

## 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

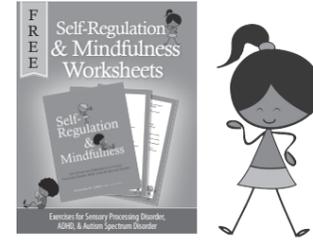
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

#### 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

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# Changing the ADHD Brain: Moving Beyond Medication

# 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

**FAIRFAX, VA**  
Wednesday, December 11, 2019

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Thursday, December 12, 2019

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## 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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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.

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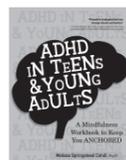
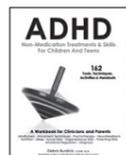
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By Debra Burdick, LCSWR, BCN

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#### ADHD in Teens & Young Adults

A Mindfulness Based Workbook to Keep You ANCHORED

By Melissa Springstead Cahill, PsyD

Dealing with ADHD-related difficulties is tough, especially for young people balancing school, friends, family and thinking about their futures. Author Dr. Melissa Springstead Cahill developed the mindfulness-based ANCHORED approach, to help teens become more focused, functional and happy, and make every day struggles easier to deal with.

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