

Outline

- Why Not Medication?**
- Useful as a short-term tool
 - Concerns with long-term use: Effects on the brain
- ADHD and the “Immature” Brain**
- Brain imaging evidence of ADHD
 - Research regarding ADHD brain development
 - Frontal lobes mature more slowly in the ADHD brain
 - Excess theta brainwaves
 - Implications for treatment

- Movement-Based Strategies**
- Wake up an underaroused ADHD brain
 - Hyperactivity as an adaptive mechanism
 - The impact of play and exercise on the brain
 - Role of rhythm and timing training
 - Integrated movement systems for ADHD

- Frontal Lobe/Working Memory Strategic Tools**
- Use it or lose it: Increase memory, attention and focus
 - Games for impulse control and working memory
 - Computerized cognitive training programs
 - Meditation and mindfulness for ADHD
 - Neurofeedback

- Diet and Nutrition**
- The impact of sugars, fats, proteins and water
 - Diet and dopamine
 - Omega 3-6-9: What you need to know for brain health
 - Multivitamins/minerals: Do they make a difference?
 - Gluten, food additives and pesticides

Objectives

1. Articulate the relationship between the frontal lobe of the brain and ADHD symptomology for the purpose of client psychoeducation.
2. Determine the impact of movement and exercise on the reduction of ADHD symptoms as it relates to assessment and treatment planning.
3. Implement treatment interventions for improving impulse control and working memory in clients.
4. Analyze the influence of diet and nutrition on ADHD symptoms in relation to assessment and treatment planning.
5. Develop clinical strategies to calm the nervous system of clients diagnosed with ADHD.
6. Consider the clinical implications of environmental influences on ADHD symptoms in clients.

- ADHD and Nervous System Overstimulation**
- “Overaroused” subtype of ADHD
 - Stress, anxiety and ADHD: the connection
 - Breathwork and movement for nervous system calming
 - Heart rate variability biofeedback
 - Art therapy techniques to quiet and focus the brain

- Environmental Influences**
- Video games and Social Media
 - Sleep deprivation
 - Same symptoms as ADHD
 - Strategies to help insomnia
 - Environmental toxins: lead, phthalates, pollution
 - The impact of time in nature on ADHD symptoms

Limitations of the Research and Potential Risks

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.

Target Audience:
Counselors • Social Workers • Psychologists
Marriage And Family Therapists • Physicians
Speech-Language Pathologists • Teachers
School Administrators • Occupational Therapists
Occupational Therapy Assistants • Nurses
Other Helping Professionals Who Work With Children

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Changing the

ADHD Brain:

Moving Beyond Medication

LYNNWOOD, WA

Wednesday, February 13, 2019

BELLEVUE, WA

Thursday, February 14, 2019

TACOMA, WA

Friday, February 15, 2019

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Featuring: **David Nowell, Ph.D.**

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- Safety and efficacy of non-medication treatments
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INSTITUTE OF CERTIFIED ADHD PROFESSIONALS

This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP). Visit adhdcert.com for the full certification requirements.

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Changing the ADHD Brain: Moving Beyond Medication

Many persons diagnosed with ADHD prefer not to take medication. There are various reasons for this including side effects and concerns with long-term use. In this seminar, you will learn more about these reasons, as well as alternative interventions for ADHD.

Looking at ADHD from a developmental perspective, we will consider reasons for the apparent increase in ADHD diagnoses over the past two decades. By understanding the way the brain works in ADHD, you will be able to better identify a variety of strategies to significantly impact the nervous system and positively influence symptoms of ADHD in your clients.

Not only will you walk away with information about some of the most common non-medication interventions for ADHD such as computerized cognitive training, mindfulness meditation and neurofeedback, you will also learn a variety of practical strategies that can be implemented immediately and at low cost.

We will navigate the vast research on exercise, movement, diet, sleep, disruptive technologies, supplements and the impact of the environment on ADHD, summarizing the findings and applying the information to “real life.” You will leave this seminar with the tools and knowledge to develop a holistic approach to working with adults and children with ADHD.

Speaker

David Nowell, Ph.D., is a clinical neuropsychologist in private practice in Northborough, Massachusetts. He offers consultations to patients on an inpatient rehabilitation unit and is an adjunct instructor in neuropsychology to graduate students in the Clark University psychology program. He serves as a physician advisor with the University of Massachusetts Medical School Disability Evaluation Service where he was the former clinical director of the Learning Disability Assessment Program. Dr. Nowell writes a popular blog at Psychology Today on motivation and time management, and speaks internationally to clinicians on such topics as executive functioning, non-medication management of ADHD, and applying findings from Positive Psychology.

Speaker Disclosures:

Financial: David Nowell maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: David Nowell has no relevant non-financial relationship to disclose.



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.

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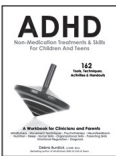
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ADHD: Non-Medication Treatments and Skills for Children and Teens

By Debra Burdick, LCSWR, BCN

The most comprehensive ADHD resource available! This practical workbook gives you the most effective and proven non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD. Including ADHD-friendly parenting skills, techniques for emotional and behavioral regulation, skills for organizing time, space and activity, mindfulness skills and downloadable handouts, exercises, activities and resources.

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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 cepesi@pesi.com or 800-844-8260 before the event.

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WASHINGTON EDUCATORS & ADMINSTRATORS: A request for Clock Hours has been submitted to Puget Sound ESD for the seminar on in. Those seeking Clock Hours must follow sign-in and reporting requirements (instructions provided at the seminar).

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.

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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.



WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

Become Certified!

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