

## AGENDA

### **ADHD Across the Life Span: Strategies for Treating Children, Adults, Couples and Families Ari Tuckman, Psy.D., CST**

**Note: All Times are Pacific Time**

- 9:00-9:10 Welcome and Introduction
- 9:10- 10:00 ADHD is all about time: A more useful model for understanding and working with ADHD  
The fundamental impact of ADHD on time  
How ADHD impacts seeing time  
How ADHD impacts feeling the future  
Strategies to help clients see time and feel the future more effectively
- 10:00 – 10:20 Diagnosis: Getting it right when comorbidities muddy the waters  
DSM-V criteria for ADHD  
Making the diagnosis: A better diagnostic interview
- 10:20-10:30 Morning Break
- 10:30-11:20 Diagnosis: Getting it right when comorbidities muddy the waters, continued  
Differentiating ADHD from other potential diagnoses
- 11:20 – 12:10 Medication: What non-prescribers need to know to help clients make informed choices  
Why some clients resist medication—and how to help them make an informed choice  
Stimulants and substance abuse  
Commonly used medications for ADHD, doses, side effects, and recommended prescribing patterns  
How therapists can facilitate clients' work with prescribers
- 12:10-12:50 Lunch
- 12:50-1:50 Individual therapy to build resilience and a stronger mindset  
Improve clients' self-esteem and agency  
Common maladaptive coping mechanisms and how to address them in session  
How to help clients compensate for ADHD's impact on productivity

- 1:50-2:20     Family therapy for children, teens, and young adults with ADHD  
How ADHD's impact on a child's functioning shifts a family dynamic  
How to re-balance family relationships and set appropriate expectations and accountability
- 2:20-2:30     Afternoon Break
- 2:40-3:10     Family therapy for children, teens, and young adults with ADHD, continued  
Preparing children with ADHD for greater independence
- 3:10- 4:00     Couples therapy when one partner has ADHD  
How ADHD sets up couples for an under-/over-functioner dynamic