

Outline
Neurobiology of EF & Why it Matters in ADHD Treatment

Clinically useful theories of EF
Executive Function Vs. Executive Functions
EF in "neurotypicals" Vs EF in ADHD
Importance of EF in daily living
The neurodevelopment of EF throughout life

Diagnose ADHD & Measure EF in Adults

Diagnosis
The Big 3
Ratings scales
Questionnaires
Semis-structured interviews
Impairment index
Collaterals

Measuring EF
Adult executive functioning inventory
Brief-A
Comprehensive executive function inventory
WAIS-IV and WJ-IV
NIH toolbox cognition battery
Barkley's rating scales

Adult ADHD Treatment

The Big 4 & 4 Steps
Therapeutic effect of diagnosis
Medication - genetic testing
Psychoeducation
Accommodation
Comorbidities: ADHD, inattentive presentation- restrictive, or sluggish cognitive tempo
Specific Learning Disorder
Autism Spectrum Disorder
Sleep disorders
Depression & anxiety
Personality disorders

EF Techniques & Strategies

Organization, Planning & Time Management
Clinical interventions to bring order to the disorganized mind
The 30 to 40% rule for inattention, impulsivity/ hyperactivity & ADHD

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



Impulse Control & Self-Regulation
CBT & internalized speech
Overcoming guilt and shame
Automatize behavior
What about mindfulness?
Relaxation skills
Enhance Focus, Attention & Working Memory
"Neurotypical" forgetting vs. ADHD forgetting
Chunking, mnemonics & other memory techniques
Multisensory memory
Loci
Self-testing & self-imagining
N-Back
5 ways to reduce cognitive load
Technological prosthetics-assistive technology
Stop Executive Dysfunction from Sabotaging Your Clients' Relationships
Impact of EF difficulties on adult relationships
Goal setting
Self-monitoring & self-talk
Social skills training
Conflict resolution skills
Anger identification
Decode facial expressions & body language
Making accurate facial expressions
Better follow through with medical issues & self-care
Tips to remember special dates, etc.

For the Workplace & Home
ADHD work difficulties
Career counseling
Clutter control made simple
Job coach & supervision; advocacy?
Social skills, self-esteem, & education
Training & adult education accommodations
"Best" ADHD jobs

Risks & Limitations

Free Tuition for Veterans & Active Military Personnel
PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

Live Seminar Schedule
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends
There will be two 15 min breaks (mid-morning & mid-afternoon)
Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Institute of Certified ADHD Professionals
CE hours obtained from this program can be applied toward the ADHD Clinical Services Provider Certification (ADHD-CCSP) through the Institute of Certified ADHD Professionals. For details, visit www.adhdcert.com.

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Adult ADHD
Targeting Executive Skills to Manage ADHD in Adults
Featuring expert and award winning author, Kevin T. Blake, Ph.D., P.L.C.
TOWSON, MD Wednesday, September 26, 2018
ELLCOTT CITY, MD Thursday, September 27, 2018
FAIRFAX, VA Friday, September 28, 2018
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Adult ADHD
Targeting Executive Skills to Manage ADHD in Adults
Featuring, Kevin T. Blake, Ph.D., P.L.C.
Interventions to improve:
• Organization & planning
• Time management
• Initiation & procrastination
• Impulse control
• Emotional regulation
• Focus & attention
• Working memory
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Adult

ADHD

Targeting Executive Skills to Manage ADHD in Adults

A young man calls you to make an appointment, saying once again he has lost his job and that over the last nine years he has lost, or been asked to resign from eight jobs. The appointed time arrives and he does not show. Later that day he leaves a voicemail apologizing for forgetting his appointment and asks to reschedule. He admits that even if he remembered the appointment he would not have made it because he lost his car keys. The appointment is rescheduled and he arrives 20 minutes late. As he sits down he shares he received a speeding ticket on his way here and has had over 50 previous citations. Also, he doesn’t understand why he keeps losing his jobs, as he was always known to make many sales. He then described a litany of stormy relationships with lovers even saying one girlfriend told him he is “reliably unreliable.” He appears disheveled, anxious and demoralized. Talking incessantly while not seemingly able to tell a story in a logical sequence.

Adults portraying Attention-Deficit/Hyperactivity Disorder (ADHD) often come to see you in hopes of making their life less chaotic and improving their day-to-day interactions with others. They really want to change but simply do not know how. You have your usual strategies to use, but will it be enough? Do you have the tools necessary to facilitate real changes and ease their pain?

Let Dr. Blake share with you tried and true evidence-based techniques, skills & methods that can be easily applied with your adult ADHD clients to immediately improve their quality of life. You will learn the latest strategies to treat impaired executive function, the core issue of difficulty in adults with ADHD. These practical, easy to apply methods will help your adult clients improve their time/task management, personal organization, & planning, thus improving many aspects of their life including employment, relationships, physical & mental health, grooming, driving, parenting, etc. Dr. Blake will also teach you how to coordinate treatment with other necessary professionals inclusive of physicians, speech-language therapists, professional organizers, ADHD coaches, job coaches, academic tutors, career counselors, etc.

Speaker

Kevin T. Blake, PhD, P.L.C., is a recognized national authority on ADHD and learning disorders. He lives and works as a licensed psychologist in Tucson, Arizona where he has 20+ years of experience specializing in ADHD, specific learning disorder and autism spectrum disorder. The interest in ADHD, specific learning disorder and autism spectrum disorder was spurred by his own struggles trying to overcome his dyslexia and hearing impairment. As Dr. Blake struggled to learn about his own specific learning disorder he decided to make his life’s work the diagnosis and treatment of adults with learning disorders, ADHD and autism spectrum disorder. When Dr. Blake started his professional life, he was one of a handful of professionals in the country with a focus on adults. Now he travels the country sharing what he has learned about ADHD, specific learning disorder and autism spectrum disorder with professionals who work with these populations as well as individuals with these disorders and their loved ones.

Dr. Blake is a member of the American Psychological Association, International Dyslexia Association, Children and Adults with Attention Deficit Disorders, and Learning Disabilities Association. He has been the facilitator of a Tucson support group for ADHD adults for over 20 year. Additionally, he is a published author with articles having appeared in *Attention!*, *LDA Newsbriefs*, and *Perspectives* (of the International Dyslexia Association). Dr. Blake was a 1991 delegate to the National Institute for Literacy’s “LEAD 2000 Congress,” where he was a member of a special committee advising the U.S. Congress on diagnostic and remediation issues confronting learning disabled adults. He is an accomplished and engaging speaker whose presentations incorporate germane information, practical how-to’s, and appropriate life experiences.

Speaker Disclosures:

Financial: Kevin Blake maintains a private practice. He is a stockholder in Johnson & Johnson, Inc. and Amgen, Inc. Dr. Blake receives a speaking honorarium from PESI, Inc.

Non-financial: Kevin Blake is a member of the Children and Adults with Attention Deficit Disorders (CHADD), International Dyslexia Association, Learning Disabilities Association, and American Psychological Association.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.

Objectives

1. Establish what executive function is and why it is so important to time management, personal organization and planning as it relates to treatment in clinical practice.

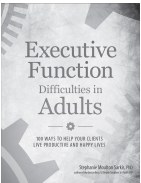
2. Analyze how Adult ADHD negatively affects executive function in relation to assessment and treatment outcomes.

3. Determine how ADHD, Inattentive Presentation (Sluggish Cognitive Tempo) is different from the ADHD that is in the DSM-5® and communicate why this is important as it relates to treatment planning.
4. Explore assessment tools used to identify deficits in executive functioning, to better inform your choice of treatment interventions.

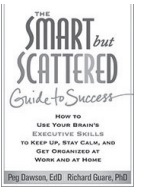
5. Implement strategies to help adults with ADHD with their executive function difficulties in the workplace, in relationships, and in parenting.

6. Identify strategies that are appropriate for fostering executive function development or intervening when executive function difficulties are identified.

Save by including these PRODUCTS with seminar registration!



Executive Function Difficulties in Adults
100 Ways to Help Your Clients Live Productive and Happy Lives
Stephanie Moulton Sarkis
Executive function difficulties may not go away with age-and inside you'll find 52 worksheets, 40 handouts, and dozens of tips to make day-to-day living easier and more productive for adults. Written by executive function and ADHD expert, Dr. Stephanie Sarkis, this unique resource includes: Proven cognitive-behavioral strategies, Exercises to improve short-term memory, organization and focus, Techniques to enhance communication and social skills, Easy-to-follow instructions for mindfulness meditation, Effective accommodations for the workplace and college.



The Smart but Scattered Guide to Success:
How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home
Richard Guare, Ph.D., D-BCBA & Margaret M. Dawson, ED.D., NCSP
Are you smart, scattered, and struggling? You're not alone. Cutting-edge research shows that today's 24/7 wired world and the growing demands of work and family life may simply max out the part of the brain that manages complex tasks. That's especially true for those lacking strong executive skills—the core brain-based abilities needed to maintain focus, meet deadlines, and stay cool under pressure.

Target Audience: Counselors • Social Workers • Psychologist • Psychiatrists • Case Managers • Addiction Counselors
Marriage & Family Therapists • Occupational Therapists • Speech Language Pathologists • Vocational Counselors • Psychiatric Nurses
Probation Officers • Clergy • Professional Coaches • Professional Organizers • ADHD Coaches • Other Mental Health Providers

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact ce@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

APPROVED PROVIDER

ASHA

CONTINUING EDUCATION

AMERICAN SPEECH-LANGUAGE HEARING ASSOCIATION

PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course outline, in, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

ADULT ADHD: TARGETING EXECUTIVE SKILLS TO MANAGE ADHD IN ADULTS

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ADA NEEDS
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.
Cannot be combined with other discounts.

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Adult ADHD: Targeting Executive Skills to Manage ADHD in Adults

_____ Seminar on DVD* (video) \$199.99 (RINV054065)

_____ Seminar on CD* (audio) \$169.99 (RNA054065)

_____ **Executive Function Difficulties in Adults** book* \$29.99 (PUB085200)

_____ **The Smart but Scattered Guide to Success** book* \$16.95 (SAM084240)

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