

Seattle Adult ADHD Conference Agenda

9:30 Doors Open

10:00 - 10:30: Welcome! Thanks for registering! Dr. Heithaus, Dr. Foreman, and Don Baker extend a welcome to everyone.

10:30-11:15: Dr. Heithaus Presents: ADHD - Then and Now

Dr. Heithaus provides a historical review of ADHD, focusing on the evolution of its etiology, diagnosis, and treatment. Dr. Heithaus will explore the reasons behind the increasing diagnoses, particularly in adults, and discuss whether this trend is due to changes in clinical guidelines, revised classifications or a new name.

Dr. Heithaus Bio:

Dr Heithaus is a physician with over thirty years experience. After training in internal medicine she subsequently focused her practice on the management of adults with ADHD. Dr Heithaus' approach is comprehensive and compassionate, integrating the role of medications and lifestyle changes. Dr Heithaus attends annual international ADHD conferences held by leading organizations in the field such as: APSARD, CHADD and CADDRA. She's been a guest speaker for therapy group practices and the CHADD community. Dr Heithaus has completed two yoga teacher training certificates, one locally and most recently in India. She is a lay member of a Benedictine monastery and is pursuing further knowledge in Buddhist insight meditation.

11:15-11:30: Break (coffee, tea, water and snacks provided)

11:30-12:45 Dr. Heithaus Presents: Management of Adult ADHD, from Medications to Mindfulness. What the Science Says.

Topics included:

- Medications: why, which, and when (and where). A review of efficacy, choices and adverse effects
- The impact of supplements, fitness and nutrition on managing symptoms
- Evidence-based findings on the healing potential of mindfulness practices specific to adults with ADHD to stabilize attention

12:45-1:45: Lunch (Lunch is not provided, but you are welcome to bring your own or go out)

1:45-2:30 Dr. Foreman Presents: Leaving ADHD Panic Room. Using Neuroscience-Informed Methods to Reduce ADHD Anxiety and Fears.

Neuroscience is enhancing our understanding of the interconnections between the nervous system, body and mind. ADHD is a brain-based disorder that significantly impacts the body. Recent neuroscience discoveries have introduced new techniques to reduce anxiety and help individuals live more easily with ADHD.

This talk explores mindfulness, yoga, polyvagal theory and the complex integration of multiple brain systems. It will demonstrate how these techniques can help calm the nervous system, increase attention, awareness, agency, and foster a positive sense of self.

Dr. Mary Rawson Foreman Bio:

Mary Rawson Foreman is a licensed psychologist in Washington with a fervent dedication to neuroplasticity and brain growth. Over the past decade she has honed her expertise in private practice, specializing in adult clients with ADHD. Mary Rawson holds a doctorate from Pacifica Graduate Institute and a Masters degree in Art Therapy from the School of the Art Institute of Chicago. As a CIMBS Certified therapist (Complex Integration of Multiple Brain Systems), Mary Rawson is grounded in a neuroscience-based and attachment-focused approach, developed by Beatriz Sheldon, MEd.Psych, and Albert Sheldon, M.D. This methodology resonates with her background in depth psychology.

2:30-2:45 **Break** (coffee, tea, water and snacks provided)

2:45-3:45 **Don Baker, LMHC Presents: Navigating ADHD - Unraveling the Complexities of Relationships and Connections**

Don explores the critical role connections play in managing ADHD. Positive connections, whether through socializing with friends or receiving support and therapy, significantly influence how ADHD symptoms are handled. These connections act as a lifeline, providing support, understanding, and tools to confront ADHD challenges. Conversely, the absence of positive connections or the presence of negative ones can exacerbate difficulties. Effective interventions focus on building positive connections and removing barriers that impede them.

Drawing from his experience as a therapist diagnosed with ADHD in 1996 and in a 30+ year relationship with another ADHD-diagnosed individual, Don offers unique insights into the complexities of ADHD in relationships. He highlights the often-overlooked experiences of non-ADHD partners, shedding light on their perspectives and challenges. Understanding these dynamics is crucial, and Don provides practical strategies for navigating them effectively.

Don's insights and resources help attendees leverage connections to improve ADHD management and foster healthier, more supportive relationships.

Don will provide the attendee with a wealth of resources, such as articles, podcasts, and interviews, offering comprehensive insights into the impact of ADHD on relationships.

Don Baker, LMHC Bio:

Don Baker, MA, LMHC, draws from 30 plus years of personal and professional experience to offer practical guidance and clear strategies for understanding ADHD complexities. In addition to his individual therapy practice, where he specializes in working with neurodivergent clients including adults with ADHD, Don has created TRACTION groups for adults navigating ADHD challenges. Through his TRACTION program, he provides essential support and guidance for navigating neurodivergent life, fostering personal growth and empowerment. Committed to ongoing professional development, Don prioritizes delivering the highest quality of care, empowering individuals to lead fulfilling lives.

3:45-4:30 **Q and A**

4:45-5:15 **Walking meditation with Dr. Heithaus or Improv with Dr. Foreman**

5:15-5:30 **Networking (bring your business cards, brochures, etc!)**

5:30 PM **Conference Ends!**