

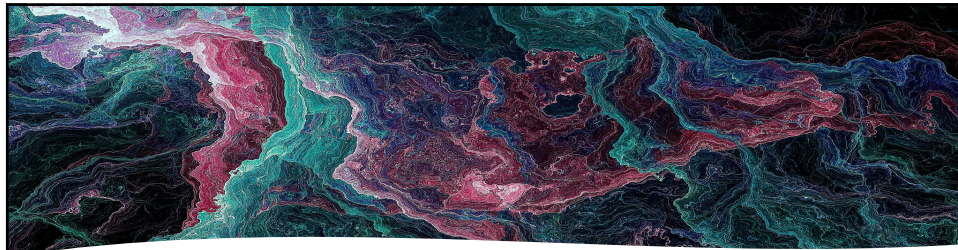


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WELCOME CHANGE

ADHD and Its Impact on Your Practice: An Overview and Introduction to Management Skills

Michael Appelgren, PsyD, NCSP, ABSNP, BC-TMH

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About Me.....

- Licensed Psychologist in Private Practice
- Board Certified TeleMental Health Provider
- Nationally Certified School Psychologist
- NJ and NY Certified School Psychologist
- Diplomate- American Board of School Neuropsychology
- Settings: school, community center, non-profit, group practice, university, NJJC
- Ages: infants, children, teens, and adults.
- Populations: neurodevelopmental (LD, IDD, ADHD, ASD) disorders, anxiety, depression, trauma, and gender dysphoria.



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NEUROSCIENCE

Disclaimer

Offer executive functioning coaching.

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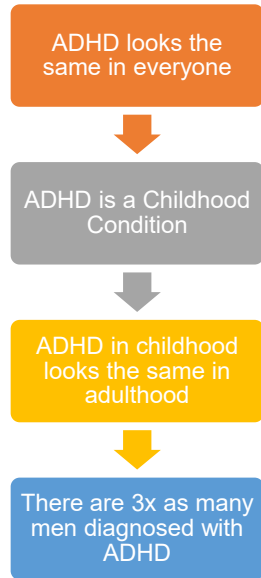
Today's Agenda

- What do you know about ADHD?
- ADHD Assessment
- ADHD Types and Diagnostic Criteria
- Defining Executive Functioning
- Neuropsychology of Executive Functioning
- Assessing Executive Functioning
- Managing Symptoms
- What to expect for future sessions

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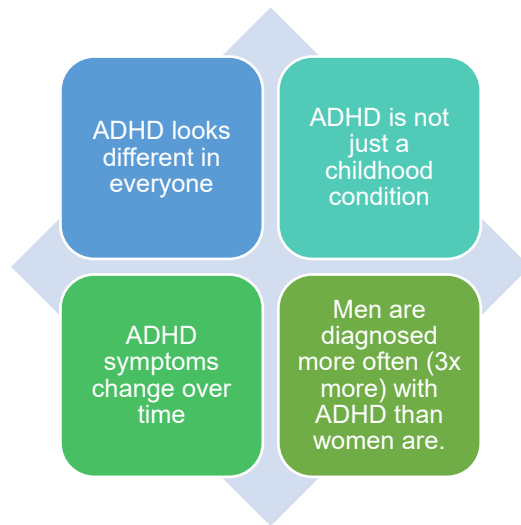
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ADHD Quiz

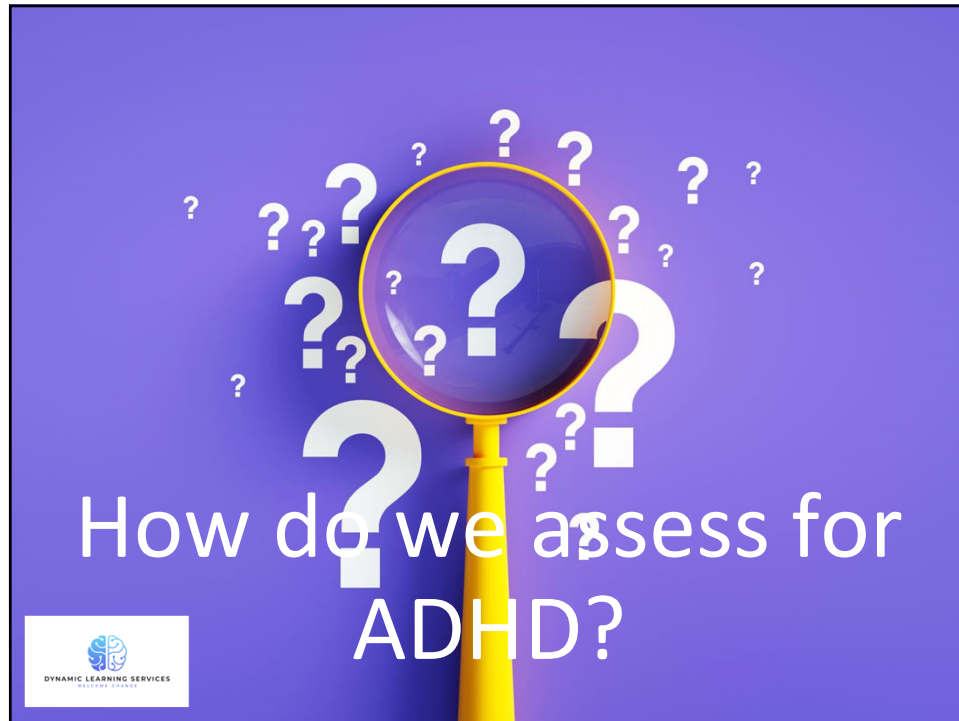


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Facts about ADHD




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Assessment of ADHD


- Observations
- Interviews (self and parent/other informant)
- Rating Scales (self and parent/other informant)
- Review of previous records (report cards, previous testing)
- Rule Out other conditions through formalized testing
 - IQ
 - Learning/Achievement
 - Language Processing
 - Memory and Attention



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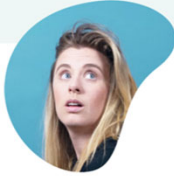
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ADHD Types




Hyperactive/Impulsive

- Tendency to act impulsively
- Tendency to be hyperverbal
- Hyperactivity can appear as racing thoughts




Inattentive

- Can look like they are not listening
- Often is late for or forgets appointments
- Tendency to daydream often



Combined

Experience both hyperactive/impulsive and inattentive symptoms, with variations of intensity


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Other Diagnostic Criteria

ADHD Explained

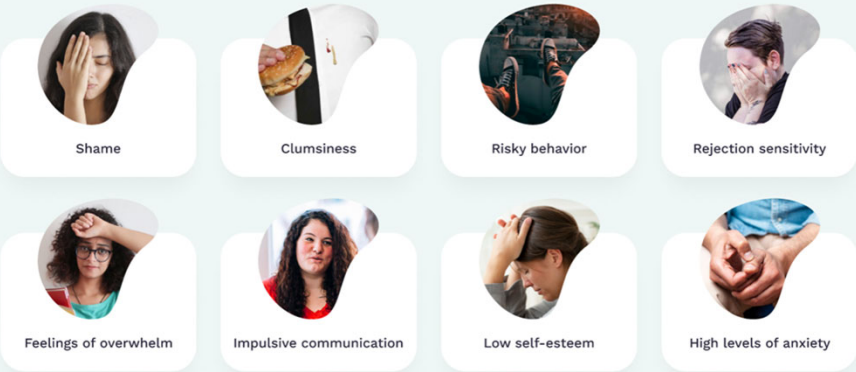
- ☒ Symptoms present before age 12
- ☒ Not better explained by another mental disorder
- ☒ Symptoms are present in two or more settings
- ☒ Symptoms interfere with, or reduce the quality of, social, school, or work functioning.




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Hidden ADHD signs and symptoms



- Shame
- Clumsiness
- Risky behavior
- Rejection sensitivity
- Feelings of overwhelm
- Impulsive communication
- Low self-esteem
- High levels of anxiety

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Gender Differences

ADHD in Adult Males:


- **Hyperactivity:** Adult males with ADHD often exhibit more overt hyperactivity, restlessness, and impulsivity.
- **Externalized Symptoms:** They may struggle with anger management, irritability, and outbursts.
- **Risk-Taking Behavior:** Engaging in risky activities or substance abuse may be more common.

ADHD in Adult Females:

- **Inattentiveness:** Adult females with ADHD may display more internalized symptoms, such as daydreaming, difficulty focusing, and forgetfulness.
- **Emotional Dysregulation:** Emotional sensitivity, mood swings, and excessive worry are common.
- **Masking Behaviors:** Some females may develop coping strategies to hide their ADHD, making it harder to diagnose.


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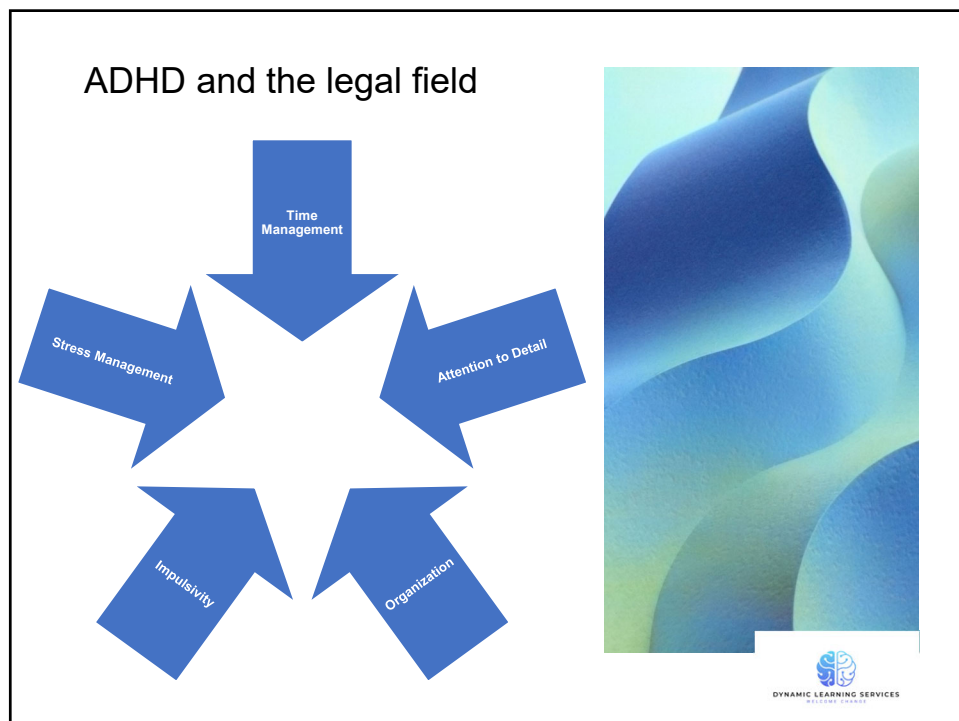


Why does ADHD impact Women differently than Men?

- Women have more tasks to do.
- Women's lives are often more diffuse.
- Women with children have more responsibilities.
- Men more often have partners who organize their lives.
- Men more often have secretaries or other assistants organizing them.
- Men are often encouraged to focus on a narrow area.
- Men don't feel the same sense of shame about their disorganization.
- Men with the same difficulties are more often seen as endearing or absent-minded.

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What is
ADHD really?



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ADHD is a problem of
Variable Attention

If not interesting, it's painfully boring.



ADHD is really a
motivation deficit.
Not an attention
deficit.



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Attention Deficit Hyperactivity Disorder

aka...

Motivation Deficit Disorder

Executive Functioning Deficit Disorder



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What is
Executive
Functioning?



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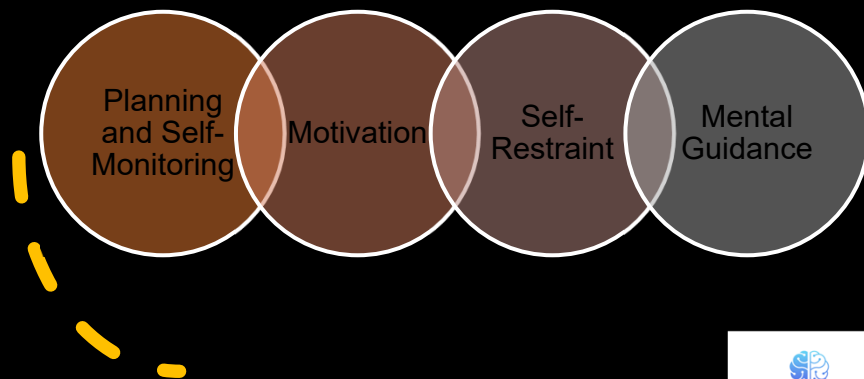
Definition of Executive Functioning

- There is no common agreed-upon definition
- Refers to the brain-based skills that are required for humans to *execute* or perform a task.
- Specific self-directed actions that we use to control ourselves.
- It is our ability to consider the past and then anticipate the future and guide behaviors toward it.
- Like a GPS, gives step-by-step instructions on how to get to the destination.
- Helps us decide exactly what to do, when to do it, and how to do it.
- Using executive skills takes will and effort.
- Different researchers divide them up and label them differently.
- Requires metacognition.
- Has been described as the conductor of all conductors.

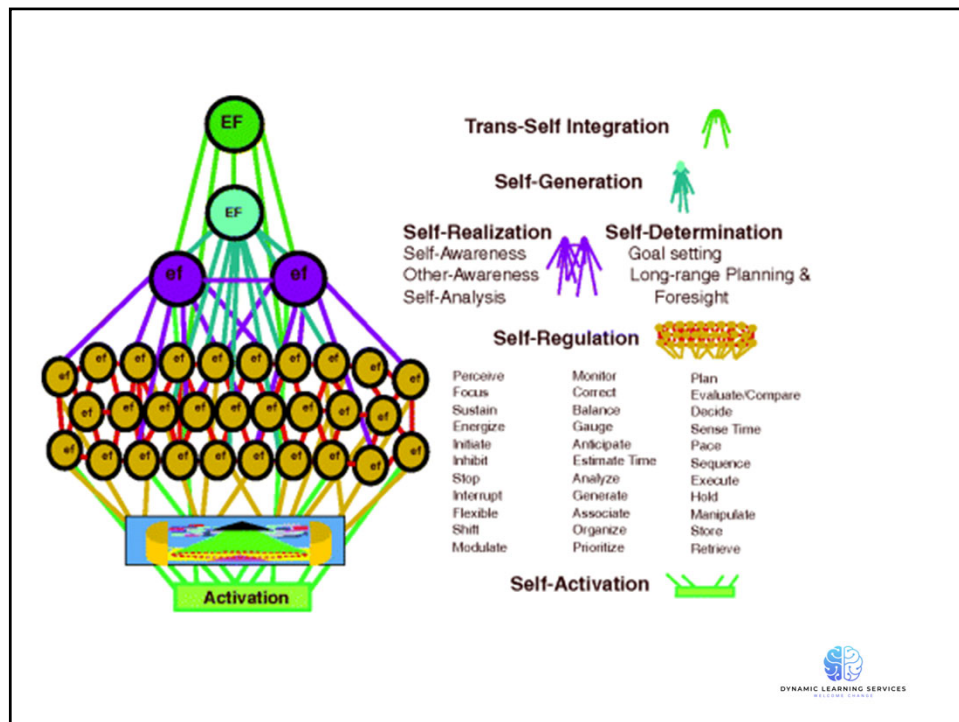


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Executive Skills



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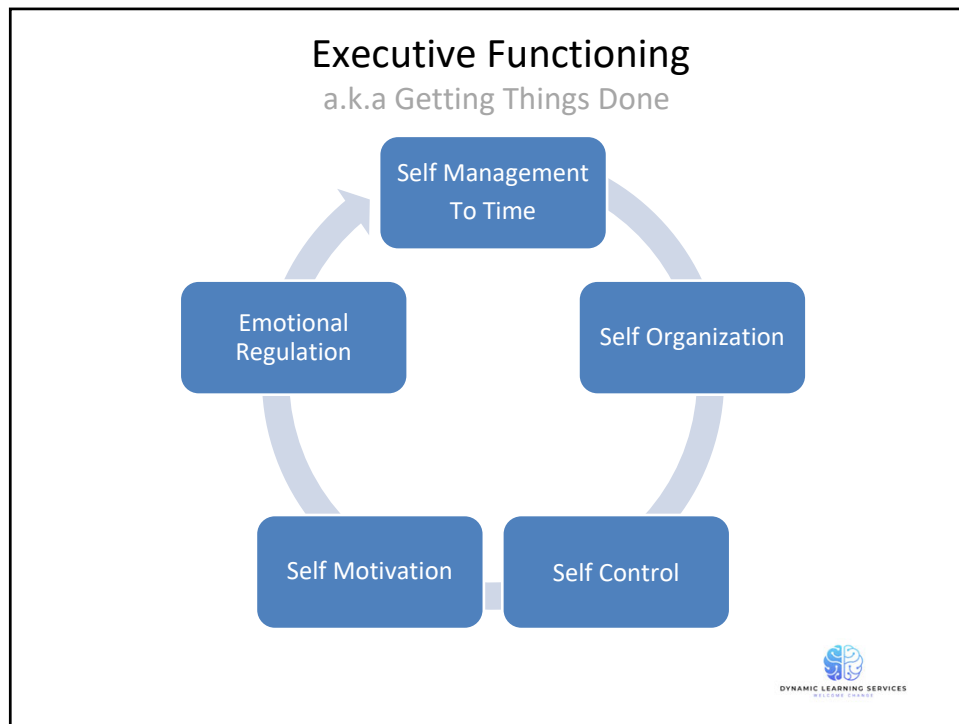
Cognition

- Cognition can be defined as all mental processes and abilities in which people engage daily such as memory, learning, problem-solving, evaluation, reasoning, and decision-making.

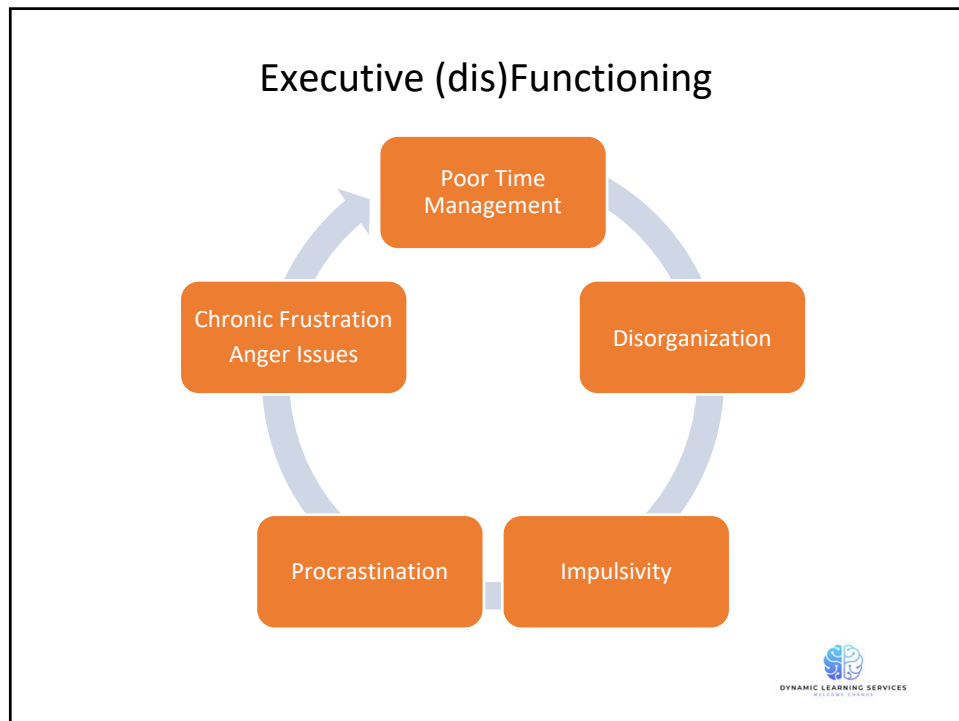
Metacognition

- Metacognition is often defined as thinking about thinking. It allows us to complete a given task through planning, monitoring, evaluating, and comprehending.

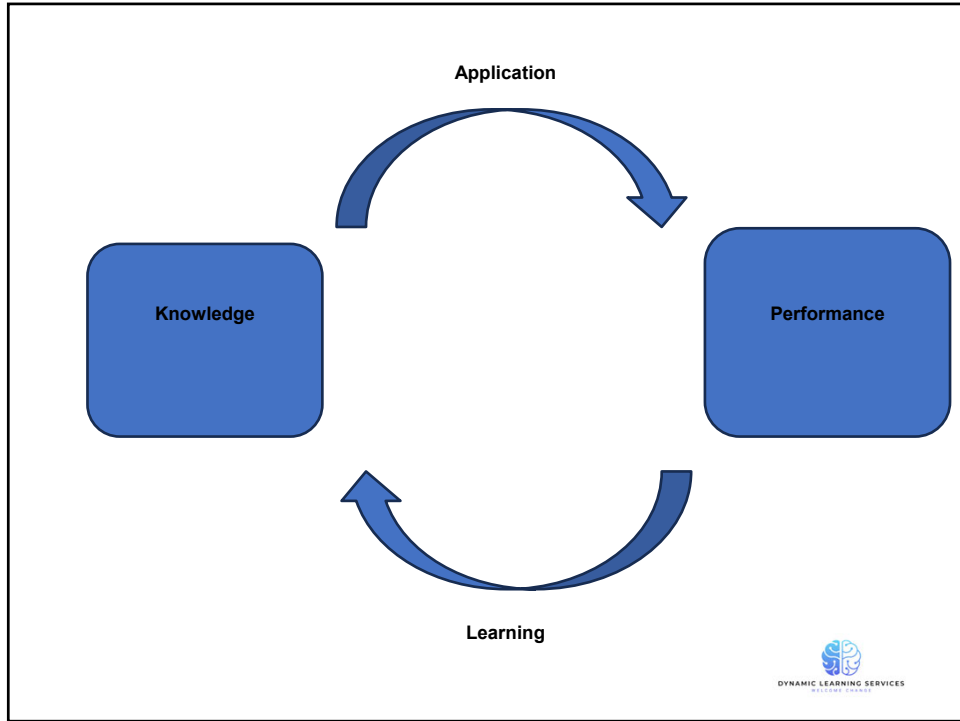
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**Russell
Barkley
PhD**



▶ [ADHD: Inattention deficit Disorder](#)

<https://www.youtube.com/watch?v=JowPOgRmxNs>



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Stop at 2:36

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Executive Functioning Challenges Faced by Attorneys with ADHD



Procrastination



Difficulty in Staying Organized



Impaired Concentration



Time Management Struggles

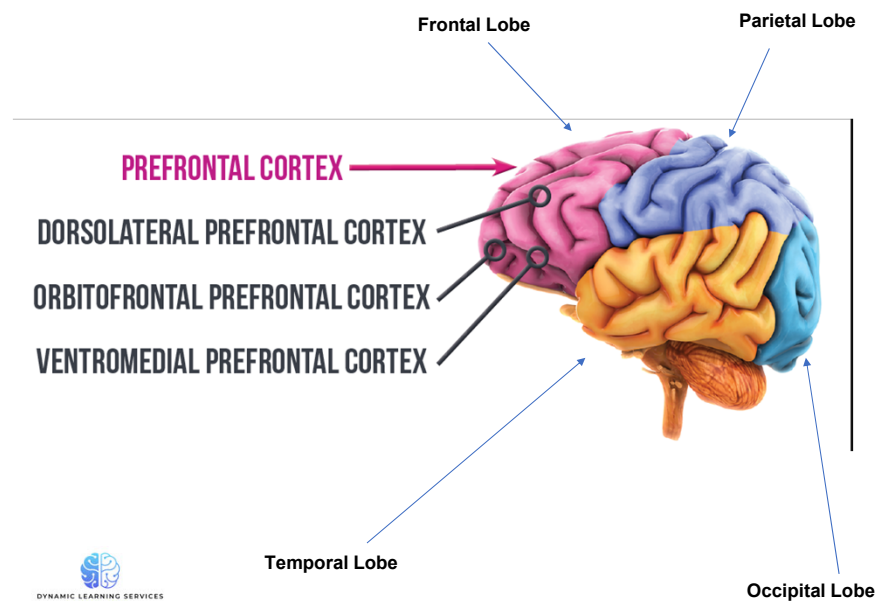


Stress and Burnout



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Neuropsychology of Executive Functioning



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Other Brain Structures Involved With Executive Functioning

- Anterior Cingulate- mediation of motivation, self-monitoring performance, decision-making.
- Basal Ganglia- helps with the initiation of motor and cognitive tasks.
- Cerebellum- overseer of production quality, tweaks and changes to performance needed to ensure the quality of output.
- Amygdala- helps with the regulation of emotions.



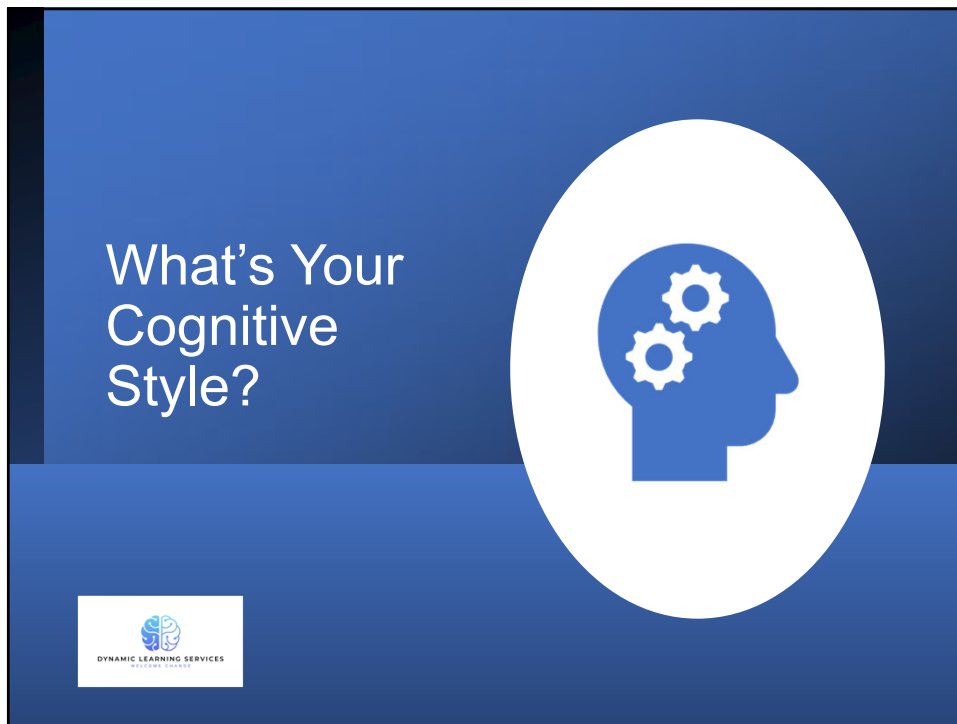
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Assessing Executive Functioning

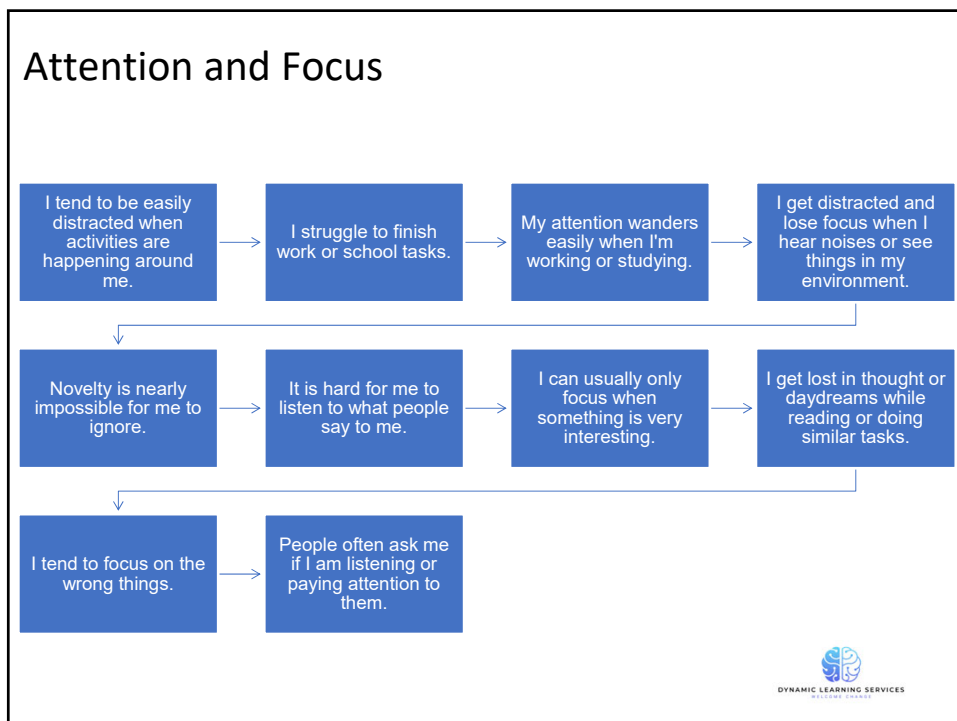
- Direct Measures
 - CTMT2- Trail Making
 - D-KEFS- Color Word Interference
 - Nesplora- VR environment (Aquarium and Ice Cream)
- Self-Report/Rating Scales
 - D-REF
 - Brown EF/A Scales
 - BRIEF



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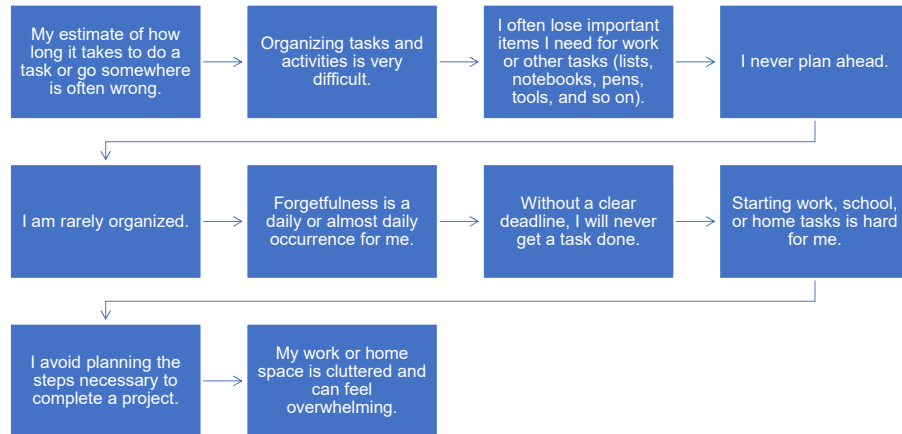


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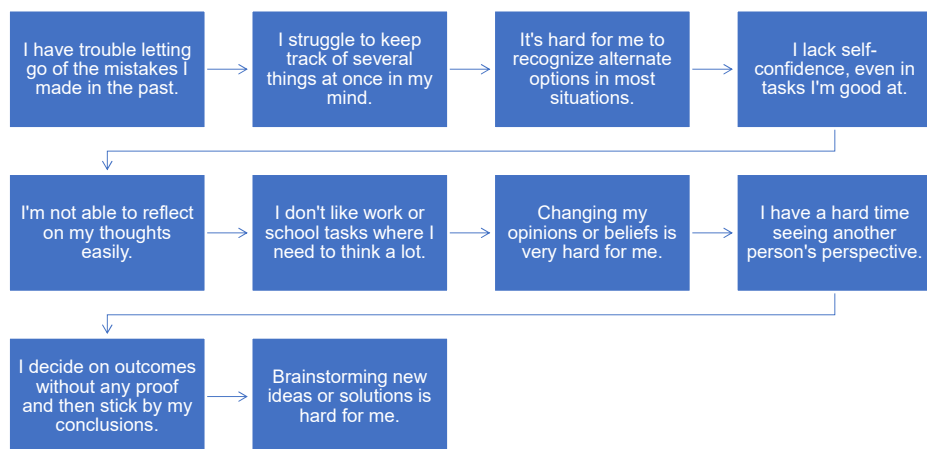
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Organizing and Planning



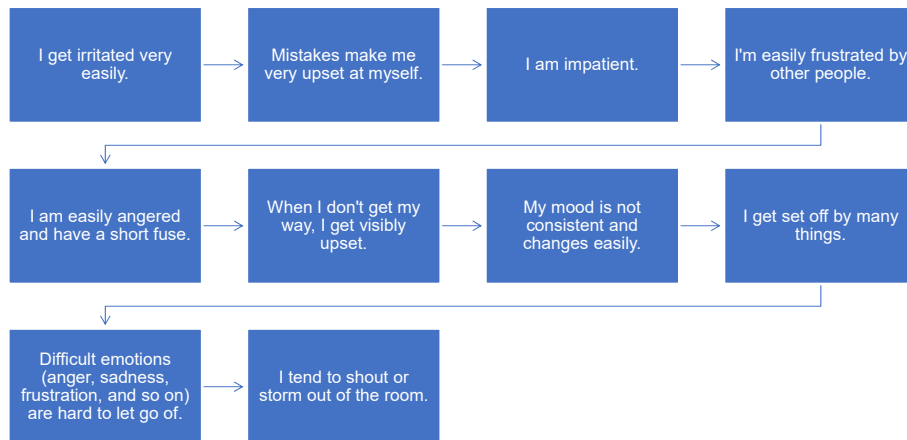
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Mental Flexibility



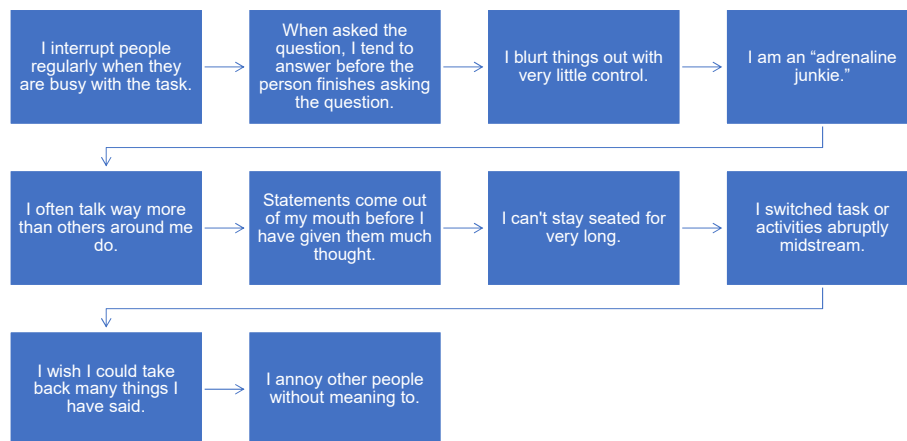
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Emotion Regulation



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Impulse Control




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Strengths of ADHD

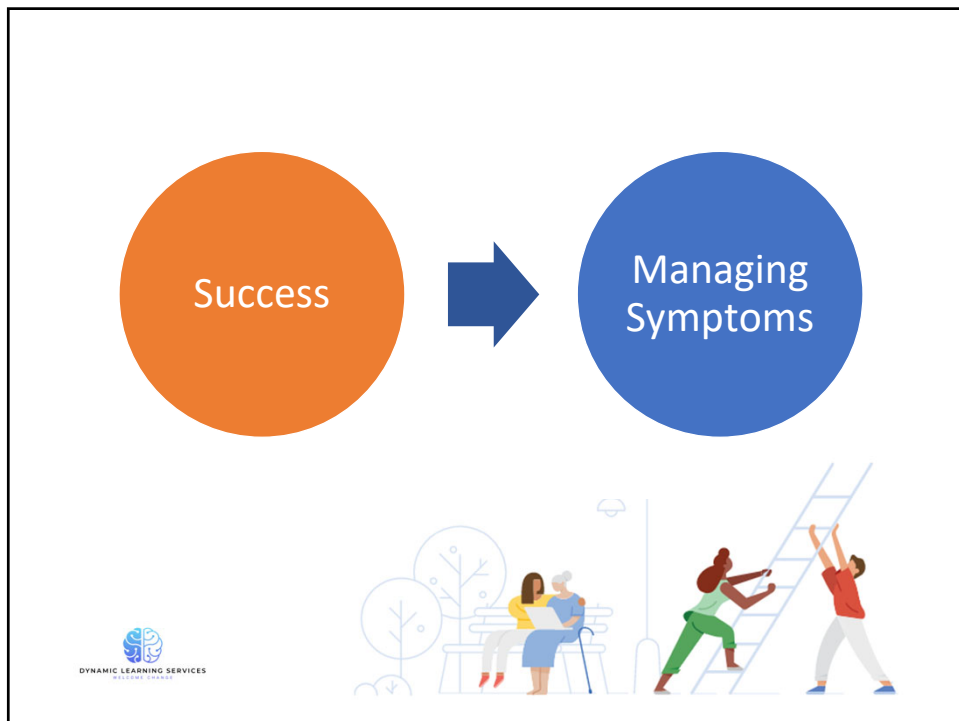
The Silver Lining



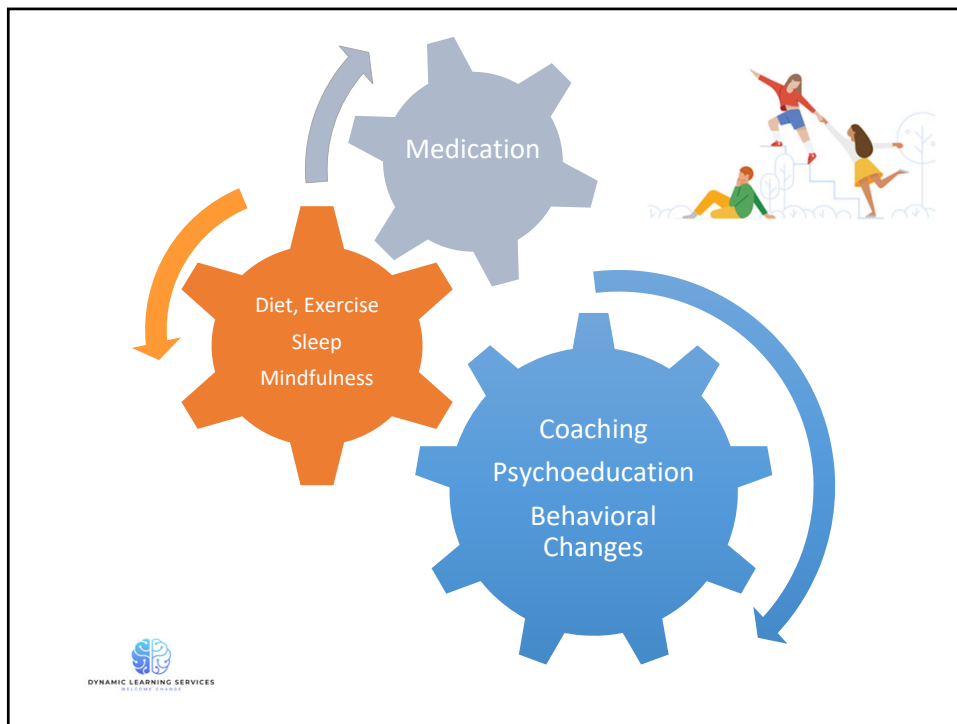
Rejection Sensitivity	→	Able to read emotions. Empathy to others
Impulsivity	→	Creativity. Ability to brainstorm
Lack of focus	→	Hyperfocus on things passionate about
Hyperactivity	→	Hi Energy. Fun. Persistence

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Stimulant Drugs

- Ritalin, Concerta ([methylphenidate](#))
- Adderall ([dextroamphetamine and amphetamine](#))
- Focalin ([dexmethylphenidate](#))
- Dexedrine, ProCentra, Zenzedi ([dextroamphetamine](#))
- Vyvanse ([lisdexamfetamine](#))
- Evekeo, Adzenys, Dyanavel ([amphetamine](#))

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→ Kapvay (clonidine)

→ Intuniv (guanfacine)

Strattera (atomoxetine)- Anti-depressant [SNRI]

Non-Stimulant Drugs- “Off Label”



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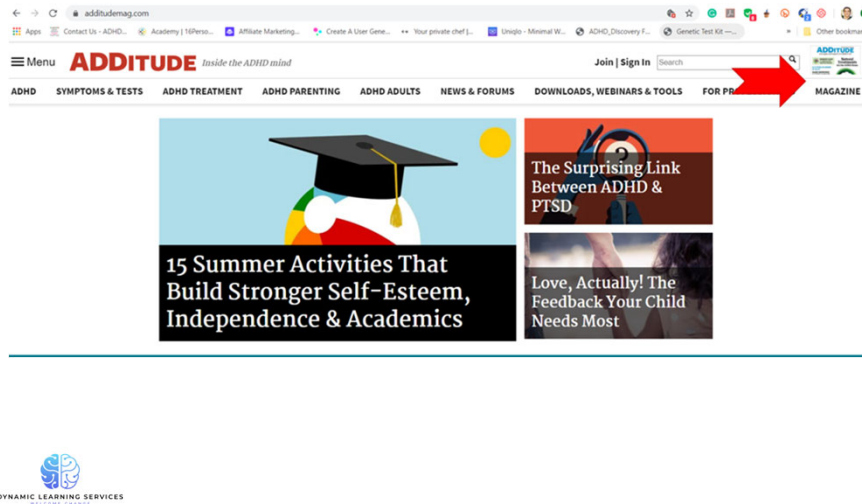
Strategies for attorneys with ADHD

- Seek Diagnosis and Treatment
- Time Management Tools
- Delegate When Possible
- Break Tasks into Smaller Steps
- Minimize Distractions
- Implement Self-Care
- Legal Mindfulness
- Client Communication
- Continuing Education
- Professional Support



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Resources: Magazines

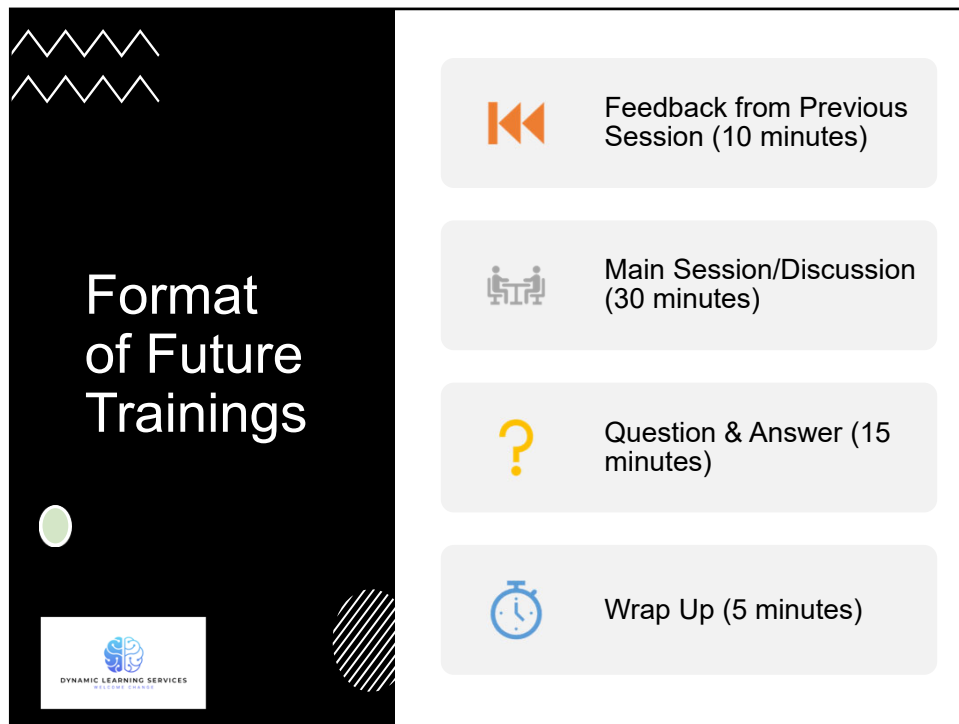


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Resources: Organizations



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