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RECORDING BUNDLE

FEBRUARY 25-28



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 Piché, 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.ADHDvidence.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 compassion, 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 Echavarría, MD & Lucia Miri Echavarría, 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 field. Melissa blogs for PsychologyToday.com and at www.adhdmarrriage.com, where she hosts a large community of adults learning about ADHD in relationships. She has been interviewed by many, including the *New York Times*, CNN, Today, and *US News and World 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.



