



ANNUAL INTERNATIONAL CONFERENCE ON
ADHD2024
Connect Learn Thrive



PROFESSIONAL
ASSOCIATION
for ADHD
COACHES

To obtain continuing education credits at the in-person conference, you must purchase it along with your registration. You will be required to check in and out of each session. You must attend the entire session for each session you wish to obtain credit for. You must also complete and turn in a CCE Master Form, which you can pick up / turn in at the Continuing Education Desk next to registration.

Thursday, November 14, 2024

Time	Title	Presenter(s)	Credit Type	Credit Hours
8:30 - 10:30 AM	ADHD Meets "Aging": ADHD and Cognitive Decline	Jane Indergaard	ADHD Knowledge	2
8:30 - 10:30 AM	Cognitive disengagement syndrome: Research updates and treatment considerations	Joseph Fredrick & Stephen Becker	ADHD Knowledge	2
8:30 - 10:30 AM	Next Level ADHD Coaching. Where to grow from here?	Sally Linton & Barbara Williams	ADHD Coaching Skills and Resources	2
9:00 - 10:00 AM	Rising When We Fall: Fostering Resilience and Perseverance	Anna Vagin	ADHD Coaching Skills and Resources	1
9:00 - 10:00 AM	Making SENSE of ADHD Relationships: Communication tools that work!	Anita Robertson & Carrie Comstock	ADHD Coaching Skills and Resources	1
10:30 - 11:30 AM	Burnout 2.0, Know your ADHD Brain, Level Up your Game	Nate Page & Eliza Barach	ADHD Coaching Skills and Resources	1
10:30 - 11:30 AM	Building Powerful ADHD Coaching Sessions Through Clear Agreements	Barbara Luther	ADHD Coaching Skills and Resources	1
10:30 - 11:30 AM	The Role of the Gut/Brain Axis and Inflammation in ADHD	Jules Galloway	ADHD Knowledge	1
12:30 - 1:30 PM	Level Up Your ADHD Coaching Skills with Better Partnering	Cameron Gott	ADHD Coaching Skills and Resources	1
12:30 - 1:30 PM	ADHD and High Achievers: Coaching Strategies for Success	Alan Graham	ADHD Coaching Skills and Resources	1
12:30 - 1:30 PM	Sleep and Other Life-Style Factors in RCTs of ADHD Treatments	Eugene Arnold, Sandra Loo & Sutton McDonald	ADHD Knowledge	1
12:30 - 3:30 PM	Differential Diagnostics: ADHD, Autism, Mood Disorders, and Borderline Personality Disorder	Noelle Lynn	ADHD Knowledge	3
12:30 - 3:30 PM	Nurturing Uneven Potential: Behavioral Interventions for Gifted Children with ADHD	Lara Cannon	ADHD Knowledge	3
2:00 - 3:00 PM	Using the ADHD Identity Model to Accelerate Therapeutic Change	Marcy Caldwell	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	How Can Coaching Become a Recognized Best Practice for ADHD?	Margaret Sibley	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	Support your clients to Prescribe from their "Internal Pharmacy"	Monica Hassall	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	Leveraging Language: Harnessing the Power of Words in ADHD Coaching	David Giwerc	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	Pre-Conference Workshop Shaking the Shoulds: A Framework for Quieting Those Limiting Beliefs	Kate Barrett & Michelle Buzgon	ADHD Coaching Skills and Resources	1

2:00 - 3:00 PM	Pre-Conference Workshop Making Cents of A.D.H.D: ADHD Money Management	Stephanie Berman & Ryan Mayer	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	Pre-Conference Workshop Focus Forward: Strategies for Setting and Achieving Goals with ADHD	Corie Wightlin	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	Pre-Conference Workshop Beyond "Just Try Harder": A Science-Based Approach to Conquering Procrastination	Amy Hage	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	Pre-Conference Workshop Unpacking Time	Sarah Ennor	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	From surviving to thriving: Navigating life with trauma and ADHD	Sharon Saline & Brandi Walker	ADHD Knowledge	1
3:30 - 4:30 PM	AI Coaches and Therapists are Here! What Do We Do?	Roger Dewitt	ADHD Coaching Skills and Resources	1
4:00 - 5:00 PM	Pre-Conference Workshop Finding Answers: Aging with ADHD	Heidi Eagleton	ADHD Knowledge	1
4:00 - 5:00 PM	Pre-Conference Workshop 10 Ways to Connect Through Music	David Meyers	ADHD Coaching Skills and Resources	1
4:00 - 5:00 PM	Pre-Conference Workshop Self-Advocacy: Demystifying the Process for Yourself and Your Clients	Sarah Kesty	ADHD Coaching Skills and Resources	1

Session Information

8:30 AM – 10:30 AM

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

Presenter: Jane Indergaard

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

Tracks: Adults, Medical

Audience Level: Intermediate

Session Description: It is well established that ADHD persists into adulthood. However, little has been studied about ADHD past the fifth decade. At the intersection of persistent ADHD and the aging brain comes a diagnostic conundrum whereby there may be an overlap of cognitive and behavioral symptoms in adults with ADHD and those with early cognitive impairment. It may therefore be difficult to distinguish ADHD from neurocognitive disorders (NCD). Moreover, the question has been asked, "Is there a link between ADHD and NCD?" This line of inquiry has led to a fascinating new frontier of research and exploration into older adult ADHD. In this presentation a comprehensive narrative review of the

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literature is provided which explores the following themes: Is ADHD linked to early cognitive decline or mild cognitive impairment (MCI)? Is ADHD linked to any form of neurocognitive disorder (NCD)? What are the proposed mechanisms of possible association? What profiles are characterized of older adults with ADHD in relation to MCI? Based on the evidence available, what are the implications for provision of clinical services for older adults, for diagnostic screening, and for future research?

Title: Cognitive Disengagement Syndrome: Research Updates and Treatment Considerations

Presenter: Joseph Fredrick

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

Presenter 2: Stephen Becker

Presenter 2 Bio: Stephen P. Becker, PhD, is Professor of Pediatrics, Endowed Chair, Associate Division Director-Research, and Co-Director of the Center for ADHD in the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center and the Department of Pediatrics at the University of Cincinnati College of Medicine. His research examines ADHD, cognitive disengagement syndrome (CDS), and sleep in children and adolescents. His research is funded by the National Institutes of Health and the Institute of Education Sciences (Department of Education). He has published over 250 articles on ADHD and related topics, and recently edited a book on ADHD in adolescents (Guilford Press). You can learn more about his ongoing research at www.stephenbecker.com.

Tracks: Medical, Therapists

Audience Level: Intermediate

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

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

Presenter: Sally Linton

Presenter Bio: Sally Linton, MBA/MS, ACC, ACCG, PCAC, is a certified advanced ADHD coach and executive function specialist. She coaches college students, adults, parents, and executives/entrepreneurs. She has a deep passion for helping others and reducing the stigma around mental health while offering a curious, judgment-free space for clients and university students. She is a member of the ADHD2024 conference planning committee and a frequent speaker educating others on the neuroscience of ADHD and how it impacts those living with it and those living alongside it.

Presenter 2: Barbara Williams

Presenter 2 Bio: Barbara Williams, PCC, ACCG, CMP Emeritus, is a professionally trained and certified advanced ADHD coach and executive function specialist. She coaches adults, couples, parents, executives, and entrepreneurs

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globally via Zoom in the USA, UK, and Canada. She uses a strength-based holistic approach coupled with the latest strategies and wisdom from the field of neuroscience. She is an educator, consultant, and coach, helping her clients navigate a wide range of ADHD challenges. Personalized ADHD education and coaching empowers her clients to leverage their strengths, build self-advocacy, and find the successes that had eluded them in the past. Her mission is to advocate for the ADHD and neurodiverse communities and provide education and best strategies to businesses, communities and schools through speaking engagements. She is the co-chair of ADHD2024. Learn more about her at www.BarbaraWilliamsCoaching.com.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Advanced

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

9:00 AM – 10:00 AM

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

Presenter: Anita Robertson

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

Presenter 2: Carrie Comstock

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

Tracks: Coaches & Professional Organizer, Therapists

Audience Level: Intermediate

Session Description: Do you ever wonder why relationship and communication tools don't seem to work for your ADHD clients? They try so hard in their relationships but seem to have conflicts that bring up old wounds? Relationships can be complicated and confusing at times. And when ADHD is misunderstood, it can lead to stress and conflict. How often do ADHDers hear that: (1) they weren't listening, (2) they are forgetful, (3) they mess everything up, (4) they never show up #ADHD2024

on time, and (5) they don't make sense. In this interactive session, we will break down the ADHD brain and sensory processing differences that impact relationships. By exploring our own sensory systems, including the three hidden ones that impact executive functioning, sleep, and hyperactivity, you will learn researched based sensory communication strategies that will set your ADHD clients up for success. Participants will learn the ADHD relationship pillars and the ADHD communication tool, designed by a licensed ADHD relationship therapist. You will solidify your new knowledge through games, practice, and case studies. By the conclusion of the session, you will be equipped to support your clients in fostering successful relationships by integrating ADHD-specific tools and approaches that align with their brain and sensory systems.

Title: Rising When We Fall: Fostering Resilience and Perseverance

Presenter: Anna Vagin

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

Tracks: Educators & School Professionals, Therapists

Audience Level: Intermediate

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

10:30 AM – 11:30 AM

Title: Building Powerful ADHD Coaching Sessions Through Clear Agreements

Presenter: Barbara Luther

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

Tracks: Coaches & Professional Organizers, Medical

Audience Level: Intermediate

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

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

Presenter: Nate Page

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

Presenter 2: Eliza Barach

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

Tracks: Coaches & Professional Organizers, Therapists

Audience Level: Beginner

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

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

Presenter: Jules Galloway

Presenter Bio: Jules Galloway is a straight-talking naturopath, speaker, mentor, and podcaster. With over twenty years of industry experience, she has made it her mission to help people recover from fatigue, anxiety, and mental health issues. She sees clients via Zoom and has educated thousands through her courses and webinars. She is passionate about guiding the next generation of clinicians to become confident, capable, and successful... without burning out. Her podcast is on Apple and Spotify; just search for "LD ADHD."

12:30 PM – 1:30 PM

Title: ADHD and High Achievers: Coaching Strategies for Success

Presenter: Alan Graham

Presenter Bio: Alan Graham is dean of ADHD coach training at Mentorcoach and the president of ACP Consultants, ADDvisor.com, Park Ridge. Dr. Graham coaches high achievers with business and organizational challenges and assesses,

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treats, and/or coaches adults, teens, children, and parents affected by ADHD. He is a former board member of the Professional Association of ADHD Coaches (PAAC) and a founding fellow of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate. He was the lead author of *Lemonade: The Leader's Guide to Resilience at Work* (2012) and the *Resilience at Work Assessment (RAW-A)* and the editor of *The Guide to ADHD Coaching: How to Find an ADHD Coach and What to Do When You Get One* (2018).

Tracks: Coaches & Professional Organizers, Therapists

Audience Level: Intermediate

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

Title: Level Up Your ADHD Coaching Skills with Better Partnering

Presenter: Cameron Gott

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Advanced

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

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

Presenter 1: L Eugene Arnold

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

Presenter 2: Sandra Loo

Presenter 2 Bio: Sandra Loo, PhD, is professor of psychiatry and director of pediatric neuropsychology within the department of psychiatry at UCLA David Geffen School of Medicine. Dr. Loo is a clinical and translational researcher whose work over the past twenty-five years has encompassed genetic, electrophysiology (EEG) and neurocognitive biomarkers within ADHD and other neurodevelopmental disorders. A recent research interest has been development of

treatments using non-invasive neuromodulation for ADHD. She has published over 150 peer-reviewed journal articles and book chapters on these and related subjects. Dr. Loo has maintained continuous NIH grant funding (PI/co-PI) for the past twenty-plus years. She reviews for the NIH child psychopathology and developmental disabilities committee, as well as other local and international foundations, and is on the editorial board for the *Journal of Attention Disorders* and *The ADHD Report*. Dr. Loo's teaching and clinical activities are focused on comprehensive neuropsychological assessment of youth with pediatric (traumatic brain injury, epilepsy, brain tumors) and psychiatric (ADHD, specific learning disorders, mood and anxiety) disorders. She oversees research and clinical training for a full spectrum of trainees interested in specializing in ADHD and related disorders.

Presenter 3: Sutton McDonald

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

Tracks: Medical, Therapist

Audience Level: Intermediate

Session Description: To explore effects of lifestyle, especially sleep, in randomized controlled trials (RCTs) of novel treatments (neurofeedback, ND and trigeminal nerve stimulation, TNS) for ADHD. Results: NF RCT: At baseline, Childrens Sleep Habit Questionnaire total score (CSHQ) correlated with inattention ($p=.04$). CHSQ and food group variety improved from BL to treatment end ($p=.000$ & $.029$). Improvement in CSHQ correlated with inattention improvement ($p=.002$.) Greater light-emitting diode (LED) exposure was associated with sleep onset delay >20 minutes ($p=.004$, $d=0.38$). Amount of sleep correlated negatively with teacher-rated inattention $r = -.184$, $p=.05$). Exercise effect was also checked. At baseline, morning waking difficulty correlated positively with inattention ($p=.034$) and negatively with adaptive behavior ($p=.049$), while bedtime resistance correlated negatively with executive function ($p=.036$) and adaptive behavior ($p=.016$). Change in morning waking difficulty correlated with change in parent-rated inattention ($p<.0001$) and hyperactivity ($p=.0001$) and negatively with adaptive behavior change ($p<.0001$). Bedtime resistance change correlated with inattention and hyperactivity change (both $p<.0001$) and negatively with adaptive behavior change ($p<.0001$). TNS responders were significantly more likely than nonresponders to experience improvements in total sleep problems ($p < .05$) and specifically sleep anxiety ($p < .05$). TNS responders improved marginally in nighttime wakings ($p = .06$).

12:30 PM – 3:30 PM

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

Presenter: Noelle Lynn

Presenter Bio: Noelle Lynn is an ADHD and trauma therapist at the ADHD Center of West Michigan. She also provides differential diagnostic evaluations for clients of all ages. She is pioneering the use of EMDR to address ADHD and associated traumas. With over five thousand EMDR for ADHD sessions completed, she plans to release the manual in 2025. She is passionate about improving the lives of those with ADHD by helping them overcome their negative core beliefs to improve their quality of life.

Track: Medical, Therapists

Audience Level: Advanced

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

experience, this presentation will empower clinicians to accurately assess for and diagnose ADHD, autism, mood disorders and borderline personality disorder.

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

Presenter: Lara Cannon

Presenter Bio: Lara Cannon, MA, LPC, is dedicated to helping children with ADHD reach their full potential. As an art therapist and licensed professional counselor, she leads and owns ADHD Child & Family Services in Portland, Oregon. Her clinic offers specialized mental and behavioral health services to children, teens and parents who have been diagnosed with ADHD.

Their approach to treatment emphasizes skill-building, developing life-enhancing habits and providing psychoeducation for both the child and their families. Her clinic uses a playful, creative and evidence-based approach which has been shown to effectively reduce symptoms of ADHD and improve behaviors.

Track: Educators & School Professionals, Therapists

Audience Level: Intermediate

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

2:00 PM – 3:00 PM

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

Presenter: Margaret Sibley

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

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

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

Presenter: David Giwerc

Presenter Bio: David Giwerc, MCAC, MCC, is the president of the ADD Coach Academy, the global leader in ADHD coach training and education, and the only comprehensive ADHD coach training program accredited by the International Coach Federation (ICF) and the Professional Association of ADHD Coaches(PAAC), the governing bodies of the life #ADHD2024

coaching and ADHD coaching professions. His internationally recognized coaching practice is dedicated to empowering ADHD entrepreneurs and executives. He is an inductee of the CHADD Hall of Fame and a recipient of the ACO Founders Award for his many contributions in the field of ADHD coaching and research.

Tracks: Adults, Therapists

Audience Level: Intermediate

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

Title: Support Your Clients to Prescribe from Their “Internal Pharmacy”

Presenter: Monica Hassall

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

Tracks: Medical, Therapists

Audience Level: Advanced

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

Title: Using the ADHD Identity Model to Accelerate Therapeutic Change

Presenter: Marcy Caldwell

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

Tracks: Coaches & Professional Organizers, Therapist

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Audience Level: Intermediate

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

2:00 PM – 3:00 PM

Title: Focus Forward: Strategies for Setting and Achieving Goals with ADHD

Presenter: Corie Wightlin

Presenter Bio: Corie Wightlin is an ADHD and executive functioning coach, educational consultant, speaker, and certified mindfulness facilitator with more than twenty years of experience teaching, facilitating retreats and corporate gatherings, consulting with large educational organizations, and coaching in the field of both ADHD and mindfulness.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: Both goal setting and seeing the goal through to success are challenging for someone living with ADHD. In this empowering and practical session, participants will identify, unpack, and conquer the barriers between them and their aspirations. Through a structured agenda, attendees will learn how to harness their motivations, build supportive networks, overcome limiting beliefs, and craft systematic plans to propel them to success in a way that ADHD brains can understand and put into action.

Title: Making “Cents” of ADHD: ADHD Money Management

Presenter 1: Stephanie Berman

Presenter 1 Bio: Stephanie Berman is a money coach who equips neurodivergents with skills to achieve financial freedom. She specializes in budgeting and leading clients from overwhelm to “Oh! I get it!” She draws wisdom from lessons learned the hard way, her journey from minimum wage to debt-free living, and her financial coach master training. Diagnosed

with ADHD and autism, she understands the neurodivergent tendencies toward overwhelm and impulsive spending. Since 2018, her clients have paid off over a half million dollars in debt. She lives in southeastern Washington with her neurodivergent husband and their five-year-old poodle mix named Elroy.

Presenter 2: Ryan J. Mayer

Presenter 2 Bio: Ryan Mayer is a certified ADHD coach, specializing in helping adults navigate the challenges of ADHD. With a focus on accountability and mindset, his coaching has fostered growth for clients worldwide. Drawing from his corporate background, he champions the inclusion of invisible disabilities in the workplace. His Conquer Your

ADHD™ System supports business leaders and professionals. His social media presence reaches millions, and he's spoken internationally. Featured in *Forbes* and *Fast Company*, he's coauthoring a book on neuroinclusive workplaces. His mission is to revolutionize corporate culture by integrating the nuances of invisible disabilities for organizational success.

Tracks: Adults

Audience Level: Beginner

Session Description: Making “Cents” of ADHD is a transformative workshop brought to you by a professional money coach who has been working with neurodivergent clients for many years. This workshop is designed for individuals seeking to conquer their financial hurdles. Through practical strategies and insights, participants learn to navigate the unique challenges of managing money with ADHD, addressing issues like impulsivity and disorganization head-on. From adopting personalized budgeting techniques to mastering distraction management in spending, attendees gain invaluable tools to take charge of their finances with confidence. By fostering a supportive environment and emphasizing the cultivation of healthy financial habits, this workshop empowers individuals with ADHD to achieve lasting financial stability and success.

Title: Shaking the Shoulds: A Framework for Quietening Those Limiting Beliefs

Presenter 1: Michelle Buzgon

Presenter 1 Bio: Michelle Buzgon, PCC, CPCC, founder of Positive Focus Coach, is a trauma-informed ADHD and executive function coach who partners with adults and college students to help them tap into their strengths to find the focus and motivation to succeed. Whether brainstorming practical, tactical strategies or using mind-body modalities to help clients better regulate their nervous systems, her collaborative approach fosters self-awareness, self-confidence, and resilience. She got her coaching certification in 2003 and hasn't stopped learning and evolving since. Her coaching process blends her training in a variety of methods, including ADHD coaching, the positive intelligence framework, grief coaching, somatic coaching, and somatic experiencing.

Presenter 2: Kate Barrett

Presenter 2 Bio: Kate Barrett, ACG, ACC, is an ADHD and EF coach, founding Coaching Cville based in Charlottesville, Virginia, and providing coaching and educational services to international audiences. She provides individual and group programs and speaks regularly to professionals, community stakeholders, and industry on executive function and ADHD.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

Session Description: Is your ADHD brain constantly bombarded by all the things you “should” do or you “should” be? “Shoulds” can be debilitating—closing your mind to possibilities, creating obstacles to your goals, and limiting the expression of your true self. This interactive session aims to provide an ADHD-friendly framework for identifying and neutralizing the negativity of “shoulds” by reconnecting participants with their authentic selves through attention to boundaries, values, and needs. Attendees will learn the hallmarks of limiting beliefs and how to get clearer on what they truly value and want. When people with ADHD quiet the negative self-talk of “shoulds,” they open more positive paths to what “could” be possible in their lives and lay a stronger foundation to thrive in the face of today’s current performance-driven pressures.

3:00 PM – 4:00 PM

Title: Beyond "Just Try Harder": A Science-Based Approach to Conquering Procrastination

Presenter: Amy Hage

#ADHD2024

Presenter Bio: Amy Hage is a certified ADHD coach and founder of Focus & Fuel, where she helps busy professionals with ADHD manage their day with confidence and ease. Her coaching program equips clients to understand their brains, embrace their strengths, and overcome obstacles. She brings a wealth of experience to her work, with a master's degree in education and certifications in executive function and ADHD coaching, youth and Teen Coaching, positive psychology, and resilience skills. She's passionate about helping people find success and well-being.

Tracks: Adults, Educators & School Professionals

Audience Level: Intermediate

Session Description: Ditch the overwhelm and missed deadlines! This interactive workshop tackles the root cause of procrastination in individuals with ADHD. We go beyond the myth of laziness and expose the science behind why you put things off. Why attend? Individuals with ADHD: Discover your unique procrastination triggers using the powerful 4Cs Framework, and develop a personalized plan to finally overcome them. Supporters (parents, teachers, coaches, professionals): We all have procrastination patterns. Understanding your own will allow you to foster better communication and support when helping others identify the 4Cs in themselves. This program implements universal design of learning (UDL) guidelines to ensure an engaging and accessible experience for all participants. Gain actionable tools to combat procrastination. Craft a personalized "procrastination buster menu" to silence self-doubt, boost motivation, and achieve what truly matters. Walk away empowered to take control of your time and break free from the procrastination cycle.

Title: Unpacking Time

Presenter: Sarah Ennor

Presenter Bio: Sarah Ennor is a professional speaker and founder of Growth Counsel. She makes ADHD human for businesses and law firms taking their first steps toward neuroinclusion. She gives her audiences the confidence to talk about and support ADHD. She shares her story to show that small changes can mean BIG results, bridging the gap between good intentions and meaningful action. She also supports her peers through 1:1 consults. She has practiced law for over fifteen years in a big firm, in-house, and in sole practice. She's still a lawyer on the side.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: The host often describes herself as "having no relationship to time." In truth, she has a non-linear relationship with it! We'll start by discussing how Marta Rose describes time in her free e-book *Neuroemergent Time: Making time make sense for ADHD and autistic people*. Namely: (1) Industrial time under capitalism. (2) Other concepts of time: seasonal, cyclical, ancient. (3) Spiral time: progress is iterative and comes from movement itself. (4) Elliptical time: where time moves slower around the corners of the time orbit and speeds up along the straightaways. We will unpack how these conceptions of time relate to neurodivergent goal achievement. Participants will share how they conceive of time, how it impacts them in their daily lives, and whether their relationship with time serves them. Some prompts for discussion may include: (1) Do you see time as linear? (2) Do you always have a clear picture of where you are headed, or what your specific goals are? (3) Do spiral time or elliptical time resonate with you? (4) What other ways do you think about, or picture, time? (5) What does it mean when we are late? (6) Do you feel shame for being late? For procrastinating?

3:30 PM – 4:30 PM

Title: AI Coaches and Therapists are Here! What Do We Do?

Presenter 1: Roger DeWitt

#ADHD2024

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Presenter 1 Bio: Roger DeWitt, MCAC, PCC, MAPP, brings over twenty years of expertise as a master certified ADHD coach. As a senior instructor at the ADD Coach Academy, he has trained thousands of life and ADHD coaches worldwide. A lifelong learner, he earned his master's degree in applied positive psychology at age fifty-seven, and is a teaching assistant to Martin Seligman at U Penn. His current passion project is creating an AI coaching clone that is currently coaching real clients to amazing effect. He currently lives in New York with his amazing husband and their opinionated Norwich terrier.

Presenter 2: Ali Khokhar

Presenter 2 Bio: Ali Khokhar is the CEO of Amigo, a digital cloning platform helping coaches and therapists create and train their AI clone (a digital twin). He and his team are on a mission to unlock access to coaching for everyone on the planet at an affordable price, while enabling coaches to scale their practice and reach more customers. Previously, he spent time building products at Upwork and Google, where his work touched the lives of billions of people globally.

Tracks: Coaches & Professional Organizers, Therapists

Audience Level: Intermediate

Session Description: AI is here to stay and is already transforming coaching and therapy. As of this writing, Stanford is in phase 1 trials of an autonomous AI therapist and one of the presenters has an AI ADHD coaching clone bot of himself that is currently coaching real clients with remarkable effectiveness. Soon, emotional AI that is being used right now will further expand the ability of AI to emulate human level interactions. But what do these advancements mean for coaches and therapists? Will we be replaced by AI? The answer is a qualified “no,” but our industries will change, and we must be ready. In this lively and interactive presentation, the presenters will demystify AI and share a vision for how AI is transforming the coaching and therapy professions. They will set a roadmap of what every coach and therapist must be doing right now to prepare for autonomous AI coaches and therapists so they do not get left behind: articulating clearly and specifically what we know, what we do, and how we do it. The presenters will then do a live twenty-minute demonstration of DeWitt's coaching clone in real time with an audience member, followed by a Q&A.

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

Presenter: Sharon Saline

Presenter Bio: Sharon Saline, PsyD, is the author of the award-winning book, *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life* and *The ADHD Solution Card Deck*. She specializes in working with ADHD and neurodivergent youth, adults and families—improving executive functioning skills, resilience, social confidence, and personal relationships. She consults with schools and clinics internationally. Dr. Saline is a part-time lecturer at the Smith College School for Social Work, a blogger for PsychologyToday.com, a contributing expert at WWLP TV, and a member of the editorial board and host of monthly Facebook live events for ADDitudemag.com.

Presenter 2: Brandi Walker

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

Tracks: Coaches & Professional Organizers, Therapists

Audience Level: Intermediate

Session Description: Have you noticed the uptick of coexisting trauma and ADHD in your clients? Since the COVID pandemic, research has noted an increasing trend in the co-occurrence of trauma symptoms with ADHD diagnoses. Learning how to differentiate between the presentation of trauma and the existence of ADHD is an essential tool for all mental health

clinicians, healthcare providers, and coaches. This session will address the lifespan issues of neurodivergent youth and adults who have experienced the intersection of personal trauma, educational trauma, occupational trauma, relational trauma, and/or societal/institutional trauma. Adults with ADHD seem to live with more apprehension, emotional dysregulation, isolation, masking, and reduced self-confidence. In this session, the presenters explain the biological and behavioral overlap between ADHD and coexisting trauma. After discussing how co-occurring trauma fosters a number of mental health and physiological conditions, the facilitators will demonstrate how the narratives that people carry about their trauma can be self-limiting and stagnating. They share key strategies for interventions that effectively address and alleviate anxiety, self-esteem sensitivities, self-harming behaviors, and negativity. Participants will gain empowering strategies for developing posttraumatic growth mindsets, cultivating healthy individual and family responses to the ADHD-trauma nexus. This session will be both didactic and experiential.

4:00 PM – 5:00 PM

Title: 10 Ways to Connect Through Music

Presenter: David Meyers

Presenter Bio: David Meyers is a musician, teacher, and engaging speaker focused on using the benefits of music to connect and inspire participation. He has created over two hundred songs and musical activities which are used in fun, responsive music lessons on various instruments. Since 2017, his RockonMusicSchool has conducted thousands of hours of music sessions with disabled individuals ages six to thirty-five. He has packaged his Accessible Music Strategies for interactive speaking engagements for companies, schools, and institutions including the Berklee College of Music, *Autism Parenting* magazine and the Children's Music Network.

Tracks: Educator & School Professional, Parents & Caregivers

Audience Level: Beginner

Session Description: Music is universally loved across human world cultures, age groups, and ability levels. Many studies have shown that participation in music promotes brain connections which can enhance focus and attention. Music is a complex mix of melodic sounds, rhythmic pulses, and thematic language. Individuals affected by autism or attention deficits may have difficulty processing this wide range of sensory information and responding in a timely musical response. The presentation will provide examples on how to breakdown musical components to connect with the individual and employ strategies successful in motivating and maintaining attention. The session will promote audience participation with songs and musical games followed by an explanation of the methods behind them. The audience should leave the session with a new way to view musical genres and ideas on how to use music to better connect with their students or loved ones.

Title: Finding Answers: Aging with ADHD

Presenter: Heidi Eagleton

Presenter Bio: Heidi Eagleton was diagnosed with ADHD in her sixties, long after her high school guidance counselors said she wasn't college material. Ignoring them, she earned an AA, BA, JD, and MArch. Today, she is a published author, writing the children's book series, *Maddie's Tails*, drawing on her experiences as a girl growing up with undiagnosed ADHD in a biography of her dog, Maddie, an Italian Spinone, told in Maddie's own words. Her blogs, *The Story of Aging with ADHD*, can be found at Letterlife (<https://www.letterlife.se/en/blog>) and *My Life as a Girl Growing Up with Undiagnosed ADHD* on her website (<https://www.heidieagleton.com>).

Tracks: Adults, Therapist

Audience Level: Intermediate

Session Description: Connect by joining a discussion on aging with ADHD. Learn how the lives of older adults are affected by the challenges of living with their ADHD and the physical or other comorbidities and medications of aging itself. Learn from the personal experience of an older adult, who with the help of her healthcare professionals after an Afib diagnosis at age seventy-five, found a path forward without ADHD and anxiety meds by harnessing the positives of her ADHD and some out-of-the-box thinking some fifteen years after she was diagnosed with it. Learn the ways older adults can realize more positive outcomes and how public awareness can be increased with additional and much needed continuing research on aging with ADHD and the meds used to treat it and its commonly co-occurring disorders— anxiety, depression, and bipolar. And finally, learn how older adults by sitting with all others at the ADHD table, can thrive, like their younger counterparts, from advancing technologies, new medications and therapeutic strategies and treatments that are out there on the horizon.

Title: Self-Advocacy: Demystifying the Process for Yourself and Your Clients

Presenter: Sarah Kesty

Presenter Bio: Sarah Kesty is an executive function and ADHD coach, author, and speaker. She hosts the *Executive Function* podcast and *All Brains Considered*. A four-time teacher of the year, her coaching and learning program supports high school and college students in developing skills and mindset for independence. She specializes in translating research into real-life, actionable support. She regularly writes for education publications, including KQED and Edutopia. Her forthcoming book with Solution Tree will empower teachers to support executive function development in secondary students. An avid gardener and local trail guide, she lives in San Diego with her husband, cats, and chickens.

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

Session Description: If you've ever wondered why you just didn't ask for the help you needed, you're not alone. Self-advocating is tricky; it relies on executive function, self-awareness, and self-acceptance—all things affected by ADHD. Our peer support group will explore the process and brain-friendly tools you and your clients or children need to self-advocate. We will practice self-advocating and leave with a huge list of ideas, connection with others, and new ways in which to thrive.

Friday, November 15, 2024

Time	Title	Presenter(s)	Credit Type	Credit Hours
11:00 AM - 12:00 PM	ADHD-Friendly Personal F*(nance)	Christine Hargrove, Simi Mandelbaum & Caroleen Verly	ADHD Coaching Skills and Resources	1
11:00 AM - 12:00 PM	Respecting The Nervous System You Have: Strategies for Stressful Times	Tamara Rosier	ADHD Knowledge	1
11:00 AM - 12:00 PM	Stimulants May Help, Not Harm, Your Brain	John Kruse	ADHD Knowledge	1
11:00 AM - 12:00 PM	Practical applications of CBT/DBT and ACT for ADHD negative self-talk	Gabrielle Anderson & Paula Jones	ADHD Knowledge	1

11:00 AM - 12:00 PM	Solutions to Help Lonely Children with ADHD Find School Friends	Caroline Maguire	ADHD Coaching Skills and Resources	1
11:00 AM - 12:00 PM	ADHD & Faith: How our Spiritual Practice plays into managing our ADHD	Kamala Randhawa, Diane O'Reilly, Ryan Mayer & Yeara Rosental	ADHD Coaching Skills and Resources	1
11:00 AM - 12:00 PM	Ignite Your Superpowers : Cultivating Joy, Creativity and Passion	Stephanie Hwang	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	ADHD for One: Thriving When Single and/or Living Alone	Kim Kensington	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	Interview and Assessment Tactics for ADHD Job Hunters	Ben Hawkes & Cassie Colton	ADHD Coaching Skills and Resources	1
2:00 - 3:00 PM	To Do, or Not To Do? Decision Neuroscience & ADHD	Mike Legett	ADHD Knowledge	1
2:00 - 3:00 PM	Internal Family Systems, Adverse Childhood Experiences (ACEs), and ADHD	Susan Bauerfeld	ADHD Knowledge	1
2:00 - 3:00 PM	CBT for Adult ADHD: An Updated Overview	Russ Ramsay	ADHD Knowledge	1
2:00 - 3:00 PM	ADHD and Thinking: The Great Escape	Jeff Copper	ADHD Knowledge	1
2:00 - 3:00 PM	Why 'Trying Harder' Fails: Effective ADHD Management for All Ages	Diana Mercado-Marmarosh & Elaine Taylor-Klaus	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	ADHD and Remote Work: Strategies for Thriving in Virtual Environments	Meghan Brown-Enyia	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	Basic Brain Biology: Understanding ADHD, Anxiety and Depression	Sarah Cheyette	ADHD Knowledge	1
3:30 - 4:30 PM	Greater than its parts: Connecting professionals supporting people with ADHD	Jonathan Hassall	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	Level Up: A Compassionate Coaching Approach to Video Gaming	Stephanie Adams	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	Accommodations in College: What is recommended in higher education.	Weeks, Mrs. Kate	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	The Overcommitted ADHD Adult a.k.a. I Cain't Say No	Linda Roggli	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	Tired but Wired? Solutions for the Sleep Challenges of ADHD	Marlee Boyle & Sarah Hergett	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	Successfully Leading Yourself and Others with Strategic Energy Management	Bob Palacios, Jill Linkoff & Ian Wahlert	ADHD Coaching Skills and Resources	1
3:30 - 4:30 PM	International Roundtable	RoxanneFouche	ADHD Coaching Skills and Resources	1

5:00 - 6:00 PM	3rd Annual ADHD Influencers Panel	Brendan Mahan	ADHD Coaching Skills and Resources	1
5:00 - 6:00 PM	ADHD Meets Postpartum: science, stories and strategies	Alixandra Bacon, Dusty Chipura, Frankie Berkoben, Jessica McCabe	ADHD Knowledge	1
5:00 - 6:00 PM	Stop Apologizing and Start Owning Your Day	Nikki Kinzer	ADHD Coaching Skills and Resources	1

11:00 AM – 12:00 PM

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

Presenter 1: Ryan J. Mayer

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

Presenter 2: Sara Markowitz

Presenter 2 Bio: Sara Markowitz, PhD, is a clinical psychologist and the founding director of the intensive outpatient program for women at Achieve Behavioral Health, the largest behavioral health center serving the Jewish community. She coauthored *Kosher-ADHD: Surviving and Thriving in the Torah-Observant World*, a transformative resource that merges Jewish insights with contemporary psychological theories. The Kosher ADHD platform provides extensive education and strategies for parents, teachers, children, adults, therapists, and the broader community, helping Jewish families navigate ADHD challenges within their faith-based lives. Dr. Markowitz has pioneered innovative, evidence-based, and culturally tailored program development, with a focus on emotion regulation, functioning, and relationships. She has led Achieve's teen intensive summer experience and directed group therapy, emphasizing dialectical behavior therapy (DBT) and multifaceted approaches toward growth. As part of a pastoral rabbinic couple, Dr. Markowitz serves as the Rebbetzin at a synagogue in Fair Lawn, New Jersey, where she integrates Torah teachings and psychological insights into her workshops and advocacy efforts. Her unique blend of religious and psychological expertise underscores her commitment to helping individuals with ADHD thrive within the Jewish community.

Presenter 3: Diane O'Reilly

Presenter 3 Bio: As an ADHD woman in addiction recovery for over three decades myself, Diane O'Reilly brings a deeply personal understanding, empathy, and insight to the roles of ADHD and addiction recovery coach. For her this role is much, much more than a career, it's more of a vocation, one that chose her. She has been coaching ADHD since 2009, and knowing as she does the connection between ADHD and addiction she is now adding even more coaching accreditations to allow her to bring the whole of her lived experience to her coaching role for the benefit of both communities. Her professional credentials and experience include: ADDCA ACG Advanced Program, ADHD Life

Coach; Still Here Addiction Recovery Coach Certification: Graduated with 40 CEU hours; International Coaching Federation member in good standing; Shambhalatrained mindfulness meditation guide.

Presenter 4: Yeara Rosenthal

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

Presenter 5: Kamala Randhawa

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

Presenter 6: Heidi Fishbein

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

Presenter 7: Farah Jamil

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

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

Title: ADHD-Friendly Personal F*(nance)

Presenter: Christine Hargrove

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

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

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

Presenter: Stephanie Hwang

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

Tracks: Adults

Audience Level: Intermediate

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

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

Presenter 1: Paula Jones

Presenter 1 Bio: Paula Jones, LCSW, is a therapist and coach for individuals and couples with the Hallowell Todaro

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

Presenter 2: Gabrielle Anderson

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

Tracks: Medical, Therapist

Audience Level: Intermediate

Session Description: The greatest obstacle faced by most adults and teens with ADHD is negative self-talk. Hence, individuals with ADHD benefit from developing a powerful toolbox to effectively address rumination before it becomes distressing or even debilitating. Two senior clinicians from the Hallowell Todaro Center will show you practical ways to incorporate strategies from three evidence-based approaches (DBT, CBT, and ACT) into your individual and group work with ADHD clients. Dialectical behavioral therapy (DBT) uses a skills-based, mindfulness approach to teach clients emotion regulation and distress tolerance skills. Cognitive behavioral therapy (CBT) focuses on changing core beliefs and automatic thoughts, which can be helpful in reframing past and current challenges. Acceptance and commitment therapy (ACT) focuses on building psychological flexibility and taking values-based action. In sum, all three evidenced-based approaches can be applied in counseling ADHD adults and teens to embrace their neurodiversity to create a life worth living where they can thrive. Special focus will be placed on tools for interrupting negative self-talk, building distress tolerance, and improving executive functioning.

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

Presenter: Tamara Rosier

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

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

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

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

Presenter: Caroline Maguire

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

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

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

Title: Stimulants May Help, Not Harm, Your Brain

Presenter: John Kruse

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

Tracks: Medical, Therapist

Audience Level: Intermediate

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

2:00 PM – 3:00 PM

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

Presenter: Kim Kensington

Presenter Bio: Kim Kensington, PsyD, is a clinical psychologist in private practice in Santa Monica. She is the author of

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

Tracks: Adults, Therapist

Audience Level: Beginner

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

Title: CBT for Adult ADHD: Updated Overview

Presenter: Russell Ramsay

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

Tracks: Medical, Therapist

Audience Level: Beginner

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

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

Presenter: Susan Bauerfeld

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

Tracks: Medical, Therapist

Audience Level: Beginner

Session Description: This workshop offers an overview of the internal family systems (IFS) model and how it can help those with ADHD—particularly those who have experienced adverse child experiences (ACEs)—as well as those living with or trying to help them. IFS is a psychotherapy paradigm developed by Richard Schwartz, PhD, which posits that our inner systems are comprised of many parts that take on different roles to protect and help us function. According to IFS, when children experience ACEs, their parts react by taking on protective roles and burdens. While these roles and burdens may be effective during and immediately after the ACEs, they can often create roadblocks to later progress. A review of research on ACEs and ADHD and the impact of ACEs on long-term health and well-being is followed by descriptions of common ACEs experienced by those with ADHD. IFS informed theories are offered about how protective mechanisms that arise due to ACEs can create roadblocks to later progress. The methods used in IFS to address the impact of ACEs will be explained. Commonly experienced benefits of IFS include improved emotion regulation, less depressive symptoms, more self-compassion, better self-esteem, and more connectedness to self and others.

Title: Interview and Assessment Tactics for ADHD Job Hunters

Presenter 1: Cassie Colton

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

Presenter 2: Ben Hawkes

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

Tracks: Adults, Parents & Caregivers**Audience Level: Beginner**

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

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

Presenter: Mike Legett

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

Center for Living Well with ADHD.

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

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

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

Presenter 1: Elaine Taylor-Klaus

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

Presenter 2: Diana Mercado-Marmarosh

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

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

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

3:30 PM – 4:30 PM

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

Presenter: Meghan Brown-Enyia

Presenter Bio: Meghan Brown-Enyia, MSW, SHRM-CP, is a certified ADHD success coach and the visionary behind ADHD at WORK. Specializing in empowering women with ADHD, she offers a unique blend of individual coaching and HR consulting to help clients thrive in their careers. With a focus on leveraging ADHD strengths, she provides tools, strategies, and

support for navigating workplace challenges and achieving career success. Her innovative approach emphasizes self-awareness, coping strategies, and resilience, inspiring women to unlock their brilliance and excel in all aspects of work and life.

Tracks: Adults, Coach & Professional Organizer

Audience Level: Beginner

Session Description: The remote work revolution has transformed how we approach our jobs, offering flexibility and challenges, particularly for individuals with ADHD. This session examines the unique hurdles and opportunities remote work presents for those with ADHD, from managing distractions at home to maintaining productivity without traditional office structure. We'll explore practical strategies for creating an ADHD-friendly remote work environment, utilizing technology for organization and focus, and establishing routines that enhance work-life balance. Attendees will learn to leverage their ADHD traits positively in a remote setting, turning potential obstacles into advantages for innovative working and greater job satisfaction.

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

Presenter: Kate Weeks

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

Tracks: Educator & School Professional, Parents & Caregivers

Audience Level: Intermediate

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

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

Presenter: Sarah Cheyette

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

Tracks: Medical, Parents & Caregivers

Audience Level: Intermediate

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

they interact, you learn how environmental factors influence the biology and how medications for ADHD work. Knowing the biology of this will be an invaluable tool—for the ADHDer, for the ADHDer's family and loved ones, for teachers, and for coaches as well as for doctors. By being able to picture the biology, they'll more easily be able to manage it. By the end of the talk, each attendee should have an idea about the important aspects of the biology of ADHD, anxiety, and depression. and how to influence it.

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

Presenter: Jonathan Hassall

Presenter Bio: Jonathan Hassall is an ADHD and executive function coach and director of Connect ADHD Coaching, providing services internationally from Brisbane, Australia. His background includes psychiatric services and as a scientific advisor for ADHD in the pharmaceutical industry. He trained as an ADHD coach ten years ago and is a regular speaker at national ADHD meetings in Australia and the United States. He is a board member of ADDA and a published author. His focus includes the translation of relevant executive function theory to facilitate individuals with ADHD finding and embracing their “neuro-native” state supporting adaptation and realisation of potential.

Tracks: Coach & Professional Organizer, Therapist

Audience Level: Intermediate

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

Title: International Roundtable

Presenter: Roxanne Fouche

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

Tracks: Adults

Audience Level: Beginner

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

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

Presenter: Stephanie Adams

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

Tracks: Coach & Professional Organizer, Parents & Caregivers

Audience Level: Beginner

Session Description: From dopamine seeking and dark patterns to screen addiction and gamification, the discussion around video games has never been more heated—or more confusing! Non-gamers and gamers alike are invited to “level up” their

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video gaming knowledge with this fun and interactive presentation from a lifelong video gamer and trained ADHD coach. We'll explore why video games are so appealing to people with ADHD (dopamine is only one piece of the puzzle!), how the video game industry is leveraging psychology to keep people playing—and what that means for ADHD gamers and those around them. Participants will leave the session well-equipped to have compassionate, nuanced conversations about video gaming with loved ones and coaching clients of all ages.

Title: Successfully Leading Yourself and Others with Strategic Energy Management

Presenter 1: Jill Linkoff

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

Presenter 2: Ian Wahlert

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

Presenter 3: Bob Palacios

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

Tracks: Adults, Coach & Professional Organizer

Audience Level: Intermediate

Session Description: In our constant chase for success and fulfillment, we often overlook a crucial element: our energy. It goes beyond just time management; it's about harnessing and optimizing the energy flowing through five key areas: physical, mental, emotional, spiritual, and relationships. After an introduction to each energy area, participants begin the interactive workshop by completing a self-awareness exercise aimed at identifying and assessing their current physical, mental, emotional, spiritual, and social energy levels. Facilitators will then lead participants through a discussion of specific, personalized strategies and tools for managing and achieving a holistic balance of energy, particularly in the context of ADHD and emotional regulation. Participants will have the opportunity to share their own strategies in real-time via a digital collaboration tool. Three ADHD coaches with more than twenty years coaching and more than fifty years of diverse corporate experience combine forces to integrate their personal and professional experiences as they lead

the audience through eye-opening insights and tools to take away with them to capitalize on the power of their personal energy.

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

Presenter: Linda Roggli

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

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

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

Presenter 1: Sarah Hergett

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

Presenter 2: Marlee Boyle

Presenter 2 Bio: Marlee Boyle, a distinguished registered respiratory therapist and an influential figure in the field of sleep therapy, brings over a decade of expertise to the forefront of improving sleep health. This accomplishment underscored her commitment to advancing the understanding and treatment of sleep disorders, particularly focusing on sleep-disordered breathing such as obstructive sleep apnea, as well as employing cognitive behavioural therapy to address insomnia. Her profound impact in sleep therapy, coupled with her relentless pursuit of societal change, continues to inspire professionals and individuals alike to recognize the transformative power of a good night's sleep.

Tracks: Adults, Therapists

Audience Level: Beginner

Session Description: Join us for a fun and interactive session around the interplay of ADHD and sleep problems.

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

5:00 PM – 6:00 PM

Title: Third Annual ADHD Influencers Panel

Presenter: Brendan Mahan

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

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

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

Presenter 1: Alixandra Bacon

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

Presenter 2: Jessica McCabe

Presenter 2 Bio: Jessica McCabe is the creator and host of the YouTube channel How to ADHD, the most popular ADHD channel on YouTube. Her TED talk has been seen over 12 million times on Facebook and 1.5 million times on TED.com and has inspired ADHD and neurodiversity advocacy around the world. Her educational videos are fun,

relatable, and based on current research, consultations with mental health professionals, and her personal experiences. Her content has helped hundreds of thousands of people accept and understand their unique brains and live better, more fulfilled lives.

Presenter 3: Dusty Chipura

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

Presenter 4: Frankie Berkoben

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

Tracks: Adults, Parents & Ccaregivers

Audience Level: Beginner

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

Title: Stop Apologizing and Start Owning Your Day

Presenter: Nikki Kinzer

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

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

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

learn how to practice flexible scheduling, allowing you to plan on your own terms. You will walk away feeling empowered to take control of your day in a compassionate way that honors your unique ADHD mind.

Saturday, November 14, 2024

Time	Title	Presenter(s)	Credit Type	Credit Hours
10:30 - 11:30 AM	Behavior Management to Motivation and Change: Keeping Your Child's Relationship	Jeffrey Katz	ADHD Knowledge	1
10:30 - 11:30 AM	How to Remember The Future? Prospective Memory and ADHD.	Daniella Karidi	ADHD Knowledge	1
10:30 - 11:30 AM	The Overwhelmed Child: Parenting Children With Big Emotions	Leslie Josel	ADHD Knowledge	1
10:30 - 11:30 AM	Rejection Sensitivity and Double-Masking in Black ADHD Women	Diane Miller	ADHD Knowledge	1
10:30 - 11:30 AM	It's Not a Misbehavior, It's a Regulation Challenge	Polina Shkadron	ADHD Knowledge	1
10:30 - 11:30 AM	Reconnecting Disconnected Young Men With ADHD	Ryan Wexelblatt	ADHD Knowledge	1
10:30 - 11:30 AM	Welcome to College: Have You Considered a Gap Year	John Willson	ADHD Coaching Skills and Resources	1
1:30 - 2:30 PM	Centers for Disease Control and Prevention ADHD Research and Programs	Kim Newsome, Sam Katz, & Tricia Whalen	ADHD Knowledge	1
1:30 - 2:30 PM	Managing Homework, Parent and Teacher Edition: Tips, Tools, and Strategies©	Andrea Elrom	ADHD Coaching Skills and Resources	1
1:30 - 2:30 PM	Teaching Teachers to Manage ADHD/Executive Function in Their Classroom	Cindy Goldrich	ADHD Coaching Skills and Resources	1
1:30 - 2:30 PM	The Insider's Guide to Neurodivergent Entrepreneurship	Jennifer Snyder	ADHD Coaching Skills and Resources	1
1:30 - 2:30 PM	How to bridge the gap between intentions and actions.	Eric Tivers	ADHD Coaching Skills and Resources	1
1:30 - 2:30 PM	Guiding Families to Thrive: Insights from Behavioral Parent Training Groups	Meoldy Lavian	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	Advocating For Workplace Accommodations: Understanding Your Rights and Support Options	John Bryson	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	Mindfulness and ADHD: Reflections on What Works and What Doesn't	Mark Bertin & Lidia Zylowska	ADHD Knowledge	1
3:00 - 4:00 PM	Unleashing Neurodiversity: Embracing ADHD in Education, Work, and Society	Jessica Hicksted	ADHD Knowledge	1

3:00 - 4:00 PM	Please Help Me/Go Away – The ADHD Relational Paradox	Susan Dillon Tschudi & Melissa Orlov	ADHD Knowledge	1
3:00 - 4:00 PM	Adulting with ADHD: Finding Balance Between Success and Survival	Blondy Moore	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	From Meltdowns to Calm: Helping Youth Build Better Emotional Regulation	Joyce Cooper-Kahn	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	Outsourcing Executive Function with AI	William Curb	ADHD Coaching Skills and Resources	1
3:00 - 4:00 PM	See Me After Class: Collaborating With Teachers Without Conflict	Annette Lang	ADHD Coaching Skills and Resources	1
4:30 - 5:30 PM	We Got The Beat: The Impact of Music on ADHD	Roberto Olivardia	ADHD Knowledge	1
4:30 - 5:30 PM	The Importance of Nutrition for ADHD	Julia Cassidy	ADHD Knowledge	1
4:30 - 5:30 PM	Supercharge Your Job Search: Top ADHD-Friendly Strategies & Tools	Kerry O'Connor-Kunsch	ADHD Coaching Skills and Resources	1
4:30 - 5:30 PM	Fostering Executive Function Skills At School and Home	Sean McCormick	ADHD Coaching Skills and Resources	1
4:30 - 5:30 PM	Helping Students with ADHD Navigate the Challenges of College Life	Arthur Anastopoulos & Allison Bray	ADHD Coaching Skills and Resources	1
4:30 - 5:30 PM	“What’s going on in my brain!?” Practical ADHD Neuroscience 101	Summer Varde, Tim Hutchison & Vivian V. Valentin	ADHD Coaching Skills and Resources	1

Session Information

10:30 AM – 11:30 AM

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

Presenter: Jeffrey Katz

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

Tracks: Parents & Caregivers, Therapists

Audience Level: Intermediate

Session Description: At different ages and different stages, children need different things from their parents. If your #ADHD2024

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

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

Presenter: Daniella Karidi

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

Tracks: Adults, Coaches & Professional Organizer

Audience Level: Intermediate

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

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

Presenter: Polina Shkadron

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

Tracks: Educators & School Professionals, Therapists

Audience Level: Intermediate

Session Description: This session introduces a dynamic, neurodevelopmental approach to understanding and addressing executive function skills, emphasizing a relationship, strength-based perspective. It highlights the crucial role of EF in cognition, language, and social-emotional development from infancy to adulthood, advocating for interventions grounded

in current trauma-informed education and research. Participants will explore the intricacies and complexities of play, connecting its benefits for ADHD in the areas of impulse control, working memory, and cognitive flexibility. To enhance therapeutic strategies, the neurodivergent brain will be linked to self-determination theory, highlighting its essential framework to include school success and address the impact of EF deficits on health outcomes, including disordered eating. By reframing behavioral challenges and demonstrating emotional-regulation strategies through clinical examples, the session aims to equip professionals seeking to refine their approach to EF challenges with the tools to apply these principles effectively, with a strong emphasis on perspective seeking and evidence-based practices.

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

Presenter: Diane Miller

Presenter Bio: Diane Miller, PsyD, MEd, a dedicated clinical psychologist, specializes in adult ADHD, racial identity issues, and sex therapy. She holds a doctorate in clinical psychology and a master's degree in human sexuality from Widener University. With over a decade of expertise, she has dedicated her career to serving marginalized communities across various settings such as community mental health and psychiatric hospitals. Currently at The Center for ADHD in Philadelphia, she empowers individuals to navigate ADHD's complexities, fostering self-acceptance and proactive living. Dr. Miller's approach is deeply informed by her extensive work with underserved populations, offering a therapeutic space of trust, equity, and support.

Tracks: Adults, Therapist

Audience Level: Intermediate

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

Title: The Overwhelmed Child: Parenting Children with Big Emotions

Presenter: Leslie Josel

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

Tracks: Educator & School Professional, Parents & Caregivers

Audience Level: Beginner

Session Description: Helping an overwhelmed child can be, well, overwhelming. Especially for you! In this session, we'll dive into the reasons behind your child's overwhelm. We'll uncover strategies as well as parent-led language for you to use so you can help your child regulate their emotions and behaviors. We'll discuss topics such as how decision fatigue,

feeling stuck, lying, and the "perception of laziness" are all symptoms and contributing factors to feeling overwhelm. We'll dive into the "TOO" syndrome—when everything is just too much or too hard—and how that directly impacts your child's overloaded brain and effective strategies to use to help. The presenter will teach you some of her favorite strategies to minimize overwhelm such as the "WAIT" method, "cubby-sizing" information, and pre-empting topic and time. And lastly, she will share some of her cutting-edge practices she's been teaching her parent coaching clients for the past fifteen years, so you have the necessary techniques to manage the overload and reduce the overwhelm.

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

Presenter: John Willson

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

Tracks: Coaches & Professional Organizers, Parents & Caregivers

Audience Level: Beginner

Session Description: High school is coming to an end and you are unsure what the best path forward may be. Consider a gap year, an experiential year typically taken between high school and college in order to deepen practical, professional, and personal awareness. Many colleges are actually encouraging students to consider a gap year. These unique opportunities give young men and women an opportunity to mature, experience a period of self-discovery, learn valuable life skills, find a direction or calling, unwind from the stressors of the school environment, and be on their own for the first time. It is also a chance to gain some much needed momentum as they determine their next steps and embark on a journey of a lifetime.

1:30 PM – 2:30 PM

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

Presenter 1: Brooke Staley

Presenter 1 Bio: Brooke Staley, PhD, MPH, CPH, is an epidemic intelligence service officer in the National Center on Birth Defects and Developmental Disabilities in Atlanta, Georgia. Her current research focuses on ADHD in adults and the public health impacts of persistent tic disorders, including Tourette syndrome. Dr. Staley completed her Bachelor of Science in neuroscience and Russian language from Trinity College (Hartford, Connecticut) in 2011, followed by a Master of Public Health from Morehouse School of Medicine (Atlanta, Georgia) in 2016. She recently completed her PhD in Epidemiology from the University of North Carolina at Chapel Hill in 2023.

Presenter 2: Sam Katz

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

Presenter 3: Patricia Whalen

Presenter 3 Bio: Patricia Whalen is an effective public health communicator and researcher with experience in quantitative and qualitative methodologies, study design, data analysis, technical writing, and reporting. Whalen is driven

to contribute towards the public good through epidemiologic research for underrepresented populations on local, national, and global levels.

Presenter 4: Kimberly Newsome

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

Tracks: Adults, Medical

Audience Level: Beginner

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

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

Presenter: Melody Lavian

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

Tracks: Parents & Caregivers, Therapist

Audience Level: Intermediate

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

Title: How to Bridge the Gap Between Intentions and Actions

Presenter: Eric Tivers

Presenter Bio: Eric Tivers, LCSW, ADHD-CCSP, is a dedicated coach, speaker, and leader in the ADHD community.

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

Tracks: Adults, Therapists

Audience Level: Intermediate

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

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

Presenter: Andrea Elrom

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

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: The time children spend on homework should be efficient and productive—but rarely are students taught how to manage the homework process. Executive function skills have an impact on your child's motivation, retention, and self-confidence. Learn tools and strategies for managing ADHD and executive function challenges that really work. During this live presentation, you will learn tools and strategies that can make a difference in how you and your child approach homework time: Help your child make the best use of the time they spend doing work. Learn effective organizational techniques for students. Confront issues involving motivation, independence, and work ethic. Explore how to collaborate with your child's school effectively. Support your child without enabling them. Learn tips, tricks, and ADHD strategies for parents that will make the lives of all your family members better. Help your child make the best of their educational opportunities.

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

Presenter: Cindy Goldrich

Presenter Bio: Cindy Goldrich, EdM, ADHD-CCSP, is a mental health counselor, ADHD and executive function parent coach, teacher trainer, and coach trainer. She

supports parents, educators, and other professionals in addressing the social and emotional impact ADHD and executive functioning have on learning, motivation, behavior, and the family system. As the founder of PTS Coaching, LLC, she has professionally trained ADHD parent coaches and provided professional development for school districts and other professional organizations worldwide since 2008. Her courses have been approved for continuing education credits from ASHA, AOTA, NBCC, and ICF.

Tracks: Coaches & Professional Organizers, Educators & School Professionals

Audience Level: Beginner

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

Title: The Insider's Guide to Neurodivergent Entrepreneurship

Presenter: Jennifer Snyder

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

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

3:00 PM – 4:00 PM

Title: Adulthood with ADHD: Finding Balance Between Success and Survival

Presenter: Blondy Moore

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

Tracks: Adults, Parents & Caregivers

Audience Level: Intermediate

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

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

Presenter: John Bryson

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Intermediate

Session Description: In this dynamic session, we delve into essential strategies and knowledge for navigating workplace accommodations under the Americans with Disabilities Act (ADA), specifically tailored for individuals with ADHD. Discover how to effectively communicate your needs and advocate for your rights, ensuring you receive the accommodations that foster success and inclusivity in the workplace. We'll cover a concise overview of the ADA, focusing on actionable steps to request necessary adjustments, and strategies for implementing these accommodations to enhance job performance. Additionally, we'll share tips for creating an inclusive work environment that supports diverse needs, encouraging a culture of understanding and empowerment. By the end of this session, attendees will be equipped with the tools to understand their legal rights, confidently request and implement accommodations, and contribute to fostering an inclusive workplace. Join us to transform your approach to workplace accommodations, turning challenges into opportunities for growth and innovation.

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

Presenter: Joyce Cooper-Kahn

Presenter Bio: Joyce Cooper-Kahn, PhD, is a clinical child psychologist who specializes in helping youth, families, and schools to successfully manage behavioral, emotional, and academic challenges. She has particular expertise in attention disorders with an emphasis on interventions for executive functioning difficulties. Dr. Cooper-Kahn is the author of two

books on executive functioning: the recently updated and expanded *Late, Lost, and Unprepared: A Parent's Guide to Executive Functioning* and *Boosting Executive Skills in the Classroom: A Practical Guide for Educators* (with Margaret Foster, MAEd). A sought-after speaker on topics related to child development, she also serves on the editorial advisory board of CHADD's *Attention* magazine.

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

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

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

Presenter 1: Lidia Zylowska

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

Presenter 2: Mark Bertin

Presenter 2 Bio: Mark Bertin, MD, is a developmental pediatrician and author of *How Children Thrive*, *Mindful Parenting for ADHD*, *Mindfulness and Self-Compassion for Teen ADHD*, and *The Family ADHD Solution*, all of which integrate mindfulness into the rest of pediatric care. He is a contributing author for the book *Teaching Mindfulness Skills to Kids and Teens*. Dr. Bertin is a faculty member at New York Medical College, the Windward Teacher Training Institute, and has served on advisory boards for APSARD, *ADDitude Magazine*, *Common Sense Media*, and *Reach Out and Read*. His blog is available through *Psychology Today*. For more information, visit his website at www.developmentaldoctor.com.

Tracks: Adults, Medical, Parents & Caregivers

Audience Level: Beginner

Session Description: Since our initial presentation at the 2008 CHADD conference in Anaheim, mindfulness has become a more integral part of the ADHD toolbox for many clinicians and patients. Research increasingly shows benefits of mindfulness around ADHD symptoms, anxiety, mood, stress management, emotion regulation, and self-compassion. However, as a recent survey of adults and parents with ADHD has shown, more recommend mindfulness than feel able to practice it. So, what is mindfulness really, and how can it be practiced to optimize its benefits? A psychiatrist and a developmental behavioral pediatrician will reflect on their individual experiences with mindfulness over the years. They will share the impact of mindfulness in their own lives and as ADHD clinicians and teachers of mindfulness, emphasizing #ADHD2024

different ways to make mindfulness practical and doable for busy adults, parents, and clinicians. The presentation will reflect on the universal challenges of the practice, as well as the unique ways neurodiverse brains may engage with it.

Title: Outsourcing Executive Function with AI

Presenter: William Curb

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

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

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

Presenter 1: Susan Dillon Tschudi

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

Presenter 2: Melissa Orlov

Presenter 2 Bio: Melissa Orlov is the founder of ADHDmarriage.com, and ADHD & Marriage Consulting. She helps ADHD-affected couples from around the world rebalance their relationships and learn to thrive through her seminars, books, and consulting. She has written two award-winning books on the impact of ADHD in relationships. Her first, *The ADHD Effect on Marriage*, was called “the relationship bible for couples impacted by ADHD” by *ADDitude* magazine in 2023. She teaches mental health professionals how to work with couples impacted by ADHD and leads a team of consultants who specialize in this field. She blogs for PsychologyToday.com and at www.adhdmarrriage.com, where she hosts a large community of adults learning about ADHD in relationships. She has been interviewed by many, including the *New York Times*, CNN, *Today*, and *US News and World Report*.

Tracks: Adults, Therapist

Audience Level: Intermediate

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

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

Presenter: Annette Lang

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

Tracks: Educator & School Professional, Parents & Caregivers

Audience Level: Beginner

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

4:30 PM – 5:30 PM

Title: Fostering Executive Function Skills at School and Home

Presenter: Sean McCormick

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

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

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

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

Presenter 1: Allison Bray

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

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

Presenter 2: Arthur Anastopoulos

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

Tracks: Coach & Professional Organizer, Parents & Caregivers

Audience Level: Intermediate

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

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

Presenter: Kerry O'Connor-Kunsch

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

Session Description: Did you know the average job hunt takes SIX months? And that jobseekers report spending about

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

Title: The Importance of Nutrition for ADHD

Presenter: Julia Cassidy

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

Tracks: Adults, Parents & Caregivers

Audience Level: Beginner

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

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

Presenter: Roberto Olivardia

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

Tracks: Educators & School Professionals, Parents & Caregivers

Audience Level: Beginner

Session Description: Famous neurologist Oliver Sacks once said “nothing activates the brain so extensively as music.” Research has found robust findings on how active music therapy (playing an instrument, singing) and passive music therapy (listening) were associated with improved ADHD (and related) symptoms including reduced impulsivity, aggression, and anxiety and increased academic skills, working memory, mood regulation, temporal processing, and sleep onset. Variables to consider when using music as an aid include genre, tempo, volume, and involved task (chores, sleep, reading, etc.). The speaker will share practical and accessible ways to use music, not only to boost executive functioning but also as a tool for mindfulness, grounding, and emotional regulation. The speaker will also share relevant anecdotes (as a clinician and musicophile with ADHD).

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

Presenter 1: Tim Hutchison

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

Presenter 2: Summer Varde

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

Presenter 3: Vivian Valentin

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

Tracks: Adults, Coaches & Professional Organizers

Audience Level: Beginner

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