



CENTRE FOR ADHD AWARENESS, CANADA  
CSTC - Centre de sensibilisation au TDAH Canada

ADHD  
CONFERENCE

BIOGRAPHIES

## CADDAC 2021 ADHD Conference Biographies

October 16<sup>th</sup> & 17<sup>th</sup> 2021

### **Vivian Vaillant**

After a lifetime of misfit labels, Vivian Vaillant finally received her ADHD diagnosis at the age of 45. She is a wife, mother, and communitarian entrepreneur who finds that, starting and selling businesses is easier than maintaining a household. Living on Vancouver Island, Vivian spends her time coaching small business owners, most of whom she suspects appreciate her style because they too have ADHD.

### **Rachelle Bien-Barnard**

Rachelle works as an Executive Assistant and Office Manager part time for a small Calgary, Alberta based energy company. Her passion for interior design and aesthetic has led to a creative and successful role in this profession as well. Rachelle is passionate about advocacy and education for women with ADHD. She successfully facilitates a weekly peer support group for women with ADHD in the Calgary area. Through her experiences, self-awareness, and education she is proudly telling her own ADHD story.

Rachelle is a creator, organizer, empath, and a 47-year-old woman with ADHD. Through navigating life, great insightfulness, resilience, support, and the ability to see the positive in almost anything negative, she lives a very fulfilling life with her family and thrives while doing it.

Accepting and understanding her own version of ADHD as a woman has been the greatest gift, she has given herself! The gift of living freely with ADHD.

### **Noor Jabbar**

Noor is 18 years old and currently attending Ryerson University pursuing a Bachelor of Social Work degree. Her favourite subjects are law, psychology, history, English, and politics. Her passions include fashion, social justice, mental health awareness and fitness. Her hobbies include painting, reading, and baking desserts and decorating them.

## **Parenting A Child With ADHD: Non-Pharmacological Treatment & Support – Dr. Randall Gillis**



Dr. Randall Gillis is a Registered Psychologist who works in the Provincial ADHD Program at BC Children’s Hospital. She has been involved in conducting peer-reviewed research, assessment, treatment, and teaching related to ADHD. She has a particular interest in teaching parents’ evidence-based strategies to support their children with ADHD and co-leads the parenting group in the Provincial ADHD Program. She is a Clinical Instructor in the Department of Psychiatry at the University of British Columbia and works part-time in private practice.

## **Medication Management Through The Lifespan – Dr. Joan Flood**



Dr. Flood is a graduate of McGill University and the University of Manitoba. Since 2006, her practice has been focused on ADHD, Learning Disabilities and Autism. For seven years, she was the Consulting Physician to the Pine River Institute, a residential treatment centre for teenagers with substance use and concurrent psychiatric disorders. Dr. Flood is a Board Member of CADDRA, the Canadian ADHD Resource Alliance—an organization that provides physicians across Canada with scientifically-supported guidelines for diagnosing and treating ADHD. In CADDRA, Dr. Flood shares her expertise and leadership on several committees. She chairs the

Advocacy Committee, a group dedicated to speaking with government officials, advocating for disability tax credit and medication coverage on behalf of individuals with ADHD. She also serves on CADDRA’s Education Committee, a group sharing specific standards of practice for ADHD assessment and treatment with Canadian clinicians

## **ADHD & Shame: The Root Of The Disorder – Ted Leavitt**



Ted holds a Master of Science degree in psychology focused on the neurophysiology of anger and anxiety and this has become my main focus on treatment, although using attachment theory as a foundation leads to visiting virtually every corner of the mental health spectrum. During his time in the field, he has worked with a wide variety of individuals from diverse backgrounds, diverse ethnic identities, diverse socioeconomic situations, diverse mental health struggles, diverse spiritual leanings, and diverse sexual orientations. My wide variety of experiences has allowed me to have an individualist perspective, underscored by the importance of feeling loved and cared for, despite any differences in background or experiences.

## **Designing Tools & Strategies For ADHD Challenges – Dan Duncan**



Dan lived with undiagnosed ADHD for over three decades and, together with his non-ADHD wife, raised two sons (one diagnosed with ADHD) to become successful adults.

As a professionally trained ADHD Coach/Consultant, Dan developed the ADHD Inside Out Framework to help simplify the world of ADHD so clients, parents, spouses, educators, and counselors can easily understand and properly respond to ADHD. This Framework is now used by other approved ADHD Coaches. In private practice, Dan works with self-referred clients, as well as in association with the BC Interior

ADHD Clinic and the University of British Columbia Okanagan where he is the designated academic strategist for students with ADHD.

### **Practical Tools For Sensory Processing Difficulties In Children With ADHD – Miranda Doherty**



Miranda is an occupational therapist with over 20 years of experience in pediatrics. She graduated with her OT degree from McGill University, and she earned her Master of Rehabilitation Science degree from UBC. She is currently the clinic head of the B.C. Provincial ADHD Clinic at B.C. Children’s Hospital and has worked in the clinic for 10 years. She holds a Clinical Faculty position with the Department of Occupational Science and Occupational Therapy in the Faculty of Medicine at the University of British Columbia.

### **Healing The ADHD Roller Coaster’s “Double Triple-Whammy” – Gina Pera**



Gina Pera is an internationally recognized author, speaker, and educator on Adult ADHD, especially as it can affect relationships. Her mission for 20 years has been empowering adults with ADHD and their loved ones—and raising the standard of care through her books, blog, presentations, and now online education. She was a veteran award-winning print journalist when, in 1999, her 37-year-old husband was diagnosed with ADHD. The couple learned of the possibility not from their repeated attempts at couple therapy but by her chance reading of a neurobiology book. This discovery—and the positive difference it made in her husband’s life, her life, and their marriage—launched her desire to educate the public on this poorly recognized condition. She began by volunteering locally, California’s Silicon Valley, organizing lectures, and moderating discussion-support groups. After 8 years — and seeing the desperate need for a comprehensive guide — she produced: *Is It You, Me, or Adult A.D.D.?* (2008). She also launched her award-winning blog, *ADHD Roller Coaster*, the first website of any kind of adult ADHD, still running strong.

Endorsed by a Who’s Who of high-level ADHD experts, this seminal book broke new ground, garnered four national book awards, and remains popular in 2021. It is available in Turkish and Spanish translations. A few years later, Russell Barkley, PhD, invited Gina to contribute the first-ever chapter on couple therapy to his clinical guide: *Attention-Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment* (2014).

With veteran ADHD expert Arthur L. Robin, PhD, Gina was asked by a Routledge to produce a clinical guide: *Adult ADHD-Focused Couple Therapy: Clinical Interventions* (2016). This is the first guide based on the evidence of what works for couple therapy and for Adult ADHD treatment. It is endorsed by preeminent experts in both fields. By invitation, she has presented to public and professional groups worldwide, including as plenary speaker for the 2013 International Congress on Psychopharmacology and the 2017 CADDRA conference. She has also had the pleasure of presenting to several CADDAC conferences and is a great admirer of the organization.

Gina has spoken about Adult ADHD in several documentaries along with numerous news programs, and articles. Recently, she has launched online instruction, for professionals and consumers. You can reach her via the contact form on either site. Blog: [ADHDRollerCoaster.org](http://ADHDRollerCoaster.org). Training site: [ADHDSuccessTraining.com](http://ADHDSuccessTraining.com).

### **Oppositional Defiant Disorder (ODD) – Dr. Don Duncan**

Dr. Duncan is a Child and Adolescent Psychiatrist in Kelowna, BC where he serves as Clinical Director of the BC Interior ADHD Clinic. Dr. Duncan holds an appointment as Assistant Clinical Professor with the Department of Psychiatry, University of British Columbia and has been honoured by appointments to the Board of Examiners for Psychiatry (Royal College of Physicians and Surgeons of Canada), the Board of Directors for the Canadian Academy of Child and Adolescent Psychiatry (CACAP), and the Board of Directors for the Canadian ADD/ADHD Resource Alliance (CADDRA). As a consultant to the Dalai Lama Center for the Advancement of Heart Mind Education he works to advance the interests of children's mental wellness.

Dr. Duncan was the first physician certified by Dr. Ross Greene in the delivery of his novel approach to helping parents deal with problem behaviours through a collaborative, punishment-free process – Collaborative Problem Solving. ([www.livesinthebalance.org](http://www.livesinthebalance.org))

Dr. Duncan's interest in ADHD comes from both personal and professional experience with the disorder. He has been diagnosed with ADHD himself and has children and siblings who have been diagnosed. He believes much of what he knows about the disorder has been learned by working with those who experience its significant impact on their lives.

### **ADHD & Addiction – Dr. Matt Blackwood**



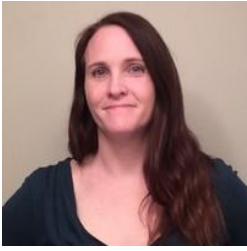
Dr. Matt Blackwood is a family physician with an interest in diagnosing and treating ADHD across the lifespan in rural and urban settings. He practiced in Mission, British Columbia for 41 years before moving to Bowen Island, British Columbia where he continues to provide primary care and is a member of the British Columbia Rural Locum Service. He has been active in educating family doctors regarding ADHD over the last few decades and has been a CADDRA board member in the past for 4 years.

### **ADHD In The Workplace: Strengths & Impairments – Heidi Bernhardt**



Heidi Bernhardt, RN, is a psychiatric nurse by training, mother of three young men with ADHD, and the founder and former 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.

## ADHD & Self-Regulation In Children – Dr. Megan Smith



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.