

## **2009 Michael Golds Memorial AD/HD Conference**

### **Speakers and Sessions**

#### **Keynote: 8:30 am to 10:30 am**

Dr. Michael Ginsberg

#### **“Life as a Star Person: Dreams and Realities of Growing Up with AD/HD.”**

Michael Ginsberg, M.D., M.S. was born and raised in Southeastern Michigan. He overcame a very rocky start as a child with AD/HD and went on to graduate from Stanford, University of Michigan School of Medicine, complete a pediatric residency at Albert Einstein College of Medicine, and is currently an Adolescent Medicine Fellow at the University of California, San Francisco. He will share his inspiring story with the audience, giving tips for helping children and adolescents with AD/HD succeed in education and life.

#### **11: 00 am - 12:15 pm Sessions**

Denslow Brown, B.A.

#### **“Lesbian, Gay, Bi- and Trans People with AD/HD”**

This session will explore the challenges facing Lesbian, Gay, Bi-sexual and Transgendered individuals with AD/HD, specifically: identity development, acceptance, creating “A Life that Fits,” and health care access.

Roger Lauer, Ph.D., & Isabelle Beaulieu, Ph.D.

#### **“Lifestyles of the hectic and frenzied: Connecting executive functioning problems to chaotic lifestyles, escalating school demands and learning difficulties”**

This talk will focus on the impact of busy lifestyles and escalating school demands on children, as well as explore ways that parents can help children compensate for problems with executive functions.

Arthur L. Robin, PhD.

#### **“Can your marriage survive AD/HD?”**

This session will explore the impact of AD/HD on marriage and other intimate relationships and provide couples with practical advice for how to have a loving relationship despite AD/HD.

Howard Schubiner, M.D.

#### **“Mindfulness meditative techniques as an adjunct for AD/HD treatment**

This presentation will introduce participants to mindfulness meditation and teach them techniques that can be used on a daily basis to manage stress and improve the quality of life.

Terry Dickson, M.D.

#### **“When and how to have your child evaluated for AD/HD.”**

In this session Dr. Dickson will discuss what goes on in a comprehensive evaluation for AD/HD in a child.

Angela Tzelepis, Ph.D.

**“The importance of sleep in coping with AD/HD”**

Sleep affects our daily functioning as well as our physical and emotional well-being, especially for children with AD/HD. This session will focus on the importance of sleep and recognizing the impact of sleep difficulties on the child with AD/HD and the family.

Paul Jacobs, Ph.D.

**“Parenting children with AD/HD and Oppositional Defiant Disorder”**

This presentation will provide parents with practical behavioral interventions for use with children who have AD/HD and Oppositional Defiant Disorder.

**1:15 pm - 2:30 pm Sessions**

Sari Solden, LPC.

**“Core principles that guide my counseling of adults with AD/HD”**

This session presents the core principles that have guided Sari Solden’s counseling of adults with AD/HD throughout her over 20 years of experience, and then explores how adults with AD/HD can move toward satisfying lives instead of remaining stuck in shame and frustration.”

Michael Ginsberg, M.D., M.S.

**“AD/HD and higher education: A prescription for success”**

The transition to higher education presents a major challenge for AD/HD students. This presentation will cover some of the issues specific to AD/HD during that transition and provide the audience with practical advice for dealing with these issues.

Mary Roberts, M.D.

**“Complex Attention Deficit Hyperactivity Disorder: How do we understand and manage it?”**

Dr. Roberts will describe complex AD/HD as AD/HD plus one or more comorbid conditions and discuss how to manage medically and through other interventions.

Fran Parker, Ph.D.

**“Tips for raising AD/HD kinds into adulthood”**

Empowered parents who are educated in understanding AD/HD are the greatest asset and resource for their children in navigating through the Lifespan with AD/HD. This presentation will look at level of impairment in AD/HD and the impact on the family in working toward repairing relationships.

Anju Sawni, M.D.

**“Complementary and alternative therapies for AD/HD”**

The use of complementary and alternative therapies (CAM) for the treatment of AD/HD has increased both by parents and health care providers. This talk will discuss CAM therapies that may be effective when integrated with conventional medical treatments for AD/HD.

Steven Spector, Ph.D.

**“PADDS: A new evidence-based assessment approach for AD/HD”**

Dr. Spector will discuss the PADDS assessment suite, which combines the results of parent and teacher rating scales with 3 tests of executive functions to permit a more effective, evidence-based approach to diagnosing AD/HD.

**3:00 pm - 4:15 pm Sessions**

Kevin Roberts, B.A.

**“Fun with AD/HD: Successful parenting through humor, creativity, and the “Law of Opposites”**

This presentation will help parents step back, see the humor in their situations with their children with AD/HD, and use unconventional approaches to parenting.

Adrea Unitis, M.P.H.

**“21<sup>st</sup> century learning solutions to promote success for the AD/HD learner”**

This talk will help audience members increase understanding of the spectrum of learning solutions that target the child’s learning needs and the family’s budget, bridge the gaps in IEPs and 504 Plans, and help make support networks work.

Phil Parker, M.D.

**“Fine tuning AD/HD medications in adults: What changes can we make to give a better response to a given patient?”**

Dr. Parker will describe the process of fine-tuning the medication used to treat AD/HD in adults in order to maximize the individual’s desired response throughout the day.

Deb Stanley, M.S.

**“Doing what doesn’t come naturally: AD/HD and organization”**

In this session, a chronic disorganization specialist will teach the audience ways to add order to their lives, even if (especially if!) audience members are not naturally organized.

Mary Jo Schuster, M.A.,LPC

**“Panel of college students and learning specialists discussing AD/HD”**

Three to five college students with AD/HD along with their Project Bold Learning Specialists will discuss the challenges they face in college and the strategies they use to be successful college students.

