

Premium ADHD Webinars

Differentiating Between Attention Deficit Disorder (ADHD) and Anxiety by Dr. Julie Desjardins

Differentiating between diagnoses of Attention Deficit Hyperactivity Disorder (ADHD) and anxiety can be challenging given the many symptoms shared between these conditions (e.g., restlessness/psychomotor agitation, concentration difficulties, decreased attention, increased distractibility, mood swings, and anger outbursts) (Grogan et al., 2017). To further complicate matters, studies have revealed that approximately one third of adults with ADHD have current comorbid anxiety or mood disorders (“Managing ADHD”,

2007). Within children specifically, those with ADHD and anxiety have a comorbidity rate of 25% of the general population, and between 30% and 40% of children who have been clinically referred also share that comorbidity (Jarrett et al., 2016). Therefore, it may be difficult to tell if an individual has an anxiety disorder, ADHD or both. This presentation will help attendees to better understand presenting symptoms by explaining how to: 1) understand the overlap of symptoms and identify key components to help differentiate; 2) develop an approach to the differential diagnosis of these conditions; and 3) determine when a dual diagnosis is appropriate.

Self Regulation and ADHD by Dr. Megan Smith

Self-Regulation is critical to our well-being, and ADHD is essentially a disorder of self-regulation. Self-regulation allows us to control our thoughts, feelings, and behaviours, and achieve an overall state of well-being. Unfortunately, self-regulation difficulties are often mistaken for “behavior problems” (e.g. oppositionality, tantrums, etc.) or negative character traits (e.g. manipulative, controlling, disrespectful, etc.), leading people to respond in ways that very often contribute to further dysregulation. This seminar will provide important information about self-regulation, including the factors that influence it, and practical strategies to help those who struggle with it.

How ADHD Affects Motivation by Dr. Thomas Brown

Children and adults who have ADHD usually have a few activities for which they can focus and sustain effort quite well. Yet they have much difficulty in focusing and sustaining effort for most other activities, even activities they recognize as important. This webinar will describe why those with ADHD can focus well for those few tasks that really interest them, but struggle to mobilize similar focus and effort for most other tasks. Dr. Brown will also discuss how and why medications may improve such difficulties.

Psycho-educational Reports, what they tell us about students with ADHD by Heidi Bernhardt RN

This workshop will outline problems that occur when we solely rely on psycho-educational reports to develop learning profiles and individual education plans for students with ADHD. Psycho-educational testing, while helpful in ruling in or out specific learning disabilities, are not comprehensive or accurate when assessing for learning and self-regulation impairments caused by ADHD.

New CADDAC tools that have been developed to assist in the documentation of ADHD impairments in the education environment will be presented. In addition, this presentation will also summarize why psycho-educational testing can be a human rights violation and detrimental to a student with ADHD in the post-secondary setting.

Planning for a Successful Transition: High School to Post-Secondary by Dr. Joan Flood

The transition to post-secondary school is exciting and daunting for all young adults, especially those with ADHD. Students are expected to self-manage their time, care for themselves, hand assignments in, and prepare for exams with little outside help.

Learn how to plan for post-secondary years. How do you choose the best school? Do you take a full or partial course load? Connecting with your school's academic support centre and working for accommodations that ease the burden can mean the difference between walking out with a degree or burning out. Knowing how to navigate college and university life is the way to ensure success!

Emotional Dysregulation and the use of the ABC Chart by Heidi Bernhardt, RN

This presentation will look at the consequences of emotional regulation impairment and why it is so common in those with ADHD. Ways to assist children, adolescents and adults with emotional regulation will be discussed. What the ABC chart is and how it can be used to assist with emotional dysregulation will be covered.

Executive Functioning and ADHD by Heidi Bernhardt

ADHD is often accompanied by impairment or weakness in Executive Functioning. Executive functions are the mental processes that enable us to plan ahead, evaluate the past, start and finish a task and manage our time. They can affect what we do in the present and also how we plan and organize for the future. As we grow older, executive functioning skills become more crucial. Join us for this 1 hour webinar and learn how EF impairment impacts functioning at home and in the school setting.