



DYNAMIC LEARNING SERVICES
WELCOME CHANGE

ADHD and Its Impact on Your Practice

Workshop #1- Change Your Mindset: Enhance Your Emotion Regulation

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Today's Agenda

Reflection

Success

Change

Emotion
Regulation

Emotion
Control

Managing
Our Thoughts

Questions

Takeaways

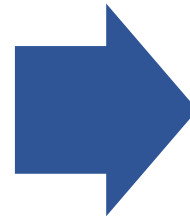




Reflection Time

- Questions from last session?
- What is ADHD?
- What is executive functioning?
- Self-reflection checklist
 - What is your cognitive style?
- What are your hopes in your life?







Shame separates from core

Unusual rather than defective

Creativity harnessed out of chaos

Communication becomes assertive

Energy returns

Self-talk changes, mood improves

Support easier to get

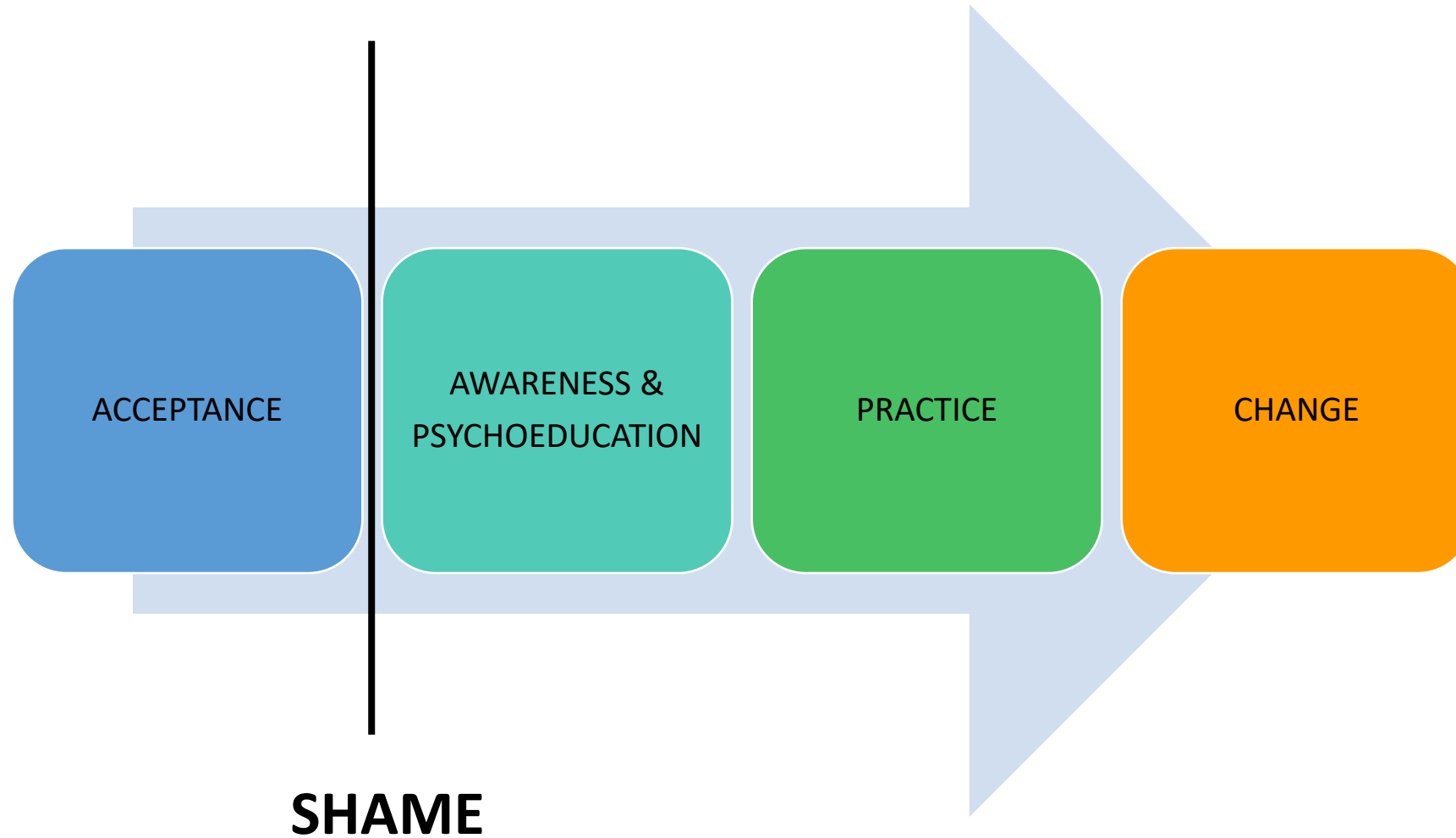


What is Change?

What is it? How do you know something changed?



Barrier to Change = Shame



Stages of Change

Precontemplation

- Not thinking seriously about change and not interested in help

Contemplation

- Weighing the pros and cons of modifying behavior

Preparation/Determination

- Committed to making a change

Action/Willpower

- Motivated to change and actively taking steps to change behavior

Maintenance

- Successfully avoiding any temptations to return to previous behaviors

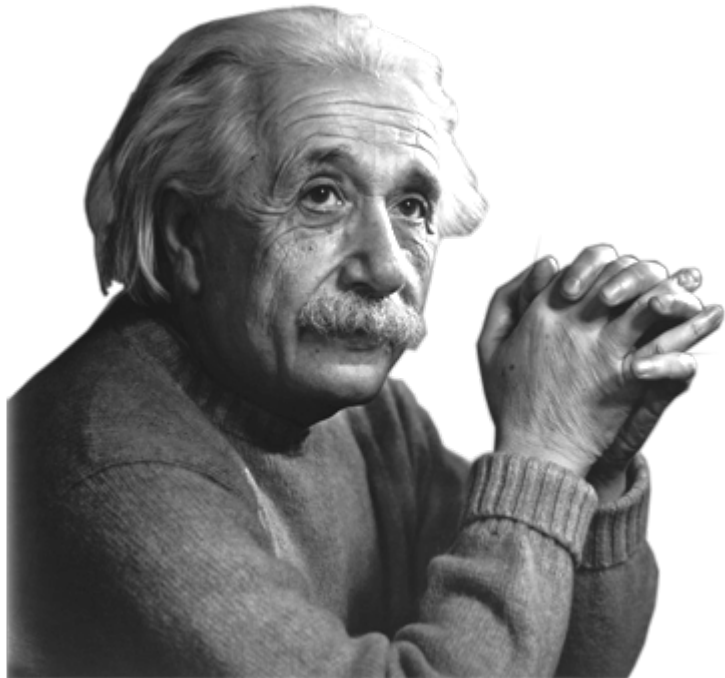




The key word is “change.”

The definition of insanity is doing the same thing over and over again and expecting a different result.

-- *Albert Einstein*



Don't try harder.
Try something
different.



Emotion Regulation



What does Resiliency look like?



Significance of addressing emotion regulation for attorneys with ADHD for career success.

- Enhances decision making.
- Helps maintain strong client relationships.
- Able to be better equipped to engage in conflict resolution.
- Helps with managing stress.
- Improves communication between different audiences.
- Helps attorneys stay focused and avoid distractions.
- Helps with building networks and forming strong professional relationships.
- Helps with career advancement.
- Helps provide clients with a positive experience, ultimately leading to client satisfaction, repeat business, and referrals.





What is Emotional Control?



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Identifying and Sitting With Your Emotions

1

Write down something that is unresolved or bothering you right now in a notebook.

2

Find a comfortable place to sit. Read aloud the thing that is bothering you.

3

Close your eyes. Visualize the situation and allow a feeling to come up. As it does, don't fight it. Simply label it. Remember that feelings happen to you; They are not you.

4

Take slow, full, natural breaths. No need to force the air in or out. Just breathe naturally and fully while continue to label the feeling. You'll notice that the feeling loses its intensity.





Self-Awareness

Gain an
understanding of
ADHD and its effects.

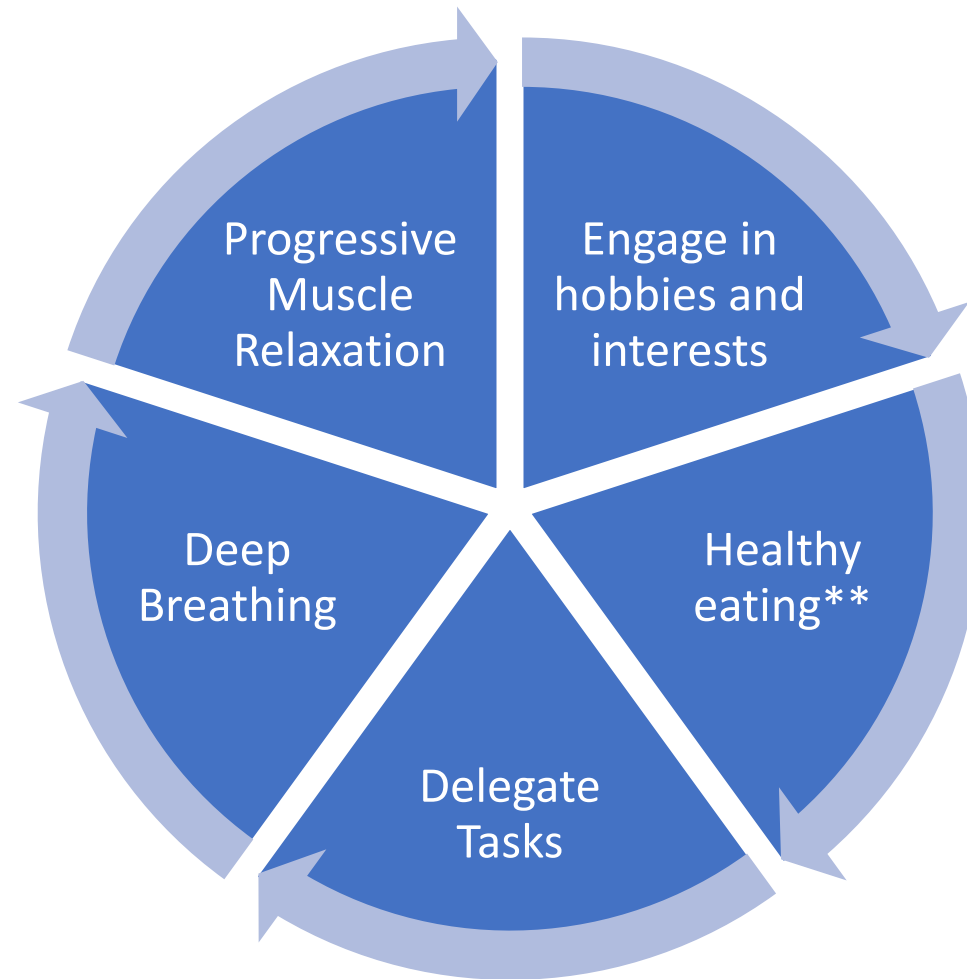
Identify your
emotional triggers
and reactions.

Self-reflection, self-
reflection, self-
reflection..... Constant
self-reflection.





Self-Care Activities



Physical Activity

- **Step 1:** Identify a physical activity you enjoy, such as jogging, yoga, or swimming.
- **Step 2:** Schedule regular exercise sessions in your week.
- **Step 3:** During exercise, focus on the physical sensations and let go of work-related stress.
- **Step 4:** Gradually increase the intensity and duration of your workouts.
- ****Maintenance:** Make exercise a non-negotiable part of your routine and enlist a workout partner or coach for added accountability.





Sleep Hygiene

- Stick to a sleep schedule: Go to bed and get up at the same time every day, even on weekends, holidays, and days off. Being consistent reinforces the body's sleep-wake cycle and helps promote better sleep at night.
- Pay attention to food and drink before bed: Do not go to bed either hungry or stuffed. Discomfort might keep you up. Also limit how much fluid you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet.
- Create a bedtime ritual: Try to do the same things each night to tell your body it is time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music — preferably with the lights dimmed. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness. Limit the use of TV or other electronic devices as part of the bedtime ritual. Screen time or other media use before bedtime may interfere with sleep.
- Get comfortable: Create an ideal room for sleeping. Often, this means cool, dark, and quiet. Consider using room-darkening shades, earplugs, a fan, or other devices to create an environment suitable for your needs.
- Designate bed for sleeping only: Avoid activities other than sleeping, such as reading, doing homework, watching movies/TV, or playing games on a smartphone in bed.

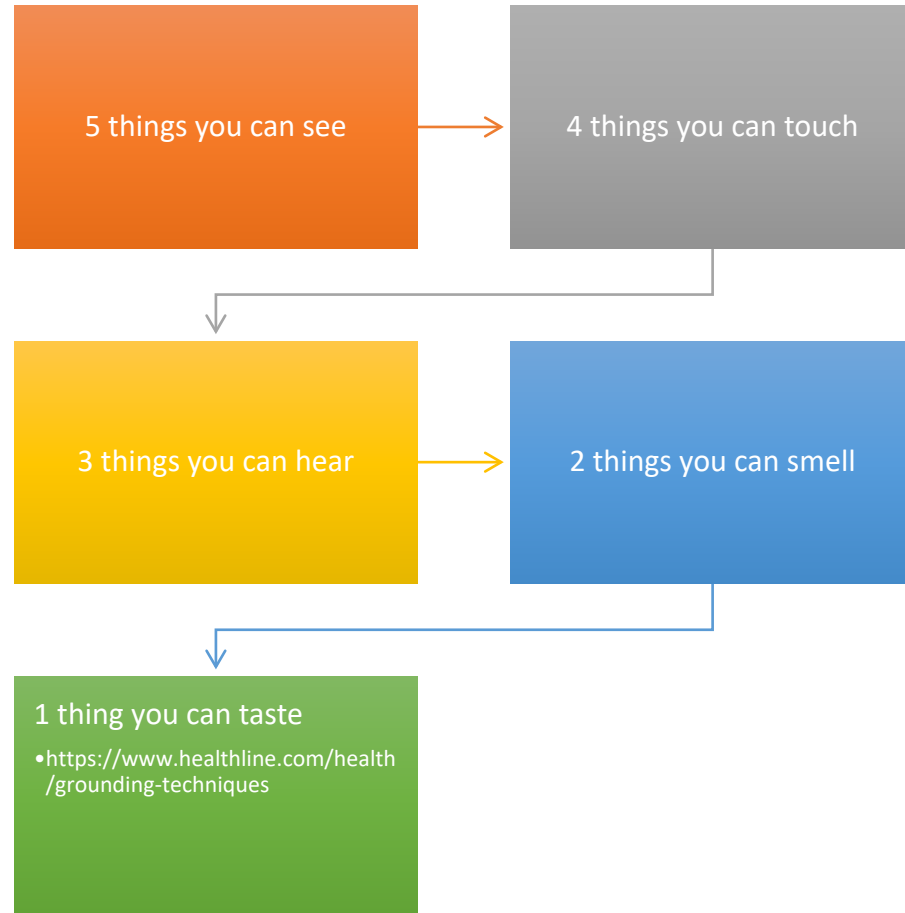


Mindfulness Meditation

- **Step 1:** Find a quiet and comfortable space where you won't be disturbed.
- **Step 2:** Sit or lie down with your eyes closed and focus on your breath. Take deep, slow breaths.
- **Step 3:** Pay attention to the sensations of your breath and bodily sensations without judgment.
- **Step 4:** When your mind wanders, gently bring your focus back to your breath.
- **Step 5:** Start with short sessions (5-10 minutes) and gradually increase the duration as you become more comfortable.
- ****Maintenance:** Schedule regular mindfulness sessions in your daily routine. Use mindfulness apps or set reminders to ensure consistency.**



Grounding Work



Self-Talk

ADHD Happens

Negative Self-Talk

- “I’m so stupid!”
- “Forget all this garbage”
- “It’s just an excuse”
- “What’s the matter with me?”
- “What a jerk!”
- “I’m a mess”
- “it’s hopeless”

DEPRESSION



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When ADHD is more accepted ADHD Happens

Positive Self-Talk

- “It’s that ADHD again”
- “I’m mad at the ADHD”
- “It’s just an ADHD attack, ride it out!”
- “I give myself permission to relax?”
- “It’s a signal that too much is going on!”
- “Take time to think it through”
- “Box it up, Put it on hold, Get help!”

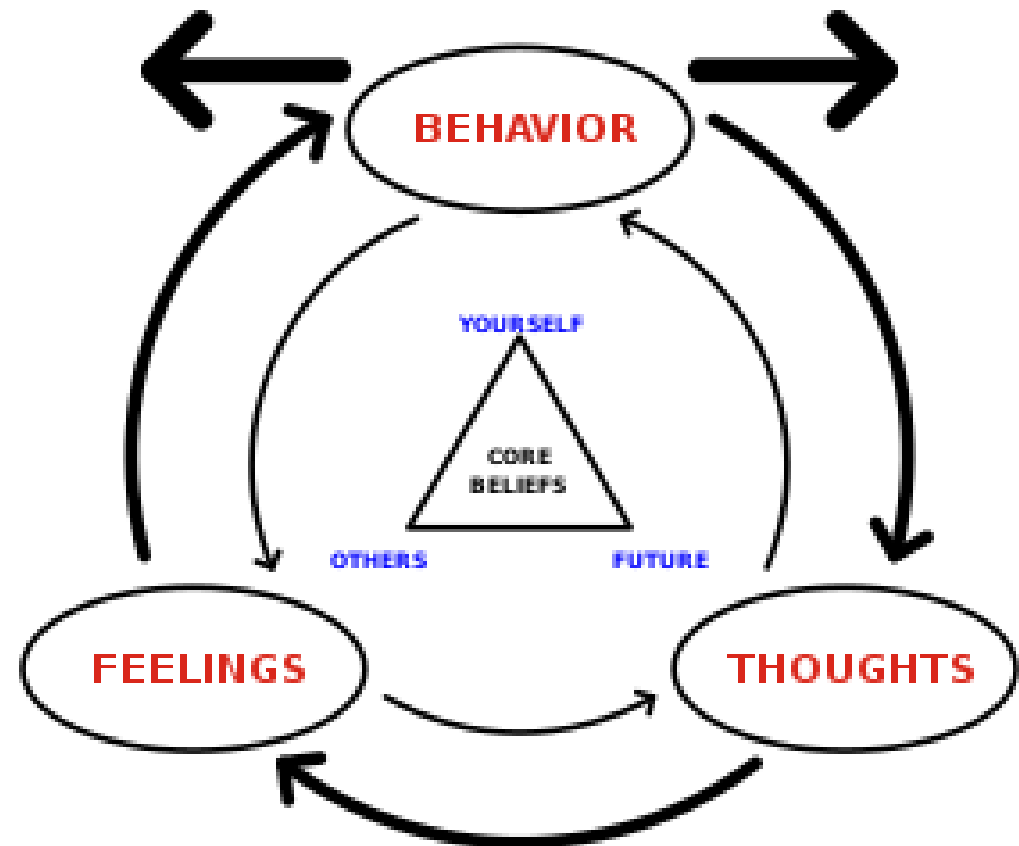
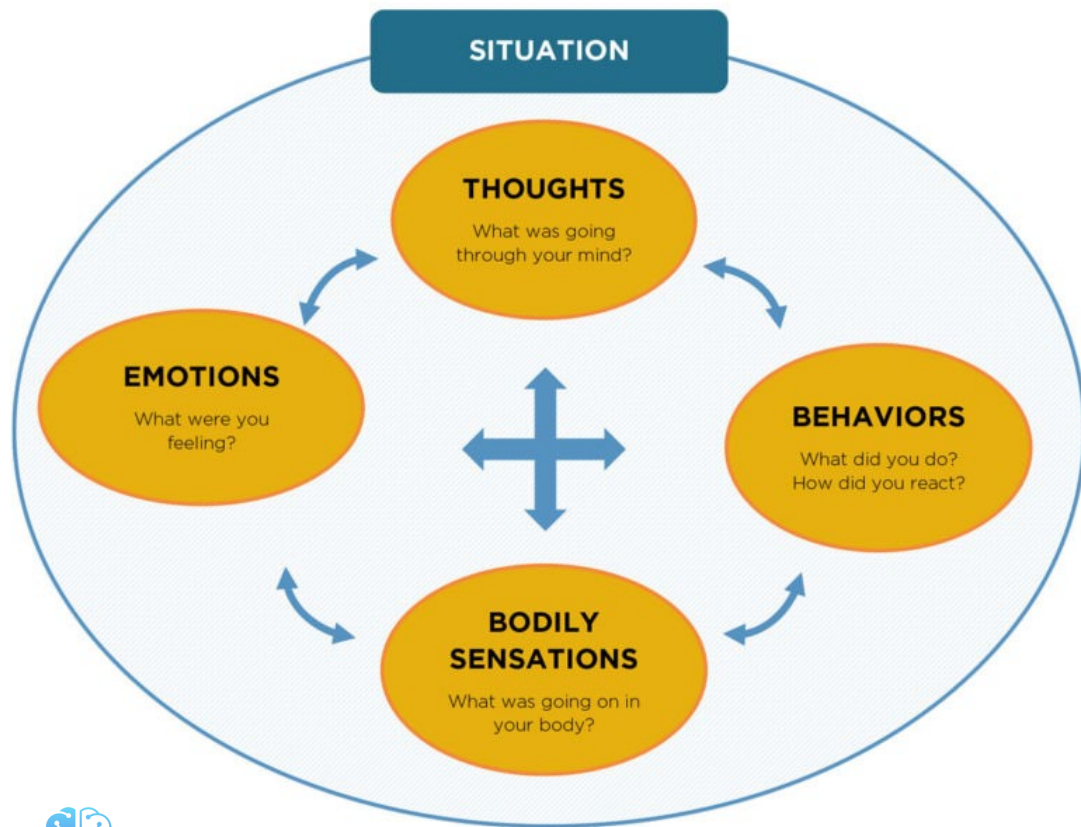
You are able to separate from the ADHD



Managing Our Thoughts




Catching Your Automatic Thoughts





Thinking Errors A.K.A. Cognitive Distortions

- Magnification and Minimization
 - Catastrophizing
 - Overgeneralization
 - Magical Thinking
 - Personalization
 - Mind Reading
 - Fortune Telling
 - Emotional Reasoning
 - Disqualifying the Positive
 - “Should” Statements
 - All-or-Nothing Thinking
- 



+ • Changing Automatic Thoughts Using Your Defense Attorney

- Recognize your automatic thoughts about a task.
- Consider the negative thoughts as though they were arguments being made against you or the task by a prosecuting attorney.
- Now consider how your defense attorney would object to any thinking errors, incomplete information, and exaggerations in the prosecutor's argument and make a case on your behalf focused on a balanced, realistic view of the situation.
- Weigh the evidence and consider ways you can take action using an adaptive view.
- Use previous ways you stayed engaged completing other tasks to the current task.



Thought Record

Situation	Thoughts	Emotions	Behaviors	Alternate Thought

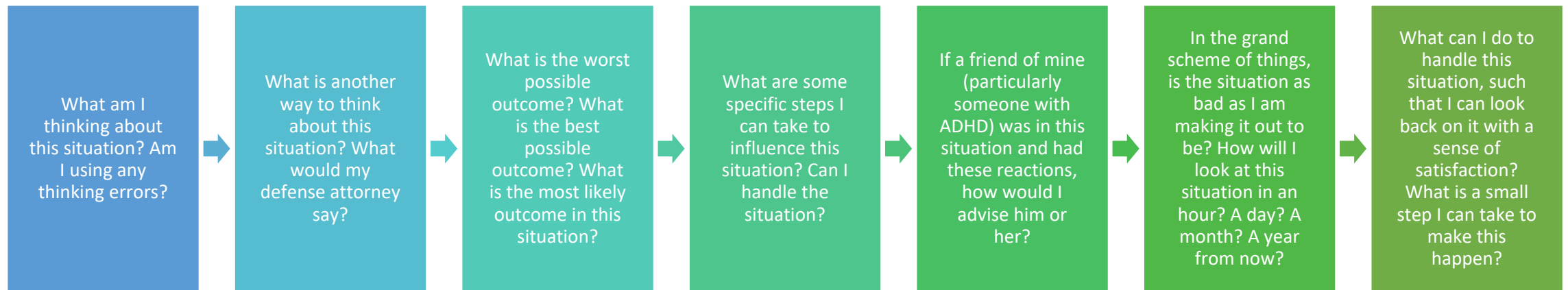


Dysfunctional Thought Record (DTR)

Date/time	Situation	Emotions	Dysfunctional Thought	Alternative Thought	Emotion
June-2020	I lost my mobile phone in shopping center; mama scolded me because of my carelessness. I called my sister and friend for consolation. They never answered my calls.	I was feeling distressed (80). I was angry and anxious because of my actions. I cried for hours then I started feeling depressed (90)	I am a loser. Everything happened because of my faults. I am irresponsible person who is good for nothing. I am misfortune for myself and others (80). (Labelling)	I had gone to market so many times but I never forgot anything before this. If I forgot something for the first time that does not mean I am a loser or misfortune (70). It happened with lot of peoples due to some reasons. I am not the first one.	I am feeling little relaxed (20). My anger level is getting down. I am less anxious and depressed (30). But I am little sad because I lost my mobile.



Developing Alternative Thoughts



Vertical Arrow- Identifying Maladaptive Schema/Core Beliefs

- Select a common automatic thought.
- Answer the question, “If I assume that this thought is true and accurate, what does this say about me or what does that mean?”
- You might have another thought in response to that question, which you again subject to the same question, “If I assume that this thought is true, too, what does this say about me or what does that mean?”
- You keep going until you reach the underlying conclusion.



Example of Vertical Arrow

- “He is going to be upset and I am going to look unprofessional.”
- Q: “if I assume that my boss is upset and thinks I'm unprofessional, what does this say about me or what does this mean?”
- A: “He may start monitoring my work more closely and he will see how disorganized I am.”
- Q: “If he sees I'm disorganized, what does this say about me?”
- A: “Everyone will figure out that I don't know what I'm doing and I'm not cut out for this job.”
- Q: “If people find out that I'm not cut out for this job, what does this say about me?”
- A: “They will find out a way to get rid of me or I will have to quit before that happens.”
- Q: “If I'm forced to leave my job, what does this say about me?”
- A: “I really am a fraud and I never had the potential that everyone said I did.” [Failure Schema]



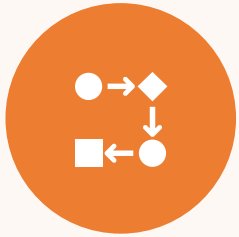


QUESTIONS?



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Takeaways



ARE YOU READY TO MAKE A
CHANGE IN YOUR LIFE?



THERE IS A CONNECTION
BETWEEN ADHD AND
EMOTION REGULATION.



ATTORNEYS WORK IN
STRESSFUL SITUATIONS,
WHICH CAUSES EMOTION
DYSREGULATION.



EMOTIONAL CONTROL CAN BE
ACHIEVED THROUGH VARIOUS
METHODS (E.G., SELF-CARE,
SLEEP HYGIENE, MINDFULNESS
MEDITATION).



CHALLENGE AUTOMATIC
THOUGHTS

