

Speaker Biographies

Kenny Handelman - MD, FRCPC, ABIHM

Dr. Kenny Handelman is a child, adolescent and adult psychiatrist who is an expert in ADHD. He is board certified in Canada and the US and is the founder and medical director of The Centre for Integrative Mental Health - a clinic which assesses and treats ADHD across the lifespan. He is an Assistant Clinical Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. Handelman is the best-selling author of Attention Difference Disorder, a book for parents of kids and teens with ADHD. Dr. Handelman speaks internationally on ADHD and has taught doctors and other healthcare professionals in over 20 countries across North America, Europe and Asia. He has been interviewed by the media, including CBC Newsworld, CTV, the Toronto Star and more. He has an ADHD Podcast which has had over 300,000 downloads worldwide. He also has Adult ADHD himself.

Sheila Bennett EdD

Dr. Bennett is the former Department Chair and Associate Dean of Professional and Undergraduate Programs, Faculty of Education at Brock University. She is recognized for her work in inclusive education and has presented nationally and internationally. Dr. Bennett has authored and coauthored numerous books, chapters, monographs and articles within the field of special education, in particular in the area of inclusion for students with diverse needs. Prior to coming to Brock, Dr. Bennett held several school and school board positions. She brings her practical experiences as an educator to the field of research, providing a blend of theory and practice essential to bridge the gap between what we do in classrooms and how we understand those actions in the larger context.

Judy Wiener, PhD., C. Psych.

Dr. Judy Wiener is a Professor Emerita of School and Clinical Child Psychology at OISE/University of Toronto. She worked as a school psychologist in Quebec and Ontario and has consulted in children's mental health centers. Her primary clinical expertise is assessment and psychosocial

interventions with children and adolescents with ADHD and learning disabilities, and immigrants and refugees. She was previously President of the International Academy for Research in Learning Disabilities and Chair of the Educational and School Psychology Section of the Canadian Psychological Association. She is on the editorial board of several journals. Her research is on self-perceptions, family and peer relationships of children and adolescents with ADHD and learning disabilities and the efficacy of school-based and mindfulness interventions.

Megan Smith, Ph.D., C. Psych

Dr. Smith has her Ph.D. in Child Clinical and School Psychology, is a registered psychologist in Toronto. She has worked with diverse client populations in community, outpatient, residential, and inpatient settings at Youthdale Treatment Centres, the Toronto District School Board, the Centre for Addiction and Mental Health (CAMH), and in private practice. She has had the opportunity to provide a wide range of services, including assessment (e.g. psychoeducational, complex, and differential diagnostic assessments), and therapy (e.g. individual, group, and family therapy). Dr. Smith's areas of interest include ADHD and areas of functioning related to ADHD (e.g. sleep, diet, exercise, social skills, and executive functioning), as well as self-regulation, "behaviour," learning disabilities, Autism, mood/anxiety disorders, self-harm, and eating disorders. She uses an integrative approach to treatment and intervention, utilizing strategies drawn from the fields of child development, neurodevelopment, self-regulation, mindfulness, and collaborative problem-solving, as well as cognitive-behavioural, dialectical behavioural, and family therapy. She is also an advocate for those affected by ADHD, as well as for children and families experiencing other mental health issues that negatively impact behavioural functioning.

Heidi Bernhardt, RN

Heidi Bernhardt, RN, is a psychiatric nurse by training, mother of three young men with ADHD, and the founder, President and Executive Director of the Centre for ADHD Awareness Canada (CADDAC), a national not-for-profit organization dedicated to awareness, education, and advocacy for ADHD. Heidi also served as the Executive Director of the Canadian ADHD Resource Alliance (CADDRA), a national not-for-profit organization of the leading clinicians and researchers in ADHD in Canada for 6 years. Over the past 25 years, Heidi Bernhardt has helped raise awareness and understanding of ADHD among parents, educators, health care professionals, industry leaders, and government officials through presentations, conferences, media interviews, and advocacy work.

David Teplin, PsyD, C.Psych.

Dr. David Teplin is an adult clinical psychologist in full-time private practice in Richmond Hill, Ontario. His primary focus is clinical assessment, adult ADHD, and substance use disorders. He is also an adjunct professor in the doctoral program in clinical psychology at Medaille College in Buffalo, New York. He sits on the editorial review boards for the Journal of Attention Disorders, the Journal of Addictive Diseases, and the Journal of Opioid Management. More recently he served as chair of the Canadian Psychological Association task force on the legalization of cannabis. He is also co-chair of the professional advisory board for the Attention Deficit Disorder Association.

Douglas Schmidt, Ph.D., C.Psych.

Dr. Douglas Schmidt, C. Psych. is a child, adolescent, and adult clinical psychologist who has worked in a primary care, school, and rehabilitation settings. He has twenty years of experience assessing and treating ADHD, LD, Autism Spectrum Disorder and acquired brain injury as well as anxiety, mood, and self-regulation difficulties. In his clinical work, he integrates Cognitive Behavioural Therapy and Emotion-Focused Therapy with principles of Dialectical Behaviour Therapy. Dr. Schmidt is particularly interested in empowering parents to support their children's emotional development to prevent and reduce mental health difficulties. At The Possibilities Clinic he is involved in assessments and also consults with parents of children 12 years and younger regarding anxiety and behaviour, provides family therapy for parents and teens, and supports young adults with the transition to post-secondary education and the work world.

Brenda Miles Ph.D., C.Psych.

Dr. Brenda Miles, C. Psych. is a Clinical Paediatric Neuropsychologist who has worked in hospital, rehabilitation and school settings. Currently at The Possibilities Clinic, she provides neuropsychology assessment and consultation regarding ADHD and Learning Disabilities in children and teens. Dr. Miles also serves as Creative Director at Possibilities and works with the clinic's interdisciplinary team on projects that promote client strengths, creativity, curiosity, and talents. Dr. Miles is the author and co-author of several children's books published by the American Psychological Association's Magination Press, including *How I Learn, Move Your Mood*, and *Cinderstella: A Tale of Planets, Not Princes*.

Jennifer Tiviluk, MA, RP, CCC

Jennifer Tiviluk is a Registered Psychotherapist who focusses her private practice on working with youth, young adults, University Students and adults living with ADHD and its co-morbid disorders. Jennifer has lived experience with ADHD both from living with the disorder herself

and from having three children with ADHD. Jennifer is committed to raising awareness of ADHD so that people living with the disorder have access to effective treatment and support. Jennifer previously worked in Community mental at the Reach Out Centre for Kids and KW counselling Services as both a therapist and walk-in mental health therapist where she worked with many clients living with ADHD.

Laura MacNiven, M.Ed.

Laura is Co-founder and Director of Clinic Services at Springboard: a leading multidisciplinary clinic specializing in ADHD assessment and treatment in Canada. She is Co-Author of the workbook *May We Have Your Attention Please? A Springboard Clinic Workbook for Living—and Thriving—with Adult ADHD*. Focusing on health literacy and coaching methodologies, she is the creator of Springboard’s Finding your SELF program which leads to long-term behaviour change for adults. As a professional who experiences ADHD symptoms herself, she is deeply passionate about sharing a message of hope—and effective tools to meet the challenge. She enjoys outdoor sports, writing and exploring the world through the eyes of her two children.

Anne Bailey, Ph.D., C.Psych.

Dr. Bailey is a Clinical Psychologist and Head of Treatment at Canada’s Springboard Clinic. She is Co-Author of the workbook *May We Have Your Attention Please? A Springboard Clinic Workbook for Living—and Thriving—with Adult ADHD*. She has clinical experience working with all age ranges of people dealing with a variety of mental health, emotional, learning and behavioral challenges. After completing an undergraduate degree in geophysics and physics, she fell in love with psychology and has dedicated her career—and her doctorate—to it. Her research interests include neuroplasticity and the effects of early experience on the brain. She enjoys cooking and eating out and spending time with her family.

Doron Almagor MD, FRCPC

Dr. Doron Almagor is a Child, Adolescent and Adult Psychiatrist (Royal College Subspecialty Certified) who completed his specialty training in Psychiatry at the University of Toronto and is an expert in the diagnosis and treatment of ADHD and associated issues. He is the Chair of CADDRA – Canadian ADHD Resource Alliance and editor of the 4th Edition of the Canadian ADHD Practice Guidelines. He has served as the President of the Ontario Psychiatric Association (OPA). Dr. Almagor was trained as a psychoanalyst and is a member of the International Psychoanalytic Association. He has lectured internationally and taught courses in the areas of ADHD and its comorbid disorders such as Learning Disabilities, Tourette Syndrome and anxiety.

Lynda Rowden Ph.D., C.Psych.

Dr. Lynda Rowden is a Registered Psychologist with the College of Psychologists of Ontario. She completed her graduate training in clinical psychology at the University of Waterloo, completing her doctoral dissertation in the area of dual diagnosis (using social competence variables as predictors of outcomes in individuals with developmental disabilities, with and without co-morbid psychiatric disorders). She completed her clinical doctoral internship at Alberta Children's Hospital. Since 1994, Dr. Rowden has been in private practice in a multidisciplinary practice including Psychologists, Therapists, Behavioral Consultants and Speech Language Pathologists in Brampton. The practice provides a variety of assessment, consultation and treatment services to children, adults and adolescents with a range of struggles. Dr. Rowden and her clinical team have extensive background in working with individuals with Attention Deficit Hyperactivity Disorder, Tourette's Syndrome, Anxiety/Mood Disorders, Autism Spectrum Disorders, Developmental Disabilities and Learning Disabilities. Indeed, much of her practice involves working with clients with co-morbid disorders and complex profiles. She also offers a range of cognitive, emotional assessment and treatment services to adults in multiple areas related to critical incident stress, stress, depression, anxiety and/or marital and family conflicts.

Joan Flood, MD

Dr. Joan Flood is a graduate of McGill University and the University of Manitoba. She is a family physician with a focused practice in Child and Adolescent Psychiatry at the Shoniker Clinic. She has considerable experience working with children and teens with ADHD, Learning Disorders and Autism. She is a Board member of CADDRA and chairs the CADDRA Advocacy committee.

Sheryl Boswell

Sheryl Boswell is an Educator and Career Counselor: she has taught elementary, secondary, post-secondary and adult education students. She is a suicide loss survivor, an expert in child and youth mental health issues, the Executive Director of Youth Mental Health Canada and the writer of several resources on youth mental health and wellness.

Alina Kislenko MA, RP

Alina Kislenko is a Psych Professor (Department of Psychiatry) at McMaster University's Medical School as well as a registered psychotherapist specializing in ADHD, Autism/ASD, and Trauma. In 2009, she founded The ADHD & Asperger's Centre in Guelph, Ontario when she was 23yrs due to her own recent diagnoses of ADHD & Asperger's and the severe lack of relevant services in the area. She now has the privilege of supervising the talented therapists and coaches at her centre while travelling internationally to do advocacy work towards increasing awareness of ADHD & ASD and creating affordable access to supports. A few years ago, she founded the

international not for profit Women Trailblazing, that helps women in poverty build mental health, entrepreneurial, and tech skills.

Jessica McCabe

Jessica McCabe is the creator and host of the popular YouTube channel How to ADHD ([youtube.com/HowtoADHD](https://www.youtube.com/HowtoADHD)), a lighthearted ADHD “toolbox” designed to help people learn to work with their ADHD brains, not against them. Her TEDx talk, “Failing at Normal: an ADHD Success Story,” has been seen over 10 million times, and she’s created a thriving online community to support ADHD brains and the hearts who love them.