

## Outline

### Why Not Medication?

Useful as a short-term tool  
Concerns with long-term use

### ADHD and the "Immature" Brain

Brain imaging evidence of ADHD  
Research regarding ADHD brain development  
Implications for treatment

### Movement-Based Strategies

Wake up an underaroused ADHD brain  
Hyperactivity as an adaptive mechanism  
Play and exercise grow the brain  
Role of rhythm and timing training  
Integrated movement systems for ADHD  
Yoga and martial arts

### Frontal Lobe/Working Memory Strategies/Tools

Efficacy of working memory training programs  
Meditation and mindfulness for ADHD  
Neurofeedback for ADHD symptom management

### Diet and Nutrition

Protein, sugar, fat, and water: macronutrients for peak brain performance  
Diet, Exercise, and Dopamine  
Fish oil and the omegas: What supplements can support the ADHD brain?  
The evidence for effectiveness  
Multivitamins/minerals: Do they make a difference?  
Food sensitives: the role of gluten  
Food additives  
Pesticides  
Link with ADHD  
Is organic really necessary?  
Evidence based nutritional recommendations for adults and children with ADHD

### 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

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

### ADHD and Nervous System Overstimulation

"Overaroused" subtype of ADHD  
Stress, anxiety and ADHD: the connection  
Breathwork and movement for nervous system calming

### Environmental Influences

Best strategies for managing screens, technology, and social media  
#FOMO and the ADHD experience  
Sleep deprivation  
Same symptoms as ADHD  
Strategies to help insomnia  
Environmental toxins and ADHD risk  
Skillfully balancing screen time and green time: Time in nature reduces severity of core ADHD symptoms

### How exactly did you do that? How to talk to students and adults with ADHD to support metacognition and self-regulation

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## Objectives

1. Analyze the extensive research into omega supplementation and ADHD symptoms.
2. Implement movement in the classroom to reduce ADHD symptoms.
3. Consider the classroom and clinical implications of the fact that children with ADHD act 2-3 years younger than their chronological age.
4. Establish how the lack of maturation in the frontal lobe influences inattentiveness and hyperactivity.
5. Explore the side effects that sleep deprivation has on the ADHD brain.
6. Support the findings that more time in nature reduces the symptoms of ADHD.

### Questions?

Call customer service at **800-844-8260**

**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.

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Changing the  
**ADHD Brain:**  
Moving Beyond Medication

**TOWSON, MD**  
Wednesday  
January 24, 2018

**COLUMBIA, MD**  
Thursday  
January 25, 2018

**LIVE VIDEO WEBCAST**  
Wednesday  
January 24, 2018

**BOWIE, MD**  
Friday  
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Changing the  
**ADHD Brain:**  
Moving Beyond Medication

- Alternatives and complements to medication
- Safety and efficacy of non-medication treatments
- Impact of exercise, sleep and diet on ADHD
- Creative interventions to positively impact ADHD
- Live practice and demonstrations
- Cutting-edge 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  
Occupational Therapists & Occupational Therapy Assistants • Nurses  
Other Helping Professionals Who Work With Children

## Speaker

**David Nowell, Ph.D.**, 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 Disclosures:

Financial: David Nowell maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: David Nowell has no relevant non-financial relationship to disclose.

## LIVE WEBCAST DETAILS

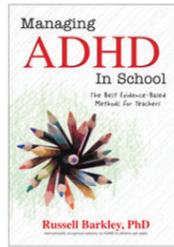
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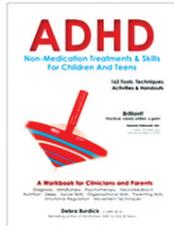
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### Managing ADHD in School: The Best Evidence-Based Methods for Teachers

By Russell Barkley, Ph.D.

Dr. Russell Barkley, internationally respected expert on ADHD, draws on his 40 years of clinical work with thousands of students, teachers and schools to create a definitive resource for the most effective methods in overcoming impairments for children and teens with ADHD. *Managing ADHD in Schools* details more than 100 evidence-based recommendations to help teachers and clinicians increase the success of children and teens with ADHD.



### ADHD: Non-Medication Treatments and Skills for Children and Teens

By Debra Burdick, LCSW, BCN

The most comprehensive ADHD resource available! This practical workbook gives you the most effective and proven non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD. Including ADHD-friendly parenting skills, techniques for emotional and behavioral regulation, skills for organizing time, space and activity, mindfulness skills and downloadable handouts, exercises, activities and resources.

## LIVE SEMINAR & WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 professions standards.

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**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

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**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.



**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**SOCIAL WORKERS:** PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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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 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:

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\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA049975)

\_\_\_ *Managing ADHD in School* book\* \$24.99 (PUB084060)

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

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