

12th Annual ADHD Conference Recording Adult Stream

Sessions Abstract

DARK SIDE OF THE MOON: ADHD, Depression and How Thinking Like a Rocket Scientist Can Launch You Into Light – Dr. Almagor

When you find your way to the doctor's office with complaints about forgetfulness, procrastination, distractibility, sadness, and a long history of not getting tasks done, the doctor will start asking questions. From your answers, your doctor might determine that you have ADHD. You thought you had it, the doctor confirmed it, and now you'll treat it. End of story and start of a happy ending, right? Maybe not. Maybe you'll feel more focussed and organized after ADHD treatment begins, but what if you still feel unmotivated, ineffective and blue? Do you tell yourself, "This is just who I am, isn't it? "And having ADHD is hard, so of course I feel sad, right?" Science would say your thinking is biased, and definitely not supported by objective data about ADHD, depression and just how often the two go together. So, how can you think and act more effectively to create a better future? Well, it's time to ditch biased assumptions, think like a Rocket Scientist, and launch your life! Did you know that having ADHD increases the risk of depression also being present? Did you know that the longer ADHD goes untreated, the higher the risk of developing depression becomes? Did you know that complex concepts like "diagnostic overshadowing" can explain how depression goes unnoticed, untreated and unchecked in ADHD, keeping you feeling blue and short-circuiting your hopes for something more? And did you know that depression leads to biased thinking that can misdirect your actions and hold you back? Biased thinking will limit the treatments you seek, slant the self-stories you tell, threaten the happiness you crave, stifle the success you want, thwart the actions you start, and downsize the dreams you chase. In this talk you'll learn the facts about ADHD and depression, and the science and success of targeted treatments when ADHD and depression occur together. More importantly, you'll learn how to think like a Rocket Scientist—how to avoid mind traps, increase objectivity, dream big, and launch bold possibilities.

Executive Functioning in Adults with ADHD: Setting ourselves up for success – Dr. M. Smith

Executive functioning (EF) is a term that refers to a number of important, brain-based processes that allow us to carry out necessary tasks and meet our goals. EF skills allow us to: regulate our attention and emotions; set and prioritize goals; organize our thoughts/materials; get started on tasks; monitor ourselves. So, what can we do when ADHD impairs our EF skills, making many routine tasks feel next to impossible? This is one of the major challenges for many adults with ADHD! This workshop will provide some concrete, practical strategies to help improve your EF functioning.

Tips for Understanding the ADHD Mind and Navigating an Adult ADHD Relationship When You Don't have ADHD – H. Bernhardt

Are you in a relationship with someone with ADHD and having difficulty understanding how and why the same issues keep arising? ADHD can be a significant factor in a variety of relationship problems, however when you understand how ADHD plays a role in the relationship misinterpreted motives and hurt feelings can be mitigated. Our presenter who has been married for 46 years to her husband with ADHD will share her insights on what to do, what not to do and how to use your new understanding of ADHD to improve your relationship.

I have been told I am successful; How ADHD was key to entrepreneurial success and how undiagnosed ADHD sabotaged me and success – A. Brisson

Andre will explain how ADHD was key to his success and how he was able to build a start-up engineering firm and build it to a self-managing company with a staff of eight. There were many struggles and challenges due to his undiagnosed ADHD. He will discuss how ADHD interfered with managing staff, relying on professionals for accounting, insurance, and banking. Challenges that cost a great deal of money, including bad hires, trusting the wrong people, impulsive large purchases and ultimately rushing into a partnership subconsciously he knew was bad because...he was bored with his current success. He will also outline how his entrepreneurial journey almost came to an end because of a Perfect Storm of his undiagnosed ADHD symptoms taking over him and decisions; emotional dysregulation, impulsivity, lack of focus and becoming depressed. As the title states, he will explain how ADHDer's perception of success are distorted and caused him to hyperfocus on work for almost 20 years.