHADD Hall of Fame for outstanding achievement in medicine and education research on attention disorders. In 2018 he received the Lifetime Achievement Award from the International Society of Psychiatric Genetics and in 2019 he received the Paul Hoch Award from the American Psychopathological Association.
Session Description: This presentation reviews recent advances in the genetics of Attention-Deficit/Hyperactivity Disorder (ADHD) and their direct implications for clinical practice. ADHD is defined as a highly heritable, polygenic disorder arising from the accumulation of thousands of common genetic variants rather than a single gene. The data demonstrate that ADHD represents the extreme end of a

continuous dimensional trait in the general population, suggesting that subthreshold symptoms are clinically significant and often require attention. Evolutionary analysis reveals that ADHD risk variants have persisted since Paleolithic times, countering the myth that the disorder is solely a product of modern environments. The presentation details how ADHD shares genetic roots with widespread psychiatric and somatic comorbidities, explaining the complex clinical presentations often seen by practitioners. Furthermore, it distinguishes between causal environmental risks and gene-environment correlations, which often confound perceived risk factors. While the genetic evidence firmly establishes ADHD as a brain-based disorder—helping to reduce stigma—the presentation concludes that current polygenic risk scores and pharmacogenetic tools lack sufficient accuracy for routine clinical diagnosis or treatment selection. Patients and clinicians are encouraged to use this genetic knowledge to understand comorbidity and avoid therapeutic nihilism.

Session Title: Work Differently. Succeed Uniquely: ADHD Strategies for Starting Strong
Track: Application
Speaker(s): Adela Baker, PCAC
Speaker Bio(s): Adela Baker, PCAC is the founder of Mind Coach, LLC and has been coaching since 2016, bringing nearly a decade of experience to her practice serving Turbo Thinkers© globally from her base in New Orleans. As Vice President of the ADHD Coaches Organization (ACO), Adela brings four years of dedicated service to the organization, including her leadership role in Communications and Strategic Partnerships, where she has contributed significantly to ACO's growth and visibility. Her extensive leadership experience includes successfully managing a team of ten coaches and developing impactful group coaching programs and workshops. Fluent in five languages with rigorous training in neuroscience and psychology, Adela serves as a PAAC mentor and sponsor, combining her veteran expertise with a passion for elevating the coaching profession and building community within the field.
Session Description: The new year kicks off with momentum—and for ADHD brains, that can mean both exciting possibilities and overwhelming pressure. As work ramps up, goals pile on, and everyone around you seems to be hitting their stride, how do you navigate the chaos without burning out? Whether you're discovering ADHD in yourself or supporting neurodivergent colleagues, this session explores practical strategies for managing time blindness, protecting your energy, and taking ownership of how you work best when everything feels urgent. Learn to succeed on your own terms while thriving in community with others.

Session Title: Mindfulness, ADHD, and Emotion
Track: Application
Speaker(s): Mark Bertin, MD

Speaker Bio(s): Dr. Bertin 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 evidence-based pediatric care, and a contributing author for the book *Teaching Mindfulness Skills to Kids and Teens*. Dr. Bertin is a faculty member at New York Medical College and the Windward Teacher Training Institute and has served on advisory boards for APSARD, *ADDitude* magazine, The Screen Time Action Network, Common Sense Media, and Reach Out and Read. His blog is available through *Psychology Today* and elsewhere.
Session Description: Emotional dysregulation is a common, core symptom of ADHD that is often overlooked. Even when other treatments are effective, they don't always address this key aspect of ADHD. Emotional reactivity can be highly disruptive for individuals and families, undermining their well-being, resilience, and social relationships, and making the implementation of other interventions for ADHD more challenging. Conversely, mindfulness, stress and anxiety management, and emotional regulation act as direct training in building these foundational abilities. What is the connection between ADHD and emotions, and what strategies work best to support adults and children in managing their emotions? How does mindfulness influence the emotional impact of ADHD, and can anyone with ADHD practice mindfulness? This presentation will introduce an integrated approach to emotional reactivity and ADHD, utilizing mindfulness both independently and alongside other strategies.

Session Title: Basic Brain Biology: The Neuroscience Behind ADHD, Anxiety & Depression
Track: Foundational
Speaker(s): Sarah Cheyette, MD
Speaker Bio(s): 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 recently practiced at the Palo Alto Medical Foundation, where she focused on treating ADHD in both children and adults. For multiple years she has been a Top Doctor in San Francisco magazine. She now has her own practice, Epiphany Mental Wellness.
She has written three books on ADHD: *ADHD and the Focused Mind*, *Winning with ADHD*, and *ADHD & Me*. In the books she explains common behavioral symptoms of ADHD, the biology behind it, and what research has revealed about it – as well as issues faced by people when considering prescription medications and other treatment approaches. She has an upcoming book with her husband, *Living With ADHD*, which was written for the American Academy of Neurology as the first book on ADHD in their" Neurology Now" series.
Session Description: Why do we do what we do? There is some basic neuroscience that influences how we think and act. If you can understand the key parts of the biology behind ADHD, anxiety and depression, you can use that knowledge to better manage your ADHD, anxiety, and depression.

Understanding how anxiety and depression interact with ADHD is particularly useful and relevant for managing ADHD, anxiety, and depression, because it leads to very practical interventions. Although obviously a complex topic, you will hear about it in easy-to-understand concepts. By the end of the talk you should be able to have an understanding about the brain areas involved in ADHD, the chemistry behind ADHD, the neural networks that switch attention on and off, and how medications for ADHD work. Plus, you will learn what kinds of activities contribute to brain health--and what sorts of activities can negatively affect your brain!

Session Title: Evaluating and Treating ADHD and Comorbid Mood Disorders
Track: Advanced
Speaker(s): Ann Childress, MD
Speaker Bio(s): Dr. Childress is president of the Center for Psychiatry and Behavioral Medicine, Inc. where about 90% of her practice is research- based. She has published more than 100 manuscripts in her research. She also has faculty appointments at the Kirk Kerkorian School of Medicine at University of Nevada Las Vegas and Touro University of Nevada College of Medicine and is an evaluator for the NFL. She is board certified in psychiatry, with a sub-specialty in child and adolescent psychiatry. Dr. Childress is Past President of the American Professional Society of ADHD and Related Disorders (APSARD), Education Director for the Nevada Psychiatric Association, a distinguished life fellow of the American Psychiatric Association, and a member of the American Academy of Child and Adolescent Psychiatry.
Session Description: The prevalence of attention-deficit/hyperactivity disorder (ADHD) is about 6% in adults and 10% in children and adolescents in the United States. Approximately 66% of children and 75% of adults have comorbid psychiatric conditions. Major Depressive Disorder and Bipolar Disorder are two common comorbidities. Symptoms of ADHD and comorbid mood disorders may overlap, making it difficult to diagnose comorbid conditions. Furthermore, patients with mood disorders who do not respond to antidepressant treatment may have undetected ADHD. Those patients are more likely to have a poor response to initial depression treatment. Differences in symptoms of emotional dysregulation and mood disorders will be defined. Best practices for evaluation and pharmacological treatment of ADHD and comorbid mood disorders will be presented. Data from combined pharmacotherapy trials for ADHD and comorbid mood disorders will be presented. Combination medications for ADHD can be safely prescribed to patients with mood disorders. The order in which the disorders are treated does vary by diagnosis and symptom severity. Case examples will guide the learner through evaluation and treatment of ADHD and comorbid mood disorders.

Session Title: If It's Not Easy, It's Too Hard: Organizing and ADHD
Track: Application
Speaker(s): Ellen Faye, PCC, CPLC, CPO®

Speaker Bio(s): Ellen Faye, PCC, CPLC, CPO®, is a Productivity and Leadership Coach, Certified Professional Organizer®, and author with more than two decades of experience helping professionals and teams work in ways that align with their natural strengths. She founded her business in 2001 as a professional organizer and, recognizing the deeper behavioral and decision-making challenges behind clutter and overwhelm, expanded into coaching in 2008. Ellen earned her Certified Organizer Coach credential in 2011 and achieved the International Coaching Federation's Professional Certified Coach designation in 2019. She later earned the Certified Productivity Leadership Coach credential, solidifying her transition into full-time leadership and productivity coaching in 2020.

Ellen's work focuses on designing practical, sustainable systems that make work and life easier. She teaches leadership coursework for the Coach Approach Training Institute and has presented to audiences in the United States, Canada, Brazil, and the United Kingdom. Her first book, Productivity for How You're Wired, explores how individuals can leverage their wiring to improve focus, reduce friction, and achieve meaningful results.

A respected industry leader, Ellen served as President of the National Association of Productivity and Organizing Professionals and is the 2019 recipient of NAPO's prestigious Founder's Award. She lives in Naples, Florida, and works with clients internationally.
Session Description: For individuals with ADHD, getting organized isn't simply about putting things away, it's about navigating decisions, energy, overwhelm, and the invisible barriers that make even simple tasks feel impossible. This session reframes organization not as a character flaw, but as a quality-of-life practice rooted in how the ADHD brain works. Participants will explore why traditional organizing systems often fail for neurodivergent thinkers and learn how to rethink organization through the lens of wiring, structure preference, and cognitive load. Rather than focusing on color-coded perfection or rigid rules, we will examine how simplicity, clarity, and ease create sustainable systems that support real-world functioning. Attendees will discover how reducing decision fatigue, defining what "organized enough" means, and planning for the full arc of a task—including cleanup and reset—can decrease stress and increase follow-through. Using relatable examples, humor, and compassionion, this session offers practical mindset shifts that make organizing feel more achievable and less overwhelming. Participants will leave with a new perspective: if the process isn't easy, it will always be too hard - and when systems align with how you're wired, organization becomes not a burden, but a powerful tool for calmer, more intentional living.

Session Title: Unmasking ADHD: Understanding and Treating Shame and Loneliness
Track: Application
Speaker(s): Peter Kozel, PsyD

Speaker Bio(s): A child of refugees and an immigrant to the United States, I found myself wandering across multiple continents in my education and career. Having worked in social services in a third world country, counseling students at multiple universities, and wilderness therapy evaluations, I have been immeasurably lucky to be afforded so many diverse opportunities in the field of psychology. While variety is certainly the spice of life for me, it is the utmost privilege to work alongside those who are willing to dig deeply into their vulnerabilities with the hopes of becoming the best version of themselves. In addition to my work, I am a seasoned traveler, having visited or lived in 40 countries and an avid outdoors fan. I am now in the midst of my greatest adventure as a father of two of the loveliest creatures I ever could have believed existed.

Session Description: People with ADHD often describe struggling to achieve a sense of belonging, often reporting a need to "mask" or "camouflage" themselves to better fit into a neurotypical world. The stigma of ADHD often feels like a shameful secret by those who carry the diagnosis. While there is an adaptive quality to hiding one's ADHD (or attempting to make it less apparent), it can come with several hidden costs. The aim of the presentation is to better understand why masking takes place, and how this process contributes to internal disruptions (e.g., shame), interpersonal difficulties (e.g., loneliness), as well as the maintenance of stigma. Furthermore, a review of the research that investigates effective techniques (as well as not-so-effective ones) to help our clients learn to unmask so that they can not only fit in but achieve a sense of belonging. Some of these interventions discussed will include psychoeducation, mindfulness, Acceptance and Commitment Therapy, and social skills building. Unfortunately, many of these interventions were designed and standardized on neurotypical individuals; modifications are often needed to ensure effectiveness.

Saturday, February 28, 2026

Session Title: ADHD in Women and Impact of Hormonal Fluctuations on Mood and ADHD Severity Across the Lifespan

Track: Advanced

Speaker(s): Sandra Kooij, MD, PhD

Speaker Bio(s): Sandra Kooij is a psychiatrist and professor on Adult ADHD at Amsterdam University Medical Center/VUmc, the Netherlands. In 2002 she started a specialized department for adult patients with ADHD and the Dutch Expertise Center adult ADHD at PsyQ, the Hague, where she still works. She is involved in patient care, research, and education. She gives lectures, publishes books and research papers, as well as webinars and podcasts. Her research focuses on ADHD in women, ADHD in elderly, and on ADHD, sleep, inflammation,, and health.

Session Description: Increased rates of premenstrual, postnatal,and peri-menopausal mood difficulties have been confirmed in women with ADHD in research. Often also the severity of ADHD symptoms

increase during these episodes. The background of these findings and potential treatment options will be discussed during the meeting.

Session Title: Kids Do Well If They Can And So Do Parents (When They're Supported)
Track: Application
Speaker(s): Norma Echavarria, MD & Lucia Miri Echavarria, ACC
Speaker Bio(s): Dr. Norma Cristina Echavarría is a renowned psychiatrist specializing in ADHD, with over 30 years of clinical experience. Based in Argentina, she is widely recognized for her work advancing ADHD diagnosis and treatment across Latin America. As a mother of five children with ADHD—and having ADHD herself—Dr. Echavarría brings a deep personal understanding to her professional practice. Her approach blends cutting-edge research with practical strategies tailored to the real-life challenges faced by individuals and families affected by ADHD. She founded several initiatives focused on ADHD awareness and education and currently serves as president of the ADHD chapter of the Argentine Psychiatric Association. She is a frequent speaker at international conferences, sharing insights on the emotional and developmental impacts of ADHD across the lifespan.
With a strong commitment to accessible, evidence-based information, Dr. Echavarría is also co-creator of EspacioTDAH, a platform dedicated to Spanish-speaking audiences navigating ADHD. Her contributions span clinical care, professional training, and public advocacy, always with a focus on empathy, empowerment, and neurodiversity. Dr. Echavarría's work continues to inspire a new generation of mental health professionals and families alike, helping shift the narrative around ADHD from one of the limitations to one possibility.

Lucía Miri Echavarría is an ADHD coach, educator, and content creator who blends lived experience with professional insight to make ADHD knowledge more accessible and empowering. Diagnosed at age 10, and growing up in a family where ADHD was part of everyday life, Lucía was inspired to create EspacioTDAH, a leading Spanish-language platform that offers relatable, research-informed content for neurodivergent individuals and their communities. She works with teens, adults, and families through 1:1 coaching, focusing on self-esteem, executive functioning, and emotional regulation. Her approach helps clients shift from shame to self-understanding, and from burnout to sustainable action, always honoring each person's unique way of being. Lucía is the co-host of the EspacioTDAH podcast, where she and her mother—a psychiatrist specializing in ADHD—discuss the condition from clinical and personal angles. She has collaborated with organizations such as CHADD and the APA and currently leads the Influencer Workgroup for the 2024 International Conference on ADHD, building bridges between professionals and creators. With warmth, humor, and clarity, Lucía helps reframe ADHD not as a flaw to fix but as a different way of navigating the world—one that deserves respect, understanding, and the right support to thrive.

Session Description: How do we support kids with ADHD without burning out or losing connection? This session blends clinical evidence with lived experience to help parents become effective "backbone" leaders: warm, consistent, and grounded. We'll explore how parenting style directly influences emotion regulation, oppositional behavior, and long-term treatment adherence in children with ADHD. Through the lenses of Barkley, Greene, and Coloroso, we'll move beyond shame, blame, and power struggles—toward skill-building, regulation, and collaboration. Designed for both parents and professionals, this session offers tools you can use right away: calm scripts, reinforcement systems, problem-solving worksheets, and more.

Session Title: Tackling Resentment in ADHD Impacted Relationships
Track: Application
Speaker(s): Melissa Orlov
Speaker Bio(s): Melissa Orlov is the founder of ADHDmarriage.com and ADHD & Marriage Consulting. She helps ADHD-affected couples from around the world re-balance their relationships and learn to thrive through her seminars, books, and consulting. She has written two award-winning books on the impact of ADHD on relationships. Her first, *The ADHD Effect on Marriage*, was called 'the relationship bible for couples impacted by ADHD' by *ADDitude* magazine in 20. Melissa teaches mental health professionals how to work with couples impacted by ADHD and leads a team of consultants who specialize in this fie. Melissa blogs for PsychologyToday.com and at www.adhdmarriage.com, where she hosts a large community of adults learning about ADHD in relationshi. She has been interviewed by many, including the *New York Times*, CNN, Today, and *US News and World Repo*.
Session Description: Feelings of resentment are common in ADHD-impacted relationships, and can be hard for partners to address. This three-step process helps adults better identify the underpinnings of resentment, address their specific situation, and build more productive responses.

Session Title: Why Time Tools Fail: Closing the Executive Function Gap in ADHD
Track: Foundational
Speaker(s): Sarah Ward, M.S., CCC/SLP
Speaker Bio(s): Sarah Ward, M.S., CCC/SLP has over 25 years of experience in the treatment of executive dysfunction. She is an internationally recognized expert on executive function and presents seminars on the practical strategies she has developed with her Co-Director, Kristen Jacobsen. Together, they created the 360 Thinking Executive Function Program, which received the Innovative Promising Practices Award from CHADD. Their latest work, The Time Tracker Program—a groundbreaking three-volume book series—has received high acclaim for its innovative approach to shifting students from adult-managed to self-regulated time management. Sarah has presented to over 2,000 public and private schools and organizations across the globe. In recognition of their international impact on executive function skills in

education, Sarah and Kristen were named one of the Top 10 Professional Development Providers for 2023 by Education Technology Insights Magazine.

Session Description: Traditional ADHD interventions often start with tools like planners, timers, checklists, and schedules—assuming these are the essential solutions for task execution and time management. But what if these tools aren't foundational at all? What if they're actually advanced executive function (EF) supports that depend on underlying cognitive skills most ADHD students struggle to access? In this eye-opening session, we'll challenge that conventional wisdom and explore why these strategies often fall short in practice. Tools like planners and timers presume the presence of strong working memory, situational awareness, and embodied cognition—yet these are the very executive functions most compromised in ADHD. Without these capacities in place, the tools meant to help can become sources of frustration, not support. This talk will guide educators, therapists, and parents through a paradigm shift: from tool-based interventions to skill-based development. We'll explore actionable ways to help students build the underlying cognitive scaffolding that makes tools like timers and planners actually usable. You'll leave with practical strategies for fostering embodied attention, strengthening working memory, and cultivating awareness of time and space—so students aren't just equipped with tools, but with the capacity to use them effectively.

Session Title: Adaptive Roles & Stress Responses: Understanding the Over/Underfunctioning Dance
Track: Foundational
Speaker(s): Tamara Rosier, PhD
Speaker Bio(s): Dr. Tamara Rosier is the founder of the ADHD Center of West Michigan, where she leads a team dedicated to supporting individuals and families in understanding and managing their unique challenges. She is the author of two books, *Your Brain's Not Broken* and *You, Me, and Our ADHD Family*, which provide practical strategies for navigating the emotional complexities of neurodivergence and personal growth.

Session Description: When stress hits a family, couple, or team, many of us shift into familiar roles: one person overfunctions—organizing, fixing, worrying, and carrying the load—while another underfunctions, backing away, freezing, or shutting down. This session explores that over/underfunctioning "dance" as a predictable stress response rather than a character flaw. We'll look at how roles get set, why they're so hard to change (especially with ADHD in the mix), and how guilt, resentment, and burnout build over time. Most importantly, we'll identify practical ways to step out of automatic roles, rebalance responsibility, and move toward more flexible, collaborative patterns—at home, at work, and within ourselves.

Session Title: ADHD Diagnostic Trends: Recent Prevalence and Variability in Assessment Methods
Track: Advanced

Speaker(s): Brooke Molina, PhD
Speaker Bio(s): Dr. Brooke Molina (she/her) is Professor of Psychiatry, Psychology, Pediatrics, and Clinical and Translational Science and Director of the Youth and Family Research Program at the University of Pittsburgh. She is a licensed clinical psychologist in Pennsylvania. She has been conducting federally funded single- and multi-site research on the course, causes, outcomes, and treatments of ADHD and substance use/disorder amongst individuals with increased risk (esp. ADHD) and typical populations, throughout her career. This work has spanned several developmental windows, ranging from childhood to adulthood. Her greatest area of research concentration has been longitudinal studies of people with ADHD with an emphasis on understanding their multifactorial risk for harmful alcohol use and other substance use/disorders as well as long-term diagnostic and functioning outcomes. Dr. Molina has been federally funded to conduct this research by NIAAA, NIMH, and NIDA since 1995, with a focus on two well-known cohorts of adults followed since childhood (Pittsburgh ADHD Longitudinal Study; longitudinal follow-up of the children in the Multimodal Treatment of ADHD study). Other projects have focused on the neurocognitive mechanisms underlying psychopathology course and outcome, psychosocial and pharmacologic treatment for ADHD, and prevention of stimulant diversion by adolescents and young adults being treated for ADHD in primary care. She directs the Developmental Alcohol Research (T32) Training program for postdoctoral scholars (DART), she has served on multiple journal editorial boards and NIH review panels, and she will serve as President of the American Professional Society for ADHD and Related Disorders (APSARD) 2026-2027.
Session Description: There has been a substantial increase in the diagnosis and treatment of ADHD in the US in recent years. Most of this increase has been accounted for by adults and especially by women while prevalence of diagnosis and treatment in children has remained relatively stable. This uptick, coinciding with shortages in availability of prescribed stimulant medications for ADHD, has incited questions among healthcare professionals about the best methods for ensuring that ADHD is present and requires treatment. Co-occurring mental health conditions and learning disabilities, common in the presence of ADHD, further complicate diagnosis and treatment, especially in the presence of a first-time diagnosis in adulthood. Although procedures for thorough assessment of ADHD are well-established, there remain differences amongst practitioners in their utilization, and use of provisional diagnoses while collecting historical data requires patience and time on the part of the provider and patient. This presentation will discuss current prevalence statistics as well as options available for conducting thorough assessments of ADHD in the service of providing high quality diagnosis and treatment of ADHD for children and adults.

Session Title: ADHD Makes Sleep Worse: How to Get More Sleep | Recording Will Be Uploaded Soon
Track: Application
Speaker(s): Ari Tuckman, PsyD

Speaker Bio(s): Ari Tuckman, PsyD is a psychologist, international presenter, author, and ADHD thought leader. He has given more than 800 presentations and podcast interviews and routinely earns excellent reviews for his ability to make complicated information understandable and useful. Over the course of twenty-five years of private practice, he has done more than 40,000 client hours, specializing in ADHD in teens, adults, families, and couples. He is the author of five books, including his newest, The ADHD Productivity Manual. An active volunteer, he is a co-chair of CHADD's conference committee and was awarded the 2023 Hall of Fame award for his significant contributions to the field. A popular expert and advocate, he has been widely quoted in national media such as *The New York Times*, CNN, *Washington Post*, and *Boston Globe*, and serves as an expert for Understood.org. He is in private practice in West Chester, PA.

Session Description: We all know we should get more sleep, but like many things with ADHD, it's easier said than done. You probably also know well that sleep deprivation will make it that much harder to focus, remember, and motivate yourself on the stuff that you don't feel like doing. Unfortunately and ironically, this then makes it even harder to get into bed on time. So, to better manage your ADHD, we need to help you get more sleep and to get more sleep, we need to help you better manage your ADHD. We will discuss the many ways that ADHD impacts sleep quantity and quality and share strategies to improve both, whether for yourself or your clients or patients.

Session Title: Beyond Burnout: Building Systems That Work for Black Women with ADHD

Track: Application

Speaker(s): IngerShaye Colzie, MSW, LCSW

Speaker Bio(s): IngerShaye Colzie is an ADHD Executive Leadership Coach and Licensed Social Worker specializing in the intersection of ADHD and the Black professional experience. With over 15 years of expertise and her own lived experience as a Black Woman with ADHD, she brings both professional insight and personal understanding to her work. As the visionary Founder of the ADHD Black Professionals Alliance, she created the first organization dedicated to serving Black people with ADHD and the professionals who support them. The alliance bridges critical gaps in culturally competent resources through building community, scholarship programs, and specialized education with advocacy. IngerShaye serves Black Women executives and entrepreneurs with ADHD, helping them lead with resilience and clarity in environments that were not designed for their success. Her integrated approach combines clinical expertise with leadership principles through certifications in NLP, Brainspotting, ACT, and Dare to Lead™ methodologies. A recognized thought leader, IngerShaye has been featured on the Today Show, *InStyle* magazine, NPR, and *Salon* magazine. She has collaborated with the Stanford University Neurodiversity Project and speaks nationally on the power of embracing neurodiversity at the intersection of race and gender.

Session Description: Burnout for Black women with ADHD isn't about capacity— it's about trying to operate in systems that weren't built for how we're wired. When you're managing ADHD executive function, code-switching, Strong Black Woman expectations, and invisible labor using frameworks designed for neurotypical brains, burnout becomes inevitable. Not because you can't do it. Because you're working against your natural patterns instead of with them. I've developed the Reality Check Framework to help Black women with ADHD build systems that actually work for how our brains operate. It maps where you're spending energy without getting it back, identifies what needs to shift, and creates sustainable approaches that leverage your ADHD rather than fight it. In this session, you'll learn:

- How to identify energy drains and build balance between output and input
- A framework for assessing what's working and what needs to change
- Boundary strategies that account for both ADHD and cultural context
- How to build systems that support YOU, not systems built for someone else.

This is about having the life you want by working with your wiring, not against it.

Session Title: Guiding Complex ADHD Families Toward Clarity, Connection, and Effective Support
Track: Advanced
Speaker(s): Sharon Saline, MD
Speaker Bio(s): Dr. Sharon Saline 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 children, teens, adults, and families--helping them improve cognitive and social executive functioning skills, mental health issues, resilience, self-confidence, and personal relationships. She consults with schools, clinics, and businesses internationally. Dr. Saline is an instructor at the University of Massachusetts Chan Medical School, a part-time lecturer at the Smith College School for Social Work, blogger for PsychologyToday.com and contributing expert on MASS Live at WWLP TV. She serves on the editorial board and hosts a monthly live event for ADDitudemag.com. Her writing has also been featured in numerous online and print publications including MSN.com, The Psychotherapy Networker, Smith College Studies in Social Work, and *Attention* magazine.
Session Description: Working with families managing ADHD—alongside anxiety, learning differences and co-occurring mental health challenges—requires a framework that is both effective, practical, and compassionate. This presentation equips professionals with actionable tools to help families feel seen, supported, and capable—even in the face of complexity. The presenter offers a clear roadmap for clinicians, educators, and family-service professionals to confidently support these complex families with the foundation of her evidence-based 5C's of ADHD™ approach—Self-Control, Compassion, Collaboration, Consistency, and Celebration. Participants will gain deeper understanding of how to apply these guiding principles to reduce conflict, strengthen communication, and build trust with caregivers

and kids. This session explores how emotional and behavioral patterns related to anxiety, avoidance, and overwhelm interfere with follow-through, resilience, and daily functioning. You'll learn how to identify the anxiety–ADHD feedback loop, decode the roots of shutdowns and resistance, and offer concrete strategies for co-regulation and skill-building. The presenter will then walk participants through her practical DASH method of assessment and intervention for guiding families from frustration toward problem-solving. Attendees will leave with scripts, coaching prompts, and real-world examples they can immediately use to reframe behaviors, strengthen executive functioning, and foster motivation.

Session Title: Motivation and Muddling Through with ADHD
Track: Application
Speaker(s): Russell Ramsay, PhD
Speaker Bio(s): Dr. Russell Ramsay 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.
Session Description: Adult ADHD is associated with many life difficulties that can create distorted mindsets and otherwise unhelpful ways of thinking about yourself, your life, and your future, the classic cognitive triad of cognitive-behavioral therapy (CBT). Multiple studies have demonstrated that adults with ADHD report such thoughts to a greater degree than individuals without ADHD, showing that ADHD itself is enough to affect one's outlook. This session will shed light on the influence of such unhelpful thoughts and how they are associated with living with ADHD. Various cognitive modification strategies for examining automatic thoughts and developing more helpful, yet still plausible outlooks will be discussed. These include perspective-taking, define your terms, and the double standard method. Ideas for acceptance of thoughts, also known as cognitive defusion and general distancing techniques, will be discussed including the use of distanced self-talk. Lastly, positive examples of managing ADHD as a lifestyle issue from interview studies of adults with ADHD and demonstrating the dignity and nobility of "muddling through" as an essential part of the "thriving with ADHD" process will be shared.

Session Title: Understanding the Basics of ADHD and Autism and Their Overlap
Track: Foundational
Speaker(s): Karen Saporito, PhD
Speaker Bio(s): Karen Saporito, PhD, is a clinical psychologist specializing in the diagnosis and support of ADHD and autism across the lifespan. She is particularly interested in the overlap of ADHD and autism and in identifying and supporting these conditions in marginalized populations. . She is founder and

clinical director of a group psychology practice in the Delaware Valley, Integrative Psychology Associates of South Jersey, where she diagnoses and supports individuals struggling with many issues including and beyond ADHD and autism. She also enjoys collaborating with colleagues to integrate research and clinical practice and bring together the professional communities supporting ADHD and autism and co-occurring conditions. Dr. Saporito provides consultation and specialty training to medical and mental health providers interested in diagnosing and supporting neurodivergent populations. She serves on the APSARD US Guidelines Task Force which is developing guidelines for the diagnosis and treatment of adult ADHD. In addition, she serves as Co-Chair of the APSARD Women & Girls Special Interest Group and served on the APSARD Health Equity Task Force. Dr. Saporito is endlessly grateful for this career that provides constant learning and growth in herself and her client population and to know so many people passionate about the same things.

Session Description: The fields of ADHD and autism and how we understand, diagnose, and support these populations have evolved tremendously over the past 20 years. The diagnostic criteria have changed in both conditions over the years, as well as our understanding of how ADHD and autism are expressed across the lifespan, gender, and levels of functioning. The internet and public discourse, the disability rights movement, and advances in clinical practice and research have impacted how we understand individuals in these populations and the overlap or co-occurrence of ADHD and autism. This session will help to describe the basics of diagnostic criteria, diagnostic methods and evolution in the fields of ADHD and autism, as well as try to sort out some of the confusion and misinformation out there making it all so difficult to understand.

Session Title: What Families Of Children Are Rarely Told About ADHD And What Actually Helps
Track: Foundational
Speaker(s): Ryan Wexelblatt, LCSW
Speaker Bio(s): Ryan Wexelblatt, LCSW is the creator and director of" ADHD Dude" and the "Confident Parents, Capable Kids" parent training method. "ADHD Dude" provides virtual parent training programs and in-person psychoeducational groups for boys. A licensed clinical social worker, former school social worker, and father of a son with ADHD and learning differences, Ryan delivers free, evidence-informed guidance for families through ADHD Dude social media and "The ADHD Parenting" podcast. He is based in Phoenix, Arizona.

Session Description: Many parents and caregivers are unintentionally misled when their child is diagnosed with ADHD. Often, they are referred to treatments that lack evidence or are not recommended by national professional organizations, such as the American Academy of Pediatrics. As a result, many families spend time and money on ineffective treatments and struggle to discern fact from opinion when proactively trying to help their child. This session will review the evidence on effective ADHD treatment and also provide practical strategies to address behavior and executive function challenges.