

# 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