

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 & Webcast Schedule
(Times Listed in Eastern)

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.

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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, ADHD-CCSP

LANCASTER, PA
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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

LANCASTER, PA
Monday, December 2, 2019

KING OF PRUSSIA, PA
Tuesday, December 3, 2019

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Adult

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Targeted Interventions to Improve Daily Functioning
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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.

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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.

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 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 or call 715-855-5260.

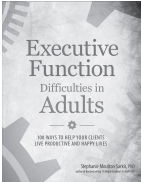


PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

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

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!

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 Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 3, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75784

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 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.

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.

Pennsylvania Addition Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75396. **No PA ADD available for programs held outside of PA**

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.

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Pennsylvania Counselors: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

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.

Pennsylvania Marriage & Family Therapists: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

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Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. 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. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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.

Pennsylvania Psychologists: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

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information for number of ASHA CEUs, 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).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

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 participants who complete the program evaluation.

New Jersey Social Workers: Adult ADHD: Targeted Interventions to Improve Daily Functioning and Bring Order to the Disorganized Mind, Course #2752, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 11/15/2019 - 11/15/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

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.



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

WALK-INS

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- **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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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