



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

**ADHD**  
**CONFERENCE**

**ABSTRACTS**

## **CADDAC 2021 ADHD Conference Abstracts**

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

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

Parenting a child or youth with ADHD is challenging, but with the right knowledge, supports and tools, it can get easier. In this talk, webinar, evidenced based, practical tools will be provided for parents and caregivers so that they can help their children with ADHD thrive.

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

ADHD is a neurobiological disorder affecting the transmission of the important neurotransmitters that enable the brain to regulate attention. We know from genetic studies that genes coding for neurotransmission are frequently defective thus causing ADHD symptoms and challenges. Medication works at the site of this altered transmission to counteract these deficits. There are many myths and missteps in understanding how stimulant and non-stimulant medications work to address these core deficits. We will review the science, discuss the different medications available in Canada, how they are used and what you can expect if you or your child are prescribed medications for ADHD.

Learning Objectives:

1. Learn how medications impact the neurobiological deficits of ADHD, and why they are a vital part of the multimodal management of ADHD.
2. Understand the different medication options and how they can be tailored for best fit from childhood to adult years.
3. How to manage side effects and other concerns of pharmacological treatment.

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

This presentation will explore the neurodevelopmental impact of attachment injuries and the self-perpetuating cycle of shame-induced maladaptive coping characterized in so many individuals struggling with ADHD. Exploring topics such as nervous system sensitivity, attachment trauma, and the philosophical underpinnings of pathology, the material will be presented from the lived and informed perspective of an insider.

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

ADHD looks like something it is not, so people respond to ADHD based on what it looks like, rather than what it actually is. Like ADHD itself, responses toward ADHD are extremely inconsistent; mostly ad-hoc and situational.

This “how-to” session will provide participants with a simple Framework to UNDERSTAND and RESPOND to ADHD properly, ensuring more consistent, purposeful, and helpful responses. The Framework begins by contrasting the Outside In perspective (what ADHD looks like) and the Inside Out perspective (what ADHD actually is). Then, templates for designing tools and strategies will be provided to help guide responses toward any ADHD challenge. These templates will ensure that responses are based on the Inside Out perspective.

The Framework is easy to understand, easy to remember, and easy to use in real time. The ADHD Inside Out Framework was developed by the presenter, Dan Duncan, and is used by many ADHD Coaches.

## **October 17<sup>th</sup>, 2021 – Day Two**

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

Children with ADHD often have other co-occurring conditions, such as sensory processing difficulties, which can make life more challenging. This presentation will describe sensory processing difficulties in children with ADHD and suggest some practical every day sensory self-regulation strategies.

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

Left unrecognized and unaddressed over years and even decades, ADHD symptoms can create patterns of dysfunction — in the individual with ADHD and within their relationships. From childhood on. These adults and their loved ones often describe their lives as feeling like a roller coaster—many ups and downs and not knowing what drop awaits around the next turn. Hence, the term ADHD Roller Coaster. We can view the overall phenomenon as having 3 phases—the 3 loop-de-loops on the ADHD Roller Coaster:

- 1) ADHD going unrecognized or poorly managed
- 2) Challenges being misinterpreted
- 3) Poor coping responses developing

For the adults with ADHD, common coping responses include:

- Blaming oneself or others for inexplicable challenges
- Giving up
- Avoiding
- Feeling inferior or, depending on self-awareness, superior
- Acting aggressively
- Minimizing challenges and deflecting their cause (often at the suggestion of non-ADHD-savvy mental-health professionals)

For the spouse or other person in the relationship (parent, sibling, friend, business partner), responses follow along parallel tracks. Each person's Triple Whammy can keep them stuck in dysfunctional patterns and cripple their relationship.

A major difference between Triple Whammy for the adults with ADHD and for their loved ones is this:

- The adult with ADHD develops and internalizes these misinterpretations and poor coping responses over years, at various stages of development.
- The spouse, intimate partner, and others who meet the adult with ADHD later in life grapple not only with the adult's ADHD symptoms but also with that adult's entire Triple Whammy. That's why "understanding ADHD" is seldom sufficient to heal the relationship.

### **Oppositional Defiant Disorder – Dr. Don Duncan**

*Coming Soon*

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

The management of ADHD across the lifespan is complicated by substance and alcohol abuse in addition to other issues of anxiety and depression. The presentation will focus on early diagnosis of ADHD coupled with the prevention and treatment of substance and alcohol abuse plus, dependence in the community

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

This presentation will review the potential strengths and impairments ADHD symptoms could cause in the workplace, how to assess these and if and how the employee might discuss this with their employer. How adult ADHD symptoms present in a workplace setting and what potential strategies and accommodations can be implemented for specific impairments will be discussed at length.

### **ADHD & Self-Regulation In Children – 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 emotions, and achieve an overall state of well-being. Unfortunately, self-regulation difficulties are often mistaken for "behavior problems" or negative character traits, 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 influence it, and how we can help those who struggle with it.