

# 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. Evaluate 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. Employ 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. Assess 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 & Webinar Schedule (Time listed in Mountain)

**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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Changing the  
ADHD Brain:  
Moving Beyond Medication

Colorado Springs, CO  
Tuesday, November 7, 2023

Denver, CO  
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- Impact of exercise, sleep and diet on ADHD
- The latest research on the brain’s response to non-medication strategies

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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.

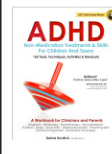
Not only will you walk away with information about some of the most common non-medication interventions for ADHD such as computerized cognitive training, mindfulness meditation and neurofeedback, you will also learn a variety of practical strategies that can be implemented immediately and at low cost.

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.

### Target Audience:


Counselors • Social Workers • Psychologists • Marriage and Family Therapists  
Speech-Language Pathologists • Teachers • School Administrators • Addiction Counselors  
Occupational Therapists • Occupational Therapy Assistants • Nurses • Physicians  
Other Helping Professionals who Work with Children

### Recommended Reading:



**ADHD**  
*Non-Medication Treatments and Skills for Children and Teens*  
Debra Burdick, LCSW, BCN  
**\$29.99 \$22.99**

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**The ADHD Solution Deck**  
*50 Strategies to Help Kids Learn, Reduce Stress & Improve Family Connections*  
Sharon Saline, PsyD, ADHD-CCSP  
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# Meet Your Speaker

**David Nowell, PhD**, 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 Disclosure:  
Financial: Dr. David Nowell maintains a private practice and has employment relationships with Clark University, Massachusetts Rehabilitation Commission Disability Determination Services, and Fairlawn Rehabilitation Hospital. He is a presenter with TATRA Training and receives compensation. Dr. Nowell is an IME provider and receives compensation. He receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.  
Non-financial: Dr. David Nowell is a member of the American Psychological Association, the Massachusetts Neuropsychological Association, and the International Neuropsychological Society.



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**Addiction 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.

**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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**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours. Partial contact hours will be awarded for partial attendance.

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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 Credits™. 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.

**Colorado Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for Colorado Psychologists. The Colorado State Board of Examiners Rule 20 confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

#### Speech-Language Pathologists:



Intermediate Level  
6 ASHA CEUs

*\*\* Please note that Speech-Language Pathologists and/or Audiologists 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 (NASW):** This live program is approved by the National Association of Social Workers (Approval #886759332-5689) for 6.0 Clinical Social Work continuing education contact hours.

**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, 2023 - January 27, 2026. Social workers completing this course receive 6.25 Clinical continuing education credits.

Course Level: Intermediate Format: In-person Full attendance is required; no partial credits will be offered for partial attendance.

**Colorado Social Workers:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

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☐ **~~\$19.99~~ \$14.99\*\*** *The ADHD Solution Deck* PUB086395

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping first item + \$2.00 each add'l item.

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