



INTERNATIONAL ONLINE CONFERENCE ON
ADHD2025
Connect Learn Thrive



To obtain continuing education credits at the ADHD2025 Online conference, you must purchase it as an add on with your registration. You must attend the entirety of each session wish to obtain credit for. You must also complete and turn in the online CE Master Form.

The sessions below qualify for CE credits for Mental Health Professionals at the 2025 International Online Conference on ADHD. Continuing education credits (CE) are offered in collaboration with the Advanced Mental Health Training Institute. CEs provided by AMHTI are approved by APA and ASWB. To check if CEs will count in your state, check the link below:
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Friday, March 7, 2025

CE Credits (Mental Health)	Time (EST)	Title	Co-Authors
1	10:00 – 11:00 AM	VR Classroom for Attention Process Assessment in Children with ADHD	Dr. Albert Rizzo
1	11:15 AM – 12:15 PM	Untangling anxiety’s knot: Overcoming self-sabotage, overwhelm and toxic shame	Dr. Sharon Saline
1	12:30 – 1:30 PM	From Meltdowns to Calm: Helping Youth Build Better Emotional Regulation	Dr. Joyce Cooper-Kahn
1	1:45 – 2:45 PM	How to Manage—or Juggle--ADHD, Anxiety, and Depression Medicines	Dr. Sarah Cheyette
1	3:00 – 4:00 PM	Hormonal Waves and ADHD: Adapting and Thriving Through Life's Changes	Dr. Dara Abraham
1	4:15 – 5:15 PM	Don’t sacrifice accuracy for speed. Streamlining comprehensive ADHD assessments	Dr. Claire Sira
1	4:15 – 5:15 PM	Family Therapy Interventions for Adolescents with ADHD and RSD.	Barbara Hendrich
1	5:30 – 6:30 PM	Exploring Social Motivation in Individuals with ADHD: Insights from Clinical Practice	Kaitlyn Niederstadt
1	6:45 – 7:45 PM	Integrating Executive Function Training into ADHD Treatment.	Surbhi Sarup
1	6:45 – 7:45 PM	Mind-Body Movement for the Anxious ADHD Brain	Judith Richardson-Mahre Kathy Flaminio

Session Details

10:00 – 11:00 AM

Session Title: VR Classroom for Attention Process Assessment in Children with ADHD

Presenter(s): Dr. Albert Rizzo

Presenter Bio(s):

Albert "Skip" Rizzo is the Director of Medical VR at the USC Institute for Creative Technologies. Over the last 25 years, Skip has conducted research on the design, development and evaluation of VR systems across the domains of psychological, cognitive and motor functioning in healthy and clinical populations. In spite of the diversity of these clinical R&D areas, the common thread that drives all of his work with digital technologies involves the study of how Virtual Reality simulations can be usefully applied to human healthcare beyond what is possible with traditional 20th Century methods.

Tracks: Medical, Therapists

Session Description:

This presentation will describe the state of the field of Clinical Virtual Reality briefly summarizing the rationale for its use with children by providing exemplars of how VR has been used across a range of childhood health conditions including ADHD, Autism Spectrum Disorder, Cerebral Palsy, and other relevant application areas. I will then present a deeper dive into the rationale and research support for the use of a VR Classroom designed to assess attention processes in children with ADHD under immersive and realistic conditions typically found in an everyday classroom environment. Data will be presented from large normative samples of ADHD and Neurotypical children [Total N=1082; ADHD n=245 (119 females; 126 males); Neurotypical n=837 (409 females; 428 males)] across the ages of 6-13. Performance contrasts between these

groups will be presented that illustrate the value of this technology-based application for diagnostic and treatment-evaluation purposes. This talk will be helpful for people who are just now learning about VR and want to know how it can be usefully applied in the area of healthcare, beyond just gaming and entertainment applications. Experts in either VR or healthcare will get an informed perspective on the state of the field of neurocognitive VR assessment.

11:15 AM – 12:15 PM

Session Title: Untangling Anxiety’s Knot: Overcoming Self-Sabotage, Overwhelm & Toxic Shame

Presenter(s): Dr. Sharon Saline

Presenter 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 youth, adults and families - improving executive functioning skills, resilience, social confidence, and personal relationships. She consults with schools and clinics internationally. Dr. Saline is a part-time lecturer at the Smith College School for Social Work, blogger for *PsychologyToday.com*, contributing expert at WWLP TV, member of the editorial board and host of monthly Instagram live events for *ADDitudemag.com*.

Tracks: Adults, Therapists

Session Description:

Living with ADHD often brings its own set of unique challenges, including heightened anxiety, self-doubt, emotional flooding, and shame. The National Institute of Mental Health has declared that over 50% of adults with ADHD and around 30% of children and adolescents also have a co-occurring condition of anxiety. Worried thinking, negative expectations, rejection sensitivity, and fixed mindsets often develop in response to how anxiety and ADHD interact. People may wind up feeling stuck by task paralysis, persistent overwhelm, and increased stress. Unsure how to make meaningful changes, folks spiral into toxic shame. This sabotages their effectiveness at work, interpersonal connections, and self-compassion. This session examines how having ADHD increases the likelihood of experiencing anxiety in terms of physiological, psychological, and environmental factors. Attendees will learn how this combination contributes to several types of task paralysis, different varieties of overwhelm, and the negative mindset behind self-sabotage. The presenter will offer several practical strategies to help individuals break free from limiting patterns, stop the shame spiral, and regain momentum in their lives. Participants will leave with useful techniques for improved productivity, renewed confidence, and lasting resilience.

12:30 – 1:30 PM

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

Presenter(s): Dr. Joyce Cooper-Kahn

Presenter Bio(s):

Joyce Cooper-Kahn, Ph.D., is a Clinical Child Psychologist who specializes in helping youth, families, and schools to successfully manage behavioral, emotional, and academic challenges. She has particular expertise in attention disorders with an emphasis on interventions for executive functioning difficulties. Dr. Cooper-Kahn is the author of two books on executive functioning: recently updated and expanded *Late, Lost, and Unprepared: A Parent’s Guide to Executive Functioning* and *Boosting Executive Skills in the Classroom: A Practical Guide for Educators* (with Margaret Foster, MA.ed.). A sought-after speaker on topics related to child development, she also serves on the EAB of CHADD’s *Attention Magazine*.

Tracks: Parents & Caregivers, Therapists

Session Description:

When youth struggle with emotional regulation, daily life can become an exercise in walking on eggshells for the whole family. Even the routine ups and downs of a day can lead to emotional and behavioral meltdowns.

Research offers sound information to help us understand the challenges of emotional regulation and leads to important guidelines for supporting dysregulated youth and helping them build better emotional regulation over time. This presentation will distill the research into key points and three specific takeaway messages to guide interventions. Examples of how to apply these guidelines will allow participants to utilize the information immediately. There is no magic bullet, but there is real hope here.

This presentation will present practical, science-based information to help parents teach their children and teens ways to respond to feelings in a more thoughtful, flexible, and intentional way.

In this workshop you will learn:

- Three key components of good emotional regulation
- Guidelines for harnessing the research to create a calmer home
- Tips and examples for how to apply the guidelines
- Ways to help children and teens build better emotional regulation over time
- A five-step model for responding to meltdowns

1:45 – 2:45 PM

Session Title: How to Manage—or Juggle--ADHD, Anxiety, and Depression Medicines

Presenter(s): Dr. Sarah Cheyette

Presenter Bio(s):

Sarah Cheyette graduated cum laude in Cognitive Neuroscience from Princeton University and received her medical degree from UCLA. She's written three books on ADHD, which explain behavioral symptoms, the biology behind it – as well as issues faced by parents when considering prescription medications and other treatment approaches. They are ADHD and the Focused Mind, Winning with ADHD, and ADHD & Me. She has been a “Top Doctor” in San Francisco magazine. Dr. Cheyette treats children and adults with ADHD with medication and non-medication strategies at her private practice in the San Francisco Bay area.

Tracks: Adults

Session Description:

When someone has ADHD, they often have anxiety and/or depression. Sometimes the ADHD is the bigger problem; sometimes it's the anxiety/depression. However, as symptoms can overlap, it's often hard to know which is the issue to work on. If you decide on medication as part of the treatment, it can be further complicated. For example, if you decide to treat the ADHD, sometimes the side effects of the medication for the ADHD can cause increased anxiety or depression. However, successfully treating the ADHD can also, in and of itself, improve the anxiety and/or depression, so maybe trying to treat the ADHD would be a good idea. What to do? As a patient, family member, or clinician, this talk will help you understand some of the biology involved in ADHD, anxiety and depression, different medications for these conditions and how the medications work, and issues to consider in figuring out how to use them best. The goal is to help the ADHDer in every way so that the outcome will be a focused, confident, and happy person!

3:00 – 4:00 PM

Session Title: Hormonal Waves and ADHD: Adapting and Thriving Through Life's Changes

Presenter(s): Dr. Dara Abraham

Presenter Bio(s):

Dr. Dara Abraham is a psychiatrist in Philadelphia and the founder of Dr. Dara Psychiatry, specializing in personalized ADHD care for adults. Having been diagnosed with ADHD later in life, Dr. Dara is passionately dedicated to reducing stigma and ensuring that adults receive accurate diagnoses and effective treatment. As a

specialist in women's mental health, she provides vital support to women who often experience underdiagnosis and struggle with psychological and physical health challenges that are frequently misdiagnosed or overlooked.

Tracks: Adults, Medical

Session Description:

This presentation will look at how ADHD symptoms are connected to hormonal changes that women experience throughout their lives. It is designed for physicians, clinicians, coaches, patients, and advocates. We will discuss essential life stages such as puberty, the menstrual cycle, pregnancy, postpartum, perimenopause, and menopause, all of which can significantly influence ADHD symptoms. Recent studies show that hormonal fluctuations can worsen ADHD symptoms and contribute to mood disorders like PMDD, postpartum depression, and age-related issues. We will explore how estrogen interacts with neurotransmitters such as dopamine and serotonin, as well as specific ADHD challenges during perimenopause and menopause. Attendees will learn evidence-based strategies, including personalized medication plans, lifestyle changes, and hormone-sensitive therapies. This session aims to give prescribers, clinicians, and individuals essential insights into the relationship between ADHD and hormonal changes.

4:15 – 5:15 PM

Session Title: Don't Sacrifice Accuracy for Speed: Streamlining Comprehensive ADHD Assessments

Presenter(s): Dr. Claire Sira

Presenter Bio(s):

Dr. Sira completed a PhD in Clinical Psychology with a Neuropsychology specialization at UVic in 2007. Her research focus was on executive functioning and she brings this perspective to assessing and treating ADHD in adults and youth. She has presented the assessment and treatment of ADHD to psychologists, physicians, other health professionals. She is supervisor for graduate students in clinical and counselling psychology and holds adjunct positions at UVIC, UBCO and UBC. Dr. Sira was diagnosed with ADHD as an adult after she completed her PhD, and her lived experiences with ADHD inform her work.

Tracks: Medical, Therapists

Session Description:

Adults with ADHD are different. We can't treat them with the same process as we do others. Assessing ADHD is complicated: An in-depth history is required to tease apart the overlapping symptoms and identify any co-morbidities. The adult with ADHD is typically too disorganized to provide a sequenced history in a short interview. These clients might struggle to attend appointments on time and bring their completed forms, adding to the difficulty of completing an assessment. What if there were a way to design the data gathering process to allow the client the time and structure they need to provide the depth of information practitioners should have in order to make a diagnosis. We've reimagined the process, combining technology with clinical expertise. Join us to discover how you can be part of revolutionizing ADHD assessments, ensuring everyone has access to timely, affordable, and comprehensive care.

Session Title: Family Therapy Interventions for Adolescents with ADHD and RSD

Presenter(s): Barbara Hendrich

Presenter Bio(s):

Barbara is a PhD candidate at a Medical University in Hungary and the founder of a non-profit ADHD foundation. With a background in child psychiatry, she has since shifted her focus to working with adults and families. Her research in family therapy, focused on ADHD, has led to the development of a specialized intervention. Barbara also manages a private practice dedicated to ADHD patients and collaborates with various clinics on diagnostic processes.

Tracks: Educator & School Professionals, Therapists

Session Description:

Family Therapy Interventions for Adolescents with ADHD and RSD. The transitional nature of adolescence is especially difficult for teenagers dealing with both ADHD and RSD. These adolescents may struggle to recognize

the emotional harm their behavior causes within the family and their social environment. Their inability to understand the consequences of their actions can lead to further anxiety and depressive tendencies, creating a cycle of emotional and behavioral difficulties that strain family relationships. When both ADHD and RSD are present, the therapeutic challenge is significant, particularly because the family often focuses on the emotional sensitivity of the adolescent, without recognizing the underlying ADHD. Identifying ADHD and addressing it within the therapeutic context is critical to easing family tensions and improving emotional balance. In this presentation, we will explore two case studies in which different therapeutic approaches were applied to address ADHD and RSD in adolescents.

5:30 – 6:30 PM

Session Title: Exploring Social Motivation in Individuals with ADHD: Insights from Clinical Practice

Presenter(s): Kaitlyn Niederstadt

Presenter Bio(s):

Kaitlyn Niederstadt is a clinician at the Center for BrainHealth's Charisma™ Virtual Social Coaching team . She specializes in working with neurodiverse children and adults, as well as individuals with social anxiety, helping them improve social skills for real-world interactions. Through Charisma's immersive virtual platform, Kaitlyn uses dynamic and authentic coaching strategies to empower clients to expand their social perspectives and build confidence. She holds a master's degree in clinical psychology from the University of Texas at Tyler, with research focused on neurodiversity, diagnostic biases, and leveraging immersive technology to support social growth.

Tracks: Coaches & Professional Organizers, Therapists

Session Description:

In an increasingly inclusive world, therapists must continually deepen their understanding of how to effectively address the social and emotional needs of neurodiverse clients. This presentation will explore therapeutic approaches specifically designed to meet the unique social reasoning challenges and resilience-building needs of individuals with ADHD.

Participants will explore how ADHD impacts social motivation, examining the interplay between social anxiety, self-perception, agency, and negative attribution biases. The session will emphasize the importance of flexible, curiosity-driven, strength-based social skills programming that combines strategic social problem solving with real-time application. By the end of the presentation, attendees will leave equipped with at least three practical social cognitive strategies to enhance their work with neurodiverse individuals and their families. Join us to learn how to foster an inclusive therapeutic environment that celebrates diversity and promotes meaningful growth.

6:45 – 7:45 PM

Session Title: Integrating Executive Function Training into ADHD Treatment

Presenter(s): Surbhi Sarup

Presenter Bio(s):

Surbhi Sarup is a medical student at Rush Medical College, Chicago, IL, anticipated to earn her MD in 2025. She holds a Bachelor of Science in Biology with a minor in Gender, Women, and Sexuality Studies from the University of Minnesota, where she graduated cum laude in 2020. Surbhi has extensive experience in advocacy work, particularly in areas related to sexual assault crisis intervention, reproductive rights, and health equity. She has served as a Certified Sexual Assault Crisis Counselor since 2017 and has developed workshops on trauma-informed care and disclosures of sexual assault in medical settings.

Tracks: Medical, Therapists

Session Description:

Join us as we explore the latest findings on interventions aimed at improving executive functioning (EF) in children, adolescents, and college students diagnosed with ADHD. Executive functioning deficits, including challenges with

planning, organization, emotional regulation, and task persistence, significantly impact academic and social success in individuals with ADHD. Through an in-depth review of 102 studies, we will examine the effectiveness of both pharmacological and non-pharmacological interventions on EF outcomes. Attendees will gain valuable insights into how EF-specific treatments can enhance care strategies and improve daily functioning for young people with ADHD. Discover actionable data and advocate for the integration of EF training into standard ADHD treatment plans.

Session Title: Mind-Body Movement for the Anxious ADHD Brain

Presenter(s): Judith Richardson-Mahre & Kathy Flaminio

Presenter Bio(s):

Judy Richardson-Mahre is the founder of Kaleidoscope Coaching & Counseling. She has navigated 30+ years of marriage and parenting individuals with neurodiverse brains. She's spent the last two decades helping families navigate the challenging waters of neuro-diversity to find independence and success. Judy is passionate about normalizing the struggles of ADHD and finding the "superpowers" all while bringing the fun back into parenting! Judy brings her rich and varied background, real life experience and education to offer compassionate and collaborative solutions to families dealing with ADHD, Parenting challenges and marital strife. Judy is a dynamic Speaker, Therapist, Coach and Educator.

Kathy Flaminio is the founder and CEO of *movemindfully*®, a training and consulting company on the science of mindfulness, movement, and social-emotional learning. Kathy holds a master's degree in social work with over 20 years of experience in schools and was adjunct faculty for Saint Mary's University. Kathy has trained over 75,000 professionals in mindfulness, movement, and social-emotional strategies and partners with United Hospital, St. Paul Children's Hospital, and Center for Families/Prairie Care to provide trauma-responsive practices on child/adolescent and adult mental health units. She is co-author of *Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety*.

Tracks: Educator & School Professionals, Parents & Caregivers

Session Description:

The ADHD brain is uniquely predisposed to the negative impacts of anxiety and stress. There are many executive functions that impact how the ADHD brains function. One of those executive functions is emotional regulation. Individuals with ADHD often experience, process, and express feelings more intensely and for longer duration compared to peers of the same age. Their "fight flight freeze" mechanisms trigger more often than those non-ADHD brains making it challenging to listen, learn and make good choices. During this workshop explore the super powers and challenges of the ADHD brain while experiencing mind-body practices for helping children and their caregivers manage intense emotional reactions and stress. Come learn the science behind the struggle as well as the techniques to help manage it.

Saturday, March 8, 2025

CE Credits (Mental Health)	Time	Title	Co-Authors
1	10:00 – 11:00 AM	What to do when Clients Disclose Suicidal Thoughts and Behaviors	Dr. Carlos Yeguez
1	10:00 – 11:00 AM	We Want To Pump You Up!: ADHD, Exercise & Strength-Training	Dr. Roberto Olivardia Roman Olivardia
1	11:15 AM – 12:15 PM	Mindfulness and Play Based Activities for Kids and Teens	Dr. Christopher Willard
1	11:15 AM – 12:15 PM	Navigating ADHD Medication Shortages: Key Strategies to Stay on Track	Dr. Michelle Guchereau
1	12:30 – 1:30 PM	ADHD & Hormones: Cycle Syncing Therapy for Women with ADHD	Bailey Pilant
1	1:45 – 2:45PM	ACT for the Neurodivergent Brain	Ginny Nikiforos
1	3:00 – 4:00 PM	When SMART Goals Fall Short: Rethinking Goal-Setting Strategies for ADHDers	Dr. Eliza Barach
1	4:15 – 5:15 PM	ADHD Parenting: Thriving Under Stress with Practical Mental Health Strategies	Dr. Karen Wilson
1	4:15 – 5:15 PM	The Complicated Mental Side of Productivity	Dr. Ari Tuckman
1	4:15 – 5:15 PM	Harnessing Fidgeting to Improve Focus and Motivation	Dr. Carey Heller
1	4:15 – 5:15 PM	Emotional Regulation: The Foundation in ADHD Care	Dana Crews
1	5:30 – 6:30 PM	Decoding AuDHD: A Playbook for Understanding and Empowering	Rachel Feldman
1	5:30 – 6:30 PM	Positive Illusory Bias and Reporter Reliability in Adolescents with ADHD	Kelvin Pinero
1	6:45 – 7:45 PM	Rewriting the Narrative for Adults with ADHD	Kat Loutrel
1	6:45 – 7:45 PM	ADHD & Low Desire	Leann Borneman

Session Details

10:00 – 11:00 AM

Session Title: What to do when Clients Disclose Suicidal Thoughts and Behaviors

Presenter(s): Dr. Carlos Yeguez

Presenter Bio(s):

Dr. Yeguez is a Postdoctoral Fellow through the Seattle Children’s Research Institute. He is interested in developing and refining person-centered, scalable, and cost-effective interventions to reduce long-term risk for suicide. Dr. Yeguez describes himself as a translator working within interdisciplinary teams to build consensus and translate knowledge into practice. He has over 10 years of experience providing care for youth with ADHD and their families. Dr. Yeguez is interested in working with community providers, including ADHD Coaches, to co-develop strategies to improve access to care. He is also focused on co-designing strategies to support providers in responding to suicidal crises.

Tracks: Coaches & Professional Organizers

Session Description:

ADHD Coaching shows great promise for expanding access to evidence-based care. Suicidal crises are more prevalent among individuals with ADHD. Therefore, coaches may wish for high quality training on practical strategies to recognize suicide risk, respond to crises as they arise in a session, and make appropriate referrals to mental health providers when concerns for suicide risk emerge that feel beyond the scope of ADHD coaching.

Session Title: We Want to Pump You Up: ADHD, Exercise & Strength-Training

Presenter(s): Dr. Roberto Olivardia & Roman Olivardia

Presenter Bio(s): Adults, Parents & Caregivers

Dr. Roberto Olivardia is a Clinical Psychologist and Lecturer in the Department of Psychiatry at Harvard Medical School. He maintains a private psychotherapy practice in Lexington, Massachusetts. He sits on the Professional Advisory Boards for ADDA and CHADD and is a Featured Expert for ADDitude and Understood.

Roman Olivardia is a sophomore at the University of Rhode Island, majoring in Pharmaceutical Science and minoring in Nutrition. He is a Certified Emergency Medical Technician and President of the URI Powerlifting Club. He is a member of the American Society of Pharmacognosy and the American Society of Nutrition.

Tracks:

Session Description:

Several studies have demonstrated the positive impact of aerobic exercise and strength training for individuals, of all ages, with ADHD. This presentation will review empirical data and positive implications of exercise in neurological, psychological, occupational, academic, social, and executive domains. Attention will be paid to ADHD-friendly ways to build effective exercise routines, and navigate through the most common obstacles. Specific and simple exercises will be demonstrated with a precise understanding as to how it aids ADHD symptoms. The co-presenters, a father and son duo, both with ADHD, will combine science with humor and inspiration.

11:15 AM – 12:15 PM

Session Title: Mindfulness and Play Based Activities for Kids and Teens

Presenter(s): Dr. Christopher Willard

Presenter Bio(s):

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

Tracks: Educator & School Professionals, Therapists

Session Description:

Join author, psychologist and consultant Dr. Christopher Willard in this talk on boosting executive functions and social skills through mindfulness, movement, and play based activities for all ages. Dr. Willard will be neuroscience based practices that can be used by teachers, therapists, coaches and parents looking for creative ways to share boost self-regulation and resilience for learning, mental health and more. We will explore the science and practice of mindfulness through awareness, movement, games, play, and creative activities for all ages.

Session Title: Navigating ADHD Medication Shortages: Key Strategies to Stay on Track

Presenter(s): Dr. Michelle Guchereau

Presenter Bio(s):

Dr. Guchereau is a board-certified psychiatrist for children, adolescents and adults. Dr. Guchereau has over twenty years of experience as a clinician, and earned her Medical Doctorate at the prestigious University of California, San Diego, School of Medicine. She served in the US Air Force and was awarded the Air Force Achievement Medal for her support of active duty military and their family members all over the world. As a professor at multiple

institutions, she has trained therapists, physicians, nurse practitioners and other professionals in providing holistic, personalized treatment for individuals with ADHD.

Tracks: Adults, Parents & Caregivers

Session Description: You've finally found the right ADHD medication for yourself or your child, and everything seems to be working well—until you encounter a pharmacy shortage that leaves you scrambling for alternatives. Families across the country are facing this growing issue as an ongoing stimulant shortage, fueled by rising demand, manufacturing hurdles, and federal regulations on controlled substances, makes it difficult to get prescriptions filled. In this session, we'll explore the current landscape of ADHD medication shortages and offer practical strategies to help you navigate treatment interruptions. Learn how to stay on track with your or your child's care amidst these challenges.

12:30 – 1:30 PM

Session Title: ADHD & Hormones: Cycle Syncing Therapy for Women with ADHD

Presenter(s): Bailey Pilant

Presenter Bio(s):

Bailey Pilant is a Licensed Mental Health Counselor and certified ADHD therapist, focusing on women's mental health. At her practice, The Wave Mental Health Counseling PLLC, she specializes in integrating cycle syncing with therapeutic approaches tailored to women with ADHD. A passionate speaker and educator, Bailey enhances awareness of ADHD's unique impacts on women. She actively provides training to healthcare professionals, advocating for gender-specific ADHD treatments. Committed to advancing mental health practices, Bailey aims to improve access to specialized care for women, promoting systemic changes in mental health services to better address their needs.

Tracks: Medical, Therapists

Session Description:

This session focuses on the interaction between ADHD symptoms and hormonal fluctuations in women. It introduces the concept of cycle syncing therapy, which aligns ADHD treatment with a woman's menstrual cycle to improve symptom management. Participants will gain an understanding of how different phases of the menstrual cycle affect ADHD symptoms and executive functioning. The presentation will offer practical tools for incorporating cycle syncing into therapy, providing benefits for both symptom management and emotional regulation. Clinicians will leave with actionable insights to enhance their treatment approaches for women with ADHD.

1:45 – 2:45 PM

Session Title: ACT for the Neurodivergent Brain

Presenter(s): Ginny Nikiforos

Presenter Bio(s):

Ginny Nikiforos has over twenty years of psychotherapy, coaching, and skill-building experience working with adolescents, parents, and adults with experiences in ADHD, Autism, anxiety, depression, OCD, and trauma. She is a passionate advocate for those that are neurodivergent, running Chicago-based ADHD support groups and nationwide executive functioning skills groups. She is on the board of ACBS (Association for Contextual Behavioral Science) Chicago-chapter and on the conference committee for the Annual International Conference on ADHD.

Tracks: Coaches & Professional Organizers, Therapists

Session Description:

Acceptance and Commitment (ACT) an evidenced-based therapy for those with ADHD that focuses on cultivating psychological flexibility to help people live more meaningful lives. A core concept behind ACT is that psychological suffering is caused by psychological inflexibility across six different basic processes, which include emotional

inflexibility, cognitive inflexibility, inflexibility to attention, failures in perspective taking, lack of understanding in values, and inability to take committed action towards one's own values. ACT takes the view that trying to change or eliminate difficult thoughts and feelings as a means of coping can be counter productive. ACT teaches new, powerful alternatives to effectively deal with psychological events, including acceptance, cognitive defusion, mindful attention to the now, contacting a deeper "noticing" sense of self or "self-as-context", chosen values, and committed action. This workshop will focus on providing concrete strategies to support providers in providing concrete skills to clients that increase cognitive flexibility and attention to meaningful activities, and reduce procrastination and distractibility.

3:00 – 4:00 PM

Session Title: When SMART Goals Fall Short: Rethinking Goal-Setting Strategies for ADHDers

Presenter(s): Dr. Eliza Barach

Presenter Bio(s):

Dr. Barach, a cognitive psychologist and ADHD coach, earned her PhD in cognitive psychology from SUNY Albany in 2021. Her research focused on attention, language, and decision-making processes. She is particularly interested in differences in these mental faculties in ADHDers and potential benefits associated with such differences. As the founder of Neural Revolution, an ADHD consulting & coaching practice, she empowers high-performing ADHDers to leverage their unique brain chemistry to get sh!t done. Drawing from her personal experience with ADHD and expertise in cognitive psychology, Dr. Barach bridges science and personal insight to guide others towards success

Tracks: Adults, Coaches & Professional Organizers

Session Description:

Tired of the constant refrain "You Need To Use SMART goals"? Explore the pitfalls of SMART goals for individuals with ADHD and discover ADHD-friendly strategies for effective goal-setting! Drawing upon research, this engaging session explores the nuances of the ADHD brain and the limitations of traditional goal-setting frameworks. Too often, we are prescribing neurotypical solutions to this neurodivergent brain, setting individuals up for potential failure. Alternative goal-setting frameworks rooted in Self-Determination Theory (SDT; Deci & Ryan, 1985) and Gradient Goals will be introduced, offering a more personalized and flexible approach that considers the unique needs of the ADHD brain. This session not only stresses the importance of intrinsic motivation and autonomy in goal setting, but also environmental support systems in sustaining progress and engagement for individuals with ADHD. Attendees will gain an understanding of why SMART goals fall short for ADHDers; they will walk away with practical insights and strategies for creating favorable conditions for ADHDers to improve goal-attainment and overall well-being.

4:15 – 5:15 PM

Session Title: ADHD Parenting: Thriving Under Stress with Practical Mental Health Strategies

Presenter(s): Dr. Karen Wilson

Presenter Bio(s):

Dr. Karen Wilson is a Clinical Neuropsychologist, Director of West LA Neuropsychology, and the founder of ChildNEXUS.com. She specializes in the assessment of children and adolescents with learning, developmental, and social-emotional challenges, working closely with families and educators to provide tailored support, helping neurodiverse children thrive. Dr. Wilson previously served as Chair of the Department of Psychology at California State University, Dominguez Hills, and as a Clinical Supervisor at UCLA's Medical Assessment Center. She currently hosts the Diverse Thinking · Different Learning podcast, offering insights to empower families and professionals.

Tracks: Parents & Caregivers, Therapists

Session Description:

Parenting a child with ADHD can be overwhelming, especially when balancing the demands of family life, work, and personal well-being. This session will explore how managing parental stress and supporting mental health can lead to positive outcomes for both parents and children. Designed for parents, caregivers, educators, mental health professionals, and community members, this session will provide valuable insights into the critical role of parental well-being in fostering a child's success. As mental health challenges among parents gain increasing attention, this presentation offers evidence-based strategies to reduce stress, build resilience, and create healthier family dynamics. Participants will gain practical tools to address challenges such as emotional regulation and navigating modern technology, equipping them to stay calm and connected, even in difficult situations. This session encourages participants to explore how improving parental mental health is the first step to enhancing a child's well-being. It's an essential opportunity for anyone invested in supporting families with children who have ADHD.

Session Title: The Complicated Mental Side of Productivity

Presenter(s): Dr. Ari Tuckman

Presenter Bio(s):

Ari Tuckman, PsyD is a psychologist, international presenter, author, and ADHD thought leader. He has given more than 700 presentations and podcast interviews and routinely earns excellent reviews for his ability to make complicated information understandable and useful. He is the author of four books. 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 and serves as an expert for Understood.org. He is in private practice in West Chester, PA.

Tracks: Adults, Therapists

Session Description:

Productivity strategies are easy to say, but people are complicated and sometimes get stuck, then feel even worse about not being able to get it in gear. This session will go beyond the obvious productivity strategies and address the deeper, messier, and sometimes more persistent sticking points that block action. We will discuss four factors that can tank good intentions: ambiguity (not sure what to do or how to do it), ambivalence (not sure if you want to do it), perfectionism (about the process or end result), and overwhelm (flooded and frozen). More importantly, we will offer strategies to strengthen this mental side of productivity, whether it's for yourself or your family members, clients, students, or patients.

Session Title: Harnessing Fidgeting to Improve Focus and Motivation

Presenter(s): Dr. Carey Heller

Presenter Bio(s):

Dr. Carey Heller is a licensed psychologist and founding partner of Heller Psychology Group based in Bethesda, MD. He specializes in the evaluation and treatment of ADHD and related executive function challenges. Dr. Heller is very involved with CHADD serving as the chair of the EAB on the national level and as the chapter coordinator for the Montgomery County, MD chapter at the local level.

Tracks: Adults, Parents & Caregivers

Session Description:

Do you fidget without thinking about it? Do you want to learn how to channel fidgeting in a controlled manner to potentially improve your focus and increase motivation to complete tasks? This presentation will teach you about the concept of harnessing fidgeting to improve focus, show you a wide variety of out-of-the box tools to use, and help you determine which strategies for fidgeting to use in different situations.

Session Title: Emotional Regulation: The Foundation in ADHD Care

Presenter(s): Dana Crews

Presenter Bio(s):

Dana Crews is a Certified ADHD Service Provider and ADHD Coach with 20 years of experience as a Behavioral Health Specialist and Social Worker. She is a seasoned professional in ADHD management, offering a unique

blend of clinical experience, skill and personal insight. Dana holds an MA in Buddhist Studies with focus in Buddhist Psychology, Social Action, and Mindfulness Meditation. She has been a practitioner of meditation for over 25 years. Specializing in the integration of stress management and emotional regulation into evidence-based ADHD care, Dana is dedicated to supporting adults and college students, in navigating the complexities of ADHD.

Tracks: Adults, Parents & Caregivers

Session Description:

Emotional regulation is a critical skill for navigating ADHD-related challenges, yet it is often overlooked in traditional ADHD coaching. This session presents emotional awareness as a foundational tool for managing ADHD, enriched by contemplative practices such as mindfulness and self-compassion. Participants will explore how emotions influence behavior and discover practical strategies for cultivating emotional literacy, awareness, and self-regulation. Through guided exercises, attendees will leave with a toolbox of practical options for cognitive reappraisal and responding more effectively to procrastination, distraction, and overwhelm. These are simple strategies that will ultimately improve decision-making, meta-cognition, and overall health and well-being.

5:30 – 6:30 PM

Session Title: Decoding AuDHD: A Playbook for Understanding and Empowering

Presenter(s): Rachel Feldman

Presenter Bio(s):

Rachel M. Feldman is a licensed clinical social worker (LCSW), ADHD Certified Clinical Service Provider (ADHD-CCSP), and Autism Spectrum Disorder Clinical Specialist (ASD-CS) in New York and New Jersey. Committed to providing neuro-affirming bilingual (Spanish) psychotherapy for neurodivergent children, adolescents, adults, and parents, Rachel draws from her extensive experience working with neurodivergent individuals since high school and incorporates her lived experience as an ADHDer into her clinical practice. Beyond her clinical work, Rachel actively contributes to her community by serving on the volunteer advisory board for Bergen County's local chapter of CHADD.

Tracks: Parents & Caregivers, 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: Positive Illusory Bias and Reporter Reliability in Adolescents with ADHD

Presenter(s): Kelvin Pinero

Presenter Bio(s):

I am an aspiring clinical psychologist who desires to work with adolescents with ADHD. I have a deep interest in self-esteem factors and psychosocial affectations. I have been studying behavior as RBT and I think I could be involved in my research journey by finding relations with it towards emotional issues.

Tracks: Parents & Caregivers, Adults

Session Description:

This presentation is used to review Positive Illusory Bias (PIB), a phenomenon that affects how individuals overestimate their abilities and competency compared to reality. This study was used to research how PIB affects self-esteem evaluation among adolescents with ADHD. This study uses that premise to involve parents and teachers who assessed the self-esteem and behavior of the adolescents using empirically tested questionnaires to find the most reliable reporter for self-esteem.

6:45 – 7:45 PM

Session Title: Rewriting the Narrative for Adults with ADHD

Presenter(s): Kat Loutrel

Presenter Bio(s):

Kat Loutrel, LCSW, LCSW-C is a Psychotherapist, ADHD-Certified Clinical Services Provider, Adult ADHD consultant, and Owner of Resilient River LLC. Kat offers personalized online services to individuals, intimate partners, groups, and fellow clinicians. Kat has also presented at the International Conference on ADHD and continues to share her knowledge and love of learning through her volunteer positions at ADDA and Shippensburg University Social Work and Gerontology Department.

Tracks: Medical, Therapists

Session Description:

Understanding and treating adults with ADHD involves more than just addressing executive functioning challenges. Mental health clinicians are increasingly aware of the role internalized shame, ableism, and self-efficacy play in shaping the lived experiences of their clients. This presentation will focus on how mental health professionals can support their clients in understanding and rewriting their personal stories around ADHD through the use of Anti-Opressive narrative therapeutic methods. By addressing the impact of shame, societal ableism, and the importance of fostering self-efficacy, clinicians can help clients develop healthier coping strategies and improve their overall well-being. This course will offer insights into these psychological factors, along with therapeutic approaches to help clients build a new, empowering self-story.

Session Title: ADHD & Low Desire

Presenter(s): Leann Borneman

Presenter Bio(s):

Leann Borneman is not just your average sex therapist – she is a Sexologist extraordinaire with a focus on ADHD and sexuality. Leann is an ADHDer who works with clients to help set their environments, relationship and sex up for success. The key to the work she does is having her clients learn to use an ADHD lens, which is vital to setting their intimacy and relationships up for success. Our ADHD doesn't shut off in the bedroom. Leann is working on her dissertation to dedicate her research to empowering ADHDers sexuality.

Tracks: Adults

Session Description:

ADHD continues to be a trend on social media but no one is talking about ADHD and Sexuality. What is worse, research is not exploring how ADHD can be experienced within ones sexuality. This lack of understanding makes it difficult to know how to move forward and set our environments, relationships and sex up for success. The goal of this engagement is to educate you on low desire through an ADHD lens. Over the years working with clients, I have been able to carefully identify how our ADHD can be experienced in our day to day living, including our sexuality.