



## **LADS SEMINAR**

# **Adult ADHD Workshop**

**SAT 10<sup>th</sup> March**

**9.00am – 1.00pm**

**TICKETS:** Tickets available through LADS website:  
[www.lads.org.au](http://www.lads.org.au) or contact LADS on **08 64577544**.

**LOCATION:** The Niche, 11 Aberdare Rd, Nedlands WA 6009

Join us for an interactive, energetic workshop addressing 5 Hot ADHD Topics at rotating stations.



## **ADHD & Relationships - Zyron Krupenia, Clinical Psychologist**

Establishing and maintaining healthy relationships is, for most people, one of life's major goals.

Having close connections with family and friends gives one a sense of belonging, acceptance, security and well-being. Being understood and understanding others leads us to feel connected and contented.

People with Attention Deficit Disorder generally have a history of struggling to achieve these types of satisfying, harmonious and close relationships.

Due to impulsivity in thinking, feeling and behaving that often say and do "the wrong thing", putting them out of step with those closest to them.

People with Attention Deficit Disorder also struggle to "be present" thus missing parts of conversation and appearing to be disinterested or absent. They are also easily bored and so want to move on to the next activity or the next relationship. They may also not be sufficiently engaged so as to accurately read social cues. All of these, and other factors, can lead individuals with ADD to establish and maintain satisfying relationships.

This workshop will examine these issues in an interactive format, giving participants an opportunity to express their own life experiences and to learn from others some of the skills that may help foster more positive and satisfying relationships in their lives.

## **ADHD Parents - Susan Hughes, Parent Coach**

Parenting children with ADHD is challenging and has been extensively researched for many years. It is generally accepted that parents who live with ADHD, have a more challenging job raising children than those who don't live with this neurological disorder. Parenting children with ADHD has a significant and at times, negative impact on families. A major review conducted by Johnston and Mash (2001) found parents of children with ADHD are more likely to experience marital disharmony, damaged parent-child relationships and increased parental stress.

There has been much research over the years, on what is the most effective support to offer parents. Interventions and treatments continuously emerge, as new knowledge expands with regard to treating the symptoms of ADHD. There is now evidence, that the most effective approach is a combination of pharmacological and non-pharmacological treatments. Non-pharmacological treatments include behavioural parent training, parent coaching, parent mindfulness and psychoeducation (education of the psychology) on ADHD.

If you would like to learn more about support for parents, please come along for an interactive workshop, to explore parental strategies and solutions. You will be able to share your unique experiences and stories and also add to your knowledge by this shared experience

## **ADHD & Emotions - Trina Michailidis, Psychologist**

Life continuously exposes us to potentially arousing situations which have the potential to trigger an emotional response. These situations can be:

- External i.e. receiving criticism or a compliment.
- Internal i.e. thinking negative or positive thoughts about oneself or their future.

It is estimated that around 70% of individuals with ADHD often experience difficulties self-regulating their emotions.

Emotional dysregulation often results in an excessive emotional reaction considered inappropriate for the individual's developmental age and the social setting it occurs. ADHD related emotional dysregulation is thought to result from poor executive function control which contributes to an individual being trigger sensitive and emotionally impulsive contributing to low frustration tolerance and quick to anger. The inability to inhibit their primary emotional response replacing it with a more appropriate and helpful secondary response often leaves individuals in hot water and difficult to get out of situations.

Individuals hoping to improve their emotional regulation across a range of setting (ie work, home) can work individually with a suitably trained therapist on developing skills and strategies to help them overcome one of the more challenging and stressful aspects of ADHD.

## **ADHD & Workplace - Dr Michele Toner, ADHD Coach**

Work can be a challenging place for adults with ADHD. The need to conform to a certain structure or system can make it hard to showcase your strengths and communicate using your preferred processing styles. You may feel reluctant to disclose your ADHD diagnosis to colleagues or employers, which makes it hard to request support or modifications. Poor time management, prioritisation skills and lack of follow-through often result in missed deadlines, or last-minute bursts of (unpaid) overtime. A tendency to focus on interesting aspects of the job and ignore boring, mundane tasks (like time sheets and reports) can have serious consequences. Others misinterpret these behaviours as laziness or a lack of commitment. Social interactions and office politics are often baffling when you have ADHD. These and other challenges often cause people to become overwhelmed and quit their jobs.

If you can relate to some of these issues (and more), join us to brainstorm strategies, systems and solutions.

## **ADHD & Medications - Dr Roger Paterson, Psychiatrist**

Medication is very helpful in treating ADHD, and is usually the frontline treatment for moderate/severe cases of ADHD, both in children and adults. The particular medications that are



most useful are called stimulant medications, and are short or long acting versions of dexamphetamine and methylphenidate/Ritalin. This is where the problem starts – because these medications are stimulants, they have some "street value" because ordinary folk can take them and enjoy the benefits of increased wakefulness and energy. And so they must be restricted to specialists initially. In addition, dexamphetamine sounds a lot like methamphetamine ("speed") which causes problems for patients contemplating trying the medication, and is also an opportunity for critics of ADHD to accuse doctors of prescribing "kiddie speed" to children which may well "damage their brains".

How to make sense of all of this? The workshop will hopefully deliver.

Morning Tea Included.

**LOCATION:** The Niche, 11 Aberdare Rd, Nedlands WA 6009

**Price:** LADS Members \$40 – Non Members \$70

Places are limited due to Workshop format so book early to avoid disappointment!

**TICKETS:** Tickets available through LADS website:  
[www.lads.org.au](http://www.lads.org.au) or contact LADS on **08 64577544**.