

# Outline

## Neurobiology, Executive Function & ADHD

What is executive function (EF)?  
EF in “neurotypicals” v. EF in ADHD  
The neurodevelopment of EF over the lifespan  
How EF impacts daily life  
Is there a gene for ADHD?  
Limitations of the research and potential risks

## Assessment and Diagnosis

What are the “unofficial” signs of ADHD in adults?  
The Big 3 – history, history, history!  
Why collateral information is crucial  
Rating scales, questionnaires, and semi-structured interviews  
Differential diagnosis: Inattentive, Hyperactive, Combined presentations  
Co-morbidities: Which do you treat first?  
Depression, anxiety, substance abuse, ASD, LD personality & sleep disorders  
Sluggish Cognitive Tempo?  
Strategies to assess for risky behavior

## Psychoeducation

5 must-have tips for an ADHD-friendly session  
How to teach clients about ADHD in a way that reduces stigma  
The 7 stages of the Adult ADHD “Identity”  
How to normalize the ADHD experience (not a character flaw!)  
4 indicators that clients will follow through with treatment

## Cognitive-Behavioral & Related Therapies

What does self-talk for adults with ADHD sound like?  
Common cognitive distortions related to ADHD  
Specific interventions for:  
Procrastination  
Low self-esteem, guilt and shame  
Pessimism and self-criticism  
And more!  
Strategies to help “undo” unhelpful behavior patterns  
Goal setting considerations  
Mindfulness and relaxation

# Objectives

1. Explain how ADHD in adults negatively impacts executive function (EF) and how to identify EF deficits in clients.

2. Summarize current research related to ADHD in adults, including limitations and areas for further study.

3. Differentiate diagnostically between the various presentations of ADHD in the DSM-5® and explore related conditions, including Sluggish Cognitive Tempo, to inform treatment intervention with clients.
4. Utilize effective psychoeducation about ADHD to normalize the client’s experience and improve engagement in treatment.

5. Implement treatment strategies for clients with ADHD to improve executive functioning skills at work/school and in relationships.

6. Consider the efficacy of good sleep hygiene, physical activity and nutrition in the treatment and management of ADHD symptoms in adult clients.

## Executive Function Skills Development

**Organization, Planning & Time Management**  
The 30-40% rule  
Clutter control made simple  
Strategies to “automate” behavior/habits  
**Impulse Control & Self-Regulation**  
Self-monitoring and self-talk  
Mindfulness and relaxation  
Not Clueless . . . “cue”less  
**Focus, Attention & Memory**  
Chunking, mnemonics and other memory techniques  
5 ways to reduce cognitive load  
N-BACK technique  
Sleep hygiene  
**Social Skills and Emotional Intelligence**  
Decoding emotions/facial expressions  
Recommendations for relationships and parenting  
Anger identification and expression of emotion

## Medication

Common myths about ADHD medication  
Benefits & potential side effects  
How to make an appropriate referral

## Other Treatment Considerations

The role of exercise and sleep  
Diet, supplements, food dyes, sugar, omega-3’s  
ADHD coaching – what to look for in a referral  
Professional organizers, tutors, vocational counseling  
Canine therapy and other adjunct supports  
ADA guidelines for accommodations at school/work

### 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.

— FREE —  
Worksheets



Free Gratitude, Mindfulness & Optimism Worksheets  
[pesi.com/worksheetshappiness](http://pesi.com/worksheetshappiness)

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

Adult  
ADHD


Targeted Interventions to Improve Daily Functioning  
and Bring Order to the Disorganized Mind

Featuring expert and author,  
Kevin T. Blake, Ph.D., P.L.C

WOBURN, MA  
Monday  
November 4, 2019

WALTHAM, MA  
Tuesday  
November 5, 2019

DEDHAM, MA  
Wednesday  
November 6, 2019

[www.pesi.com](http://www.pesi.com)

REGISTER NOW: [pesi.com/express/74632](http://pesi.com/express/74632)

Adult  
ADHD

Targeted Interventions to Improve Daily Functioning  
and Bring Order to the Disorganized Mind

Featuring ADHD expert and author,  
Kevin T. Blake, Ph.D., P.L.C, ADHD-CCSP

- Identify and diagnose a complex, often overlooked neurodevelopmental disorder
- Gain evidence-based, targeted strategies to improve organization, focus, planning, and more!
- Improve self-esteem, procrastination, and insight with innovative CBT & mindfulness techniques
- 5 must-have tips for an ADHD-friendly session to keeps clients engaged in treatment

WOBURN, MA  
Monday, November 4, 2019

WALTHAM, MA  
Tuesday, November 5, 2019

DEDHAM, MA  
Wednesday, November 6, 2019

[www.pesi.com](http://www.pesi.com)  
A NON-PROFIT ORGANIZATION CONNECTING  
KNOWLEDGE WITH NEED SINCE 1979

  
Become  
ADHD-CCSP  
Certified!  
Details Inside

REGISTER NOW: [pesi.com/express/74632](http://pesi.com/express/74632)



Adult

ADHD

Targeted Interventions to Improve Daily Functioning and Bring Order to the Disorganized Mind

After a lifetime of mistakes, mix-ups, missed deadlines and frustrated loved ones, **adults with Attention Deficit/Hyperactivity Disorder (ADHD) are among the most discouraged clients in your office...and you may not even know it.**

While typically not the “presenting problem”, Adult ADHD is a common, often overlooked culprit behind many co-morbid disorders and problems that bring clients to therapy, including depression, anxiety, low self-esteem, substance abuse and difficulties at work and relationships.

Give your caseload a second look – could ADHD be part of the problem?

Join Dr. Kevin Blake, ADHD expert and author, as he shares practical, evidence-based techniques that can easily be integrated into your treatment plan to **improve your client’s daily functioning, self-esteem and quality of life**, including how to:

- Identify and diagnose a complex disorder that is often overlooked
- Implement 5 must-have tips for an ADHD-friendly session to improve client engagement
- Help clients improve time/task management, personal organization & planning
- Address low self-esteem that often accompanies this frustrating condition
- Provide psychoeducation about ADHD that reduces stigma and elicits hope

Get the tools you need to help these vulnerable clients who desperately want to change but simply lack the tools to do so!

Sign up today!

Speaker

**Kevin T. Blake, Ph.D., P.L.C., ADHD-CCSP**, is a licensed psychologist and recognized national authority on ADHD, executive function, and learning disorders. With over 20 years of specialized experience, Dr. Blake was one of the first professionals in the United States to study these conditions in adults specifically. Dr. Blake now speaks throughout the nation, educating clinicians on the latest evidence-based diagnosis and treatment recommendations for improved clinical outcomes. Currently in private practice and serving as a facilitator for a community adult ADHD support group, he also speaks across the nation on the latest evidence-based diagnosis and treatment recommendations for improved clinical outcomes. A published author, Dr. Blake’s articles have been featured in Attention!, LDA Newsbriefs, and Perspectives (of the International Dyslexia Association). In 1991 Dr. Blake was honored to be a 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. Dr. Blake is a member of the American Psychological Association, International Dyslexia Association, Children and Adults with Attention Deficit Disorders, and Learning Disabilities Association. Dr. Blake’s own experience overcoming dyslexia and hearing impairment drives his passion for educating both professional and lay audiences about methods to overcome the challenges of ADHD and specific learning disorders. An accomplished and engaging speaker, Dr. Blake’s presentations are known for weaving together empirical evidence, germane information, and practical how-to’s in a way that is accessible and applicable. When he’s not traveling the country to speak, Dr. Blake calls Tucson, AZ home.

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.



**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.

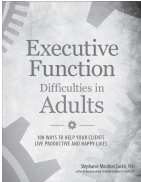
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://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.

**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 Kate Sample at [ksample@pesi.com](mailto:ksample@pesi.com) or call 715-855-5260.



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. *Limited seats available; advance online registration required.*

Save by including these PRODUCTS with seminar registration!



**Executive Function Difficulties in Adults**  
*100 Ways to Help Your Clients Live Productive and Happy Lives*

By 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.



**Growing Mindful, 2nd Edition**  
*Mindfulness Practices for All Ages 58 Card Deck*

By Mitch R. Abblett, Ph.D. & Christopher Willard, Psy.D.

This favorite resource for therapists, educators, parents and kids, makes teaching and incorporating mindfulness into your home, classroom and therapy session super easy and fun. Now in its 2nd Edition-the updated *Growing Mindful* card deck features 56 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness and curiosity. Perfect for all ages!



**BECOME CERTIFIED!**

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

Visit [adhdcert.com](http://adhdcert.com) for the full certification requirements.

**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. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure 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 [cepesi@pesi.com](mailto:cepesi@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 profession’s standards.*

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

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the 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.

**Massachusetts Counselors:** Application for MaMHC/MCMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

**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.

**Massachusetts Marriage & Family Therapists:** This course has been submitted for review for continuing education approval. Credit is pending.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

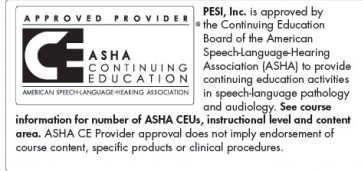
**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or 6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will 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.

Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



**Speech-Language Pathologists:** This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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.



**SCAN HERE**  
FOR A SPECIAL OFFER ON  
**BOOKS & CARD DECKS**

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

How to Register:

ADULT ADHD: TARGETED INTERVENTIONS TO IMPROVE DAILY FUNCTIONING AND BRING ORDER TO THE DISORGANIZED MIND

ONLINE

[pesi.com/express/74632](http://pesi.com/express/74632)

PHONE

**800-844-8260**

Please have credit card available

FAX

**800-554-9775**

MAIL

PESI, Inc.  
PO BOX 1000  
Eau Claire, WI  
54702-1000

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

Mail Code:

See mail code box on address panel on reverse side

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

*For your convenience, confirmations are sent via email.*

**2 Check location:** (make copy of locations)

☐ **WOBURN, MA**

**November 4, 2019**

**74632WOB**

Crowne Plaza Boston Woburn  
15 Middlesex Canal Park Road • 01801  
(781) 935-8760

☐ **WALTHAM, MA**

**November 5, 2019**

**74632WAM**

Embassy Suites  
550 Winter Street • 02451  
(781) 890-6767

☐ **DEDHAM, MA**

**November 6, 2019**

**74632DED**

Hilton at Dedham Place  
25 Allied Dr • 02026  
(781) 329-7900

**REGISTER NOW:**

[pesi.com/express/74632](http://pesi.com/express/74632)

ADA NEEDS

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

WALK-INS

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. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://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](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*



FOR OFFICE USE ONLY

Fed ID # 26-3896894  
© 2019 PESI, Inc.

**3 Check tuition:**

**TUITION WITH SEMINAR MANUAL**

**\$219.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

**ADD-ON PRODUCT**

Distributed at seminar—FREE SHIPPING!

- ☐ **\$29.99\*** *Executive Function Difficulties in Adults* book
- ☐ **\$16.99\*** *Growing Mindful, 2nd Edition* card deck

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

☐ Check enclosed payable to **PESI, Inc.**

☐ MC ☐ VISA ☐ AE ☐ Discover Novus

16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(\*American Express: 4-digit # above account # on face of card.)

**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

**Adult ADHD: Targeting Executive Skills to Manage ADHD in Adults**

\_\_\_ Seminar on DVD\* (video) \$219.99 (RINV054065)

\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA054065)

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

\_\_\_ *Growing Mindful, 2nd Edition* card deck\* \$16.99 (SAM085990)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_  
\*Shipping \_\_\_\_\_  
Subtotal \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_