

NORTHWEST BEHAVIORAL HEALTH IPA PRESENTS

Ari Tuckman , PsyD, CST

**ADHD Diagnosis & Treatment:  
Comorbidities, Complexities, & Relationships**

*New Location!!*

**Fox Hall Events Center**  
1661 W. Bakerview Rd.  
Bellingham, WA 98225

**Friday, April 15, 2022**

**8:20 a.m. to 4:30 p.m.**

*In-Person or  
Live-Streamed Options*

# THE PRESENTER: Ari Tuckman, PsyD, CST



Ari Tuckman, PsyD, CST is a psychologist, certified sex therapist, and ADHD expert. He is a popular and dynamic presenter who routinely earns excellent reviews for his ability to make complex concepts understandable and useful. He has given more than 400 presentations, across America and in nine other countries, and is a frequent contributor to podcasts, ADHD publications, and popular press articles. He is the author of four books on adult ADHD, for clinicians and the general public. He is a former board member and current conference co-chair for CHADD.

# ADHD Diagnosis & Treatment

Does everyone have ADHD or does almost no one have ADHD? And is treatment just about Adderall or should it be everything except Adderall?

ADHD still remains a confusing and controversial diagnosis, yet can be diagnosed accurately and treated effectively by those who have the right skills. Given the high rate of comorbidities and tangled family dynamics that can develop when ADHD is not well managed, helping clients get on top of their ADHD more effectively can lead to improvements in anxiety, depression, and family/couple relationships.

This seminar will be grounded in theory and research, but focus on practical strategies that clinicians can apply to their next client. We will begin with a more useful model for understanding the specific deficits associated with ADHD and how to better manage them. This will lay a foundation for separating ADHD from often co-occurring conditions that can muddy the diagnostic waters, such as anxiety, depression, bipolar disorder, and borderline personality disorder. We will then discuss the benefits and side effects of medication for ADHD so that non-prescribers can help clients make a well informed and well considered decision about this common aspect of treatment. We will then discuss how the neurology of ADHD can impact an individual's psychology, as the deficits associated with ADHD make certain experiences more likely, and how clients can build a more resilient mindset to handle future struggles. Since children, teens, and young adults who struggle with task completion tend to evoke more involvement from parents, we will discuss how to help families create more balanced relationships that enhance independence for the person with ADHD and greater security for the parents. Finally, we will discuss how one romantic partner's ADHD can create certain dynamics within a relationship and how both partners can learn to work together more effectively.

# ADHD Diagnosis & Treatment

## Workshop Schedule

8:20-8:30 Opening Remarks

8:30-12:00 with 15 minute mid-morning break

1. ADHD is all about time: A more useful model for understanding and working with ADHD
2. Diagnoses: Getting it right when comorbidities muddy the waters
3. Medication: What non prescribers need to know to help clients make informed choices
4. Q&A

12:00-1:00 Lunch

1:00-4:30 with 15 minute mid-afternoon break

1. Individual therapy to build resilience and a stronger mindset
  2. Family therapy with children, teens and young adults with ADHD
  3. Couples therapy when one partner has ADHD
  4. Q&A
- Conclusion

# ADHD Diagnosis & Treatment

## Workshop Objectives

After this presentation, attendees will be able to:

1. Apply a more useful model of ADHD to help clients better understand and manage it.
2. Make more accurate differential diagnosis between ADHD and other conditions.
3. Assist clients to make well informed, well considered choices about medication and other treatment options.
4. Address the maladaptive coping mechanisms that are common to those with ADHD and help them create a more resilient mindset.
5. Work more effectively with children, teens and young adults and their parents to handle greater independence more responsibly and negotiate appropriate levels of parental involvement.
6. Integrate a deeper understanding of ADHD and relationship dynamics to work more effectively with these clients to improve their romantic relationship.

# WHAT IS NWBHIPA?

## **What is NWBHIPA?**

The Northwest Behavioral Health Independent Providers Association is a not-for-profit group of over 300 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 16th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops. [www.nwbhipa.org](http://www.nwbhipa.org)

**This workshop is approved for 6 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.**

# REGISTRATION INFORMATION

## REGISTRATION

**In-Person** Limited to 60 fully vaccinated, masked participants. Proof of Vaccination, including booster, required at door.

**Live-Streamed** Link will be sent by email.

\$100 IPA members

\$130 Non IPA members

\$50 Student with current ID (limit of 10)

Late fee of \$15 added after April 8, 2022

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees.

Registration for in-person participants includes lunch.

Pay ONLINE by credit card or by check or money order payable to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

## CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by April 8, 2022.

## ACCOMMODATIONS

Special room rates have been made available at Best Western Plus for \$99 per night. Reservations must be made by April 8. (360) 676-7700. Code CHXIPA.

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FRIDAY, APRIL 15, 2022

8:20 A.M. TO 4:30 P.M.

Register online here.

Register by mail here.

For disability accommodations or other information, contact

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www.nwbhipa.org