



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

## CADDAC 2025 ADHD Conference

### **SPEAKER ABSTRACTS**

**Ari Tuckman** *Keynote Speaker: Day 1*

#### **The Social Benefits (& Costs) of Being More Productive**

ADHD makes it harder to get things done consistently and to meet others' expectations. This can lead to more disappointment and conflict than either person wants. If you rack up enough of these experiences, it's easy to blame yourself when something doesn't work out—and feel like you need to be the one to fix it. But how productive do you really need to be? And how much should other people's opinions and preferences influence your decision? Strong self-esteem and solid relationships are a balance between generosity and assertiveness. We will discuss how ADHD inconsistencies can influence your self-esteem and others' opinions, then discuss how to decide wisely what tasks you take on and how to negotiate any differences of opinion. And, since things don't always go according to plan, we will talk about how to handle those occasional disappointments.

#### **A Stronger, More Productive Mindset**

Tools and systems are helpful in managing ADHD, but our mindset has a big effect on how we use them and whether we tolerate the discomfort to do the right things in the right moments. Work (and life) can be overwhelming, confusing, or vague, making it hard to know where to start or how good the end result needs to be. All of this makes it easy to feel stuck and not know where to begin—or how to muster the motivation once you do figure it out. We will discuss how to manage ambiguity (not knowing what to do), ambivalence (not sure if you want to do it), perfectionism (about the end result but also the work conditions), and how to get more of the benefit and less of the suffering that comes with deadlines. This engaging, supportive, and strategy-loaded presentation will strengthen your mental muscles to handle uncomfortable situations, get more done, and suffer less in the process.

**Tamara Rosier** *Keynote Speaker: Day 2*

#### **Living Inside the Window: ADHD, Emotional Regulation, and the Power of Nervous System Awareness**

ADHD isn't just about distraction or impulsivity—it's about living in a brain and body that experience stress, emotion, and motivation differently from the norm. We'll explore what makes the ADHD

nervous system unique. You'll learn how differences in brain chemistry and structure can lead to emotional ups and downs, burnout, and the constant feeling of being overwhelmed. You'll leave this session with practical tools to better understand your brain, recognize when you're outside your window of tolerance, and build habits that support calm, focus, and resilience.

### **Why Can't I Just...: Understanding Executive Function and ADHD**

Ever stared at your to-do list, knowing exactly what you need to do—but still not doing it? That's not laziness—it's executive function at work (or not working). Executive functions are the brain's self-management system—helping us plan, start, stay focused, regulate emotions, and finish what we begin. For people with ADHD, this system works differently, making everyday tasks feel harder than they should. In this interactive session, we'll unpack what executive functions are, how ADHD disrupts them, and why that can lead to overwhelm, procrastination, and burnout. You'll leave with simple, practical strategies to better understand your brain and support your daily life.

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### **Self-Regulation in Children with ADHD – Miranda Doherty**

Children with ADHD often struggle with self-regulation, which can make everyday life more challenging. This presentation will describe self-regulation in children with ADHD and review self-regulation strategies using our 8 senses.

### **Kindness to Yourself: Self-Care That Doesn't Feel Like a Another Chore – Dr. Candice Murray**

We're told constantly: "Make time for self-care." But for adults with ADHD, managing time and meeting deadlines can make self-care feel like just another overwhelming task, adding guilt and stress instead of relief. In this session, Dr. Murray will share practical, realistic ways to de-stress, focusing on quick physiological calming strategies and simple routine tweaks. You'll learn how to start from where you are—without comparing yourself to others—and discover self-care that truly fits your life.

### **ADHD and Addiction: Two Sides of the Same Coin? – Dr. Antonio Ocana**

Using the data collected from over 25,000 patient encounters, we see that 40% of patients with ADHD have a substance or behavioral addiction. Why are people with ADHD more susceptible to abusing substances or finding themselves the victims of dysfunctional behavior, like compulsive shopping, eating, gaming, gambling, social media or sexual behavior? What are the similarities between people with ADHD and people who suffer from addictions? How does treatment of ADHD reduce the risk of addiction? What other medications might help? What else, other than medication, can we do to regain control over our lives?

### **ADHD Medications -The Great, The All Right, and The Ones to Avoid - Dr. Gurdeep Parhar**

ADHD medications have dramatically improved the lives of many people with ADHD. After being diagnosed with ADHD, daunting questions about medications often emerge. Which ADHD medications work the best? Which medications should be avoided? What are the side effects of ADHD medications? Can ADHD medications be taken with medications for co-existing conditions? What is the difference between short-acting and long-acting ADHD medications? What is the right dose of an ADHD medication? Grounded in ADHD research and the ADHD clinical practice guidelines, information will be presented on how ADHD medication is selected, initiated and adjusted for a variety of patients. In addition to published research, Dr. Parhar will also present medication pearls from his own extensive experience of treating patients with ADHD on a daily basis in his clinical practice. During this session, Dr. Parhar will be addressing common and challenging ADHD medication questions from attendees.

### **ADHD and Your Senses – Making Sense of it All - Dr. Anita Parhar**

People living with ADHD often experience sensory differences that can significantly impact their daily lives. This presentation will explore the complex relationship between ADHD and sensory processing, highlighting the unique challenges and opportunities that arise from these differences. The latest research on sensory experiences in ADHD will be discussed, including sensory overload, sensory seeking, and sensory regulation strategies. Practical tips and adjustments for creating sensory-friendly environments will be shared, with a focus on promoting inclusivity. By accommodating for sensory differences, people with ADHD can better manage their experiences and improve their overall well-being.

### **ADHD and Autism -The Similarities and the Differences - Dr. Gurdeep Parhar and Dr. Anita Parhar**

As more people are being assessed and diagnosed with ADHD, many are wondering if they should also be assessed for Autism Spectrum Disorder (ASD). If someone has been diagnosed with ADHD, does that mean they are more likely to be autistic? Do autistic people have ADHD? There is certainly considerable overlap in how ADHD and autism affect people on a daily basis. There are also significant differences between ADHD and autism. For both conditions it is helpful to understand how common they are in the general population, how each has a different neurophysiology, and the role of genetics. While ADHD is often positioned as a medical condition that needs to be diagnosed and treated, how is autism different using a Neuroaffirming Approach?

### **The Healing Power of Diagnosis – Ted Leavitt**

There are many treatments, tips, tools, and hacks for ADHD with a wide range of effectiveness. From medications to apps to systems, we've probably heard of and tried most of them. The focus of this seminar is the undervalued "treatment" value of diagnosis itself. A combination of anecdotal experiences of individuals and reframing the power of a label, this seminar hopes to help destigmatize a chronically polarizing aspect of ADHD.

### **Parenting a child with ADHD... when you have ADHD – Dr. Randall Gillis**

We know that ADHD has a strong genetic component and therefore tends to run in families. This means that many children with ADHD also have a parent with ADHD. In this talk, we will discuss what parenting looks like when you have ADHD yourself, as well as practical strategies and tools that may help.

### **From Assessment to Self-Advocacy: Understanding and Supporting ADHD Across Learning Environments – Becky Bishop**

This informative and empowering session will guide parents, caregivers, and self-advocates through the world of psychoeducational assessments, Individual Education Plans (IEPs), accessibility centres, and other practical supports available for learners with ADHD. We will start by looking at ADHD through a neuroaffirming lens, followed by an overview of how ADHD and other learning differences are assessed, what a psychoeducational report includes, and how to interpret key sections like cognitive profiles, learning strengths, and recommended accommodations.

Participants will gain a clear understanding of how a formal diagnosis is recognized in the BC school system and post-secondary school system, including when and how learners may qualify for Ministry designation and what that means for classroom support and accommodations. We will explore the structure and purpose of IEPs and learning plans, how accommodations are selected, and strategies that tend to be most effective for learners with ADHD.

In addition to navigating the school systems, we will offer guidance on how families can support learning at home and how families, youth, and young adults can begin building advocacy skills for both K-12 and post-secondary environments. By the end of this session, attendees will gain confidence in reading educational reports, collaborating with schools, and supporting the unique needs of ADHD learners at every stage of their learning journey.

### **Thriving at Work with ADHD: Strategies for Success – Faelyne Templer**

Join internationally recognized speaker, ADHD coach and workplace flourishing expert Faelyne Templer, M. Psych, PCC, BCC, to learn how to work with your unique blend of skills, interests and

characteristics to set yourself up for workplace success. In this engaging and highly interactive session, you will learn:

- Ways that ADHD can impact people at work
- How to identify your unique areas of strength and opportunity
- Options to tailor how you work and your working environment to better suit your workstyle in key employment sectors such as healthcare, office-based work, retail and food service
- Techniques to continue to progress towards your goals, even when there are setbacks

### **From Overwhelmed to Employed: Tackling ADHD Job Search Challenges – Faelyne Templer**

Many of us have heard that 80% of all jobs are found through personal networks. For neurodivergent people, the thought of networking can make their blood run cold. So, fine. You can always look for a job online, right? Yes, there are a zillion online recruitment services, not including unsolicited job ads on Facebook, Instagram, Meetup and or delivered directly to your phone or email address. This is a recipe for an overwhelming, fruitless and frustrating job search. In this highly tactical presentation, ADHD coach and workplace flourishing expert Faelyne Templer, M. Psych, PCC, BCC, will share:

- How to start - looking for the right job, not just any job
- How to focus your job search on the most effective channels for the job you're looking for
- How to leverage generative AI and other software tools to help with the heavy lifting
- Ways to build a professional network that doesn't feel fake or forced

CADDAC wishes to thank the generous sponsors of our 17th Annual ADHD Conference!

