

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

- 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 Schedule

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.

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

Objectives

1. Articulate 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. Implement 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. Consider the clinical implications of environmental influences on ADHD symptoms in clients.

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Changing the
ADHD Brain:
Moving Beyond Medication

TOWSON, MD
Wednesday, April 3, 2019

COLUMBIA, MD
Thursday, April 4, 2019

BOWIE, MD
Friday, April 5, 2019

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Changing the
ADHD Brain:
Moving Beyond Medication

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


- Alternatives and complements to medication
- Safety and efficacy of non-medication treatments
- Impact of exercise, sleep and diet on ADHD
- Live practice and demonstrations
- The latest research on the brain’s response to non-medication strategies


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Details Inside

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.

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.

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.

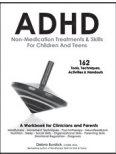
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ADHD: Non-Medication Treatments and Skills for Children and Teens

By Debra Burdick, LCSWR, 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.



Self-Regulation and Mindfulness

By Varleisha Gibbs, Ph.D., OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a must-have resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success. Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.



BECOME CERTIFIED!

This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP).

Visit evgci.com for the full certification requirements.

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 ceps@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.

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MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

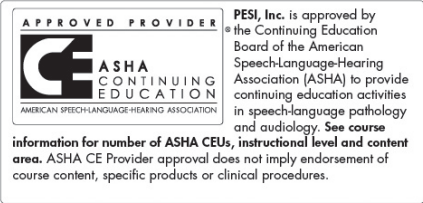
Nurses in full attendance will earn 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

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.

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PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. 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.

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- **\$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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