

ADHD ANNUAL CONFERENCE 2019

Whilst acknowledging the difficulties that ADHD presents to individuals, the Conference seeks to encourage a positive attitude and the use of practical strategies to enable a successful life, in the face of ADHD.

8.30am: REGISTRATION

9.00am: WELCOME. RAY Steele. President, ADDULTS with ADHD

9.15am: MARK Brandtman. ADHD Coach, Mentor, Educational Consultant
TOPIC: ADHD COACHING vs THERAPY

10.15am –10.30am: MORNING TEA

10.30am: Dr KEITH Chee. Consultant Psychiatrist
Topic. CO-MORBID CONDITIONS in ADHD

11.30am: Dr PETER Hoey. Adult Psychiatrist
TOPIC. ADHD: WHY IT'S SO TREATABLE

12.30pm –1.15pm: LUNCH

1.15pm: MONICA & JOHN Hassell ADHD & EF Coaches
TOPIC. BUILDING a LIFE on ADHD'S INHERENT STRENGTHS

2 00pm: Dr AMANDA Mullin. Clinical Psychologist
TOPIC. EMOTIONAL INTELLIGENCE & EMOTIONAL REGULATION

3.00pm: AFTERNOON TEA

3.30PM: DAVID Hong. Family & Couples Therapist, Credentialed Mental Health Nurse
TOPIC. EXPANDING the SYSTEM WHEN WORKING with ADHD ADOLESCENTS & THEIR FAMILIES:

4.30PM: OFFICIAL CLOSE

BIO: MARK Brandtman. ADHD Coach, Mentor, Educational Consultant

Mark operates an educational consultancy which works exclusively with adults and children with ADHD. For nearly 20 years his consultancy has offered services and support to schools, as well as education for parents, employers, adults and school students, regarding the effective management of ADHD.

He is a past President of the *Learning Difficulties Coalition of NSW*, and the *Canberra & Queanbeyan ADD Support Group Inc (ADDACT)*, *ADDULTS with ADHD* and the past *Chair of ADHD Global Network*.

Mark is a co-publisher of research with the University of Western Australia, *Measuring Temporal Self-Regulation in Children with and Without Attention Deficit Hyperactivity Disorder Sense of Time in Everyday Contexts*, which was presented at the World Federation of AD/HD conference in Vienna, Austria in 2009 and *Loneliness in Children and Adolescents with and without Attention Deficit Hyperactivity Disorder 2014*.

He specialises in study, examination, organizational and time management strategies, which require an individual focus that assists people with ADHD to apply these strategies in either an academic, social or workplace settings. As an ADHD Coach and Mentor, Mark believes that ADHD can be an asset when treated effectively.



BIO: Dr KEITH Chee. Consultant Psychiatrist

Dr Keith Chee specialises in general adult psychiatry including depression, anxiety disorders, obsessive compulsive disorder and neuropsychiatric disorders including Tourette's syndrome and ADHD.

About today's presentation

'So you say I can't focus, be consistent or persist with tasks. But how come I can be consistently cranky, moody, worried, focussed on net games and bad habits?'

"ADHD is often not the only disorder troubling a person. It frequently does not manifest itself in isolation. The other disorders that accompany it, called co-morbidities, are often just as troublesome, sometimes more so.

Those with ADHD are often impaired by mood disorders, anxiety disorders, impulse dyscontrol and addictions including substances, gambling, internet and personality disorders.

Today's talk will explore these and more It will include both what scientific literature says about them and case study examples of how they affect people's lives. Some treatments and interventions will also be discussed."



BIO: Dr PETER Hoey. Adult Psychiatrist

Dr Peter Hoey is a general adult psychiatrist in private practice at Roseville. He comes from Brisbane and studied Medicine at the University of Queensland whose motto was “Scientia ac Labore” (Knowledge Through Work) before undertaking his psychiatric training in Brisbane.

He moved to Sydney 25 years ago to undertake further training in psychotherapy and has maintained an interest in how medication and psychological treatments intersect in psychiatric.

Building on a background of family experience with Attention Deficit Hyperactivity Disorder, he has developed a particular interest in patients with it. He believes this disorder highlights the intersection between brain and mind, and is interested in both dimensions.

About today’s presentation.

ADHD generally shows better response to treatment than most other psychiatric disorders. Medications which produce the most substantial effects provide worthwhile clues as to why this is so. From this he will explore some of the biological and psychological underpinnings of ADHD. Understanding these gives power to people affected by ADHD. “Scientia est Potestas” -knowledge is Power!



BIO: MONICA & JONATHAN Hassell ADHD & EF Coaches



Monica Hassall graduated from the ADD Coach Academy 2015 and completed further training under Jodi-Sleeper Triplett 2017 and devotes her time to “making life more connected” for her clients with ADHD and executive functions challenges. Monica works closely with her clients using current neuroscience, coaching principles, and Mindfulness to build a close and supportive relationship with her clients.

With her partner Jonathan, Monica was selected for the Innovative Programs section at CHADD 2015 and 2016. Co-author Barbara Hunter and Monica also presented at the International ADHD Conference in 2018. She also presented at the Australian ADHD Professionals Association (AADPA) in 2019.

About today’s presentation

ADHD strengths-based approaches have been recognised as the most successful, when considering skills for daily living. A positive pathway for people with ADHD is to identify their strengths. By finding and using their strengths they will find an easier and more reliable route to success. By identifying the positive features and addressing the risks that can lead to ADHD symptoms, we can identify and cultivate strengths that can become an advantage.



BIO: Dr AMANDA Mullin. Clinical Psychologist
 Dr Amanda Mullin, MAPS, FCCLP, is a Doctor of Clinical Psychology, with extensive training in Clinical Psychology. She has worked with a wide range of clients in private practice. She has also completed extended training at the Macquarie University Centre for Emotional Health, a world leading research clinic which specialises in understanding the causes of anxiety, and developing effective treatments for anxiety disorders.

With a family of her own, Amanda understands the pressures families can face. She enjoys working with both adults and children, has a particular interest in holistic health and the treatment of emotional problems, mood/anxiety disorders, trauma, stress management, sleep problems and ADHD. She established **Mindworx Psychology** in 2014 to expand the availability of evidence based psychological treatments in the Hills District. www.mindworxpsychology.com.au

About today's presentation

“Emotional intelligence (EQ) and emotional regulation go hand in hand. Unlike your IQ, your EQ is not fixed at birth.”

Enjoy a discovery session with Dr Amanda where she explains exactly what Emotional Intelligence (EQ) is. Gain a deeper understanding of the specific problems with emotional regulation posed by ADHD. Explore common emotional triggers. And of course, no session with Dr Amanda would be complete without some practical take home skills.

BIO: DAVID Hong. Family & Couples Therapist, Credentialed Mental Health Nurse

David is a Credentialed Mental Health Nurse and practicing Family & Couple Therapist. He has over 40 years experienced in the mental health service. He is a Clinical Member & Accredited Clinical Supervisor with the Australian Association of Family Therapy. He is the Founding Director of The Delta Clinic since 2010, a private "one stop therapy centre" specializing in Child & Adolescent Mental Health in Sydney, Australia.



Background to today's presentation

The NSW Department of Health final report [2007] of the Special Review on ADHD identified major gaps in the following services; educational support, behavioural therapy, family therapy & psychological services critical to the optimal management of ADHD in this age groups.”

David has worked with ADHD children, adolescents and their families for the last 25 years. He has developed a "niche" utilising a multi-systemic and multi-modal approach when working with the ADHD Child and Family. He finds discovering and mobilising resources in the "School System" and looking for competence is a more liberating experience for ADHD Adolescent and their families.

The theme of this conference is a timely reminder for clinician to dialogue on "how best" to focus on strength-based approaches when working with ADHD and the idea of, “What is right with you is more powerful than anything that is wrong with you” [Henderson, 2007]