



The South Dakota Counseling Association is pleased to present:



# A DAY WITH DR. RUSSELL BARKLEY

**Registration Fees:** Registration Opens in July

**SDCA Members \$125**

**Non Members \$200**

**Retired or Student SDCA Members \$75**

**Group (5 Attendees )Rate \$800**

**Date:** September 29th, 2017

**Location:** Best Western Plus

Ramkota Hotel Exhibit Hall–

Sioux Falls SD\*

\*Hotel information can be found on page 3

\* Receive a 20% discount by attending the May 2017 SDCA Conference!

## SCHEDULE OF EVENTS

**8:00-9:00am:** Registration Opens

**9:00-11:00am:** ADHD as a Disorder of Executive Functioning and Self Control: Implications for Management\*

**11:00-11:45am:** Lunch (provided)

**12:00-1pm:** Advances in the Medication Management of ADHD\*

**1:30-3:30pm:** Diagnosis and Management of ADHD in Adults\*

\*Description and Learning Objectives can be found on subsequent pages, along with additional SDCA Contact information

5 CE Hours will be available for Counselors, Social Workers. 5.0 CNE and CME Hours will be available for medical personnel.

To receive email updates-including notification when registration opens, please email Rebecca Christiansen at [sdca.counseling@gmail.com](mailto:sdca.counseling@gmail.com)

For additional information on Dr. Barkley, visit his website at <http://www.russellbarkley.org/>



The South Dakota Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2042. Programs that do not qualify for NBCC credit are clearly identified. The South Dakota Counseling Association is solely responsible for all aspects of the programs.

# **An Update on the Latest Research and Theory on ADHD and Executive Functioning: Implications for Management**

Dr. Barkley has developed one of the leading theories of executive functioning and its role in the the nature of ADHD. This theory is based on understanding the nature of the executive neuropsychological functions as a multi-level meta-construct and its contribution to self-regulation across time to support the individual's long-term goals and general welfare. This model views EF not just as a suite of purely cognitive capacities but as an extended phenotype from brain functioning into ever widening spheres of daily adaptive, self-reliant, and cooperative social functioning across the major domains of daily life activities in which humans must function effectively to survive and prosper. From this theory, he has developed numerous clinical implications concerning the diagnosis, assessment, and management of ADHD. Specific management principles will be developed from the theory that extends across multiple domains of major life activities.

The objectives of this presentation will focus on:

1. Understanding the nature of ADHD from the perspective of this theory and includes a discussion of each of the five major executive functions and their deficits in people with ADHD, including working memory, self-management to time, emotional self-regulation, self-motivation, and other aspects of executive functioning and self-control.
2. Show how this instrumental level of EF relates to higher levels of EF in daily life activities at the tactical and strategic levels and the impact ADHD produces throughout this hierarchy of self-regulation across time.
3. Learn the significant implications of this model for a deeper understanding of ADHD.
4. Develop a better understanding of how this theory leads to more effectively designed interventions for those with the disorder.

## **Advances in Medication Management of ADHD**

The past 10-15 years have witnessed a number of major developments in the medications and delivery systems available for the management of ADHD. Dr. Barkley here discusses the types of medications now available to ADHD management and the various delivery systems developed to extend the effectiveness of the medications across the day. For each medication, he will present the major beneficial effects and side effects. He will also discuss various issues clinicians should consider in selecting particular medications to use with a patient with ADHD, such as those issues related to the social context, the patient's characteristics, and any comorbid conditions that may exist.

The objectives of this presentation will focus on:

1. Describing the various medication types now available and FDA approved for ADHD management
2. Discussing the different delivery systems that now exist and are FDA approved for extending the effectiveness of medications across the day
3. Briefly reviewing the beneficial effects and potential side effects associated with each medication type
4. Alerting clinicians to the various issues that need to be considered in the selection of types of medications and delivery systems for individual ADHD patients (context, patient, comorbidity, etc.).

See Page 3 for additional information



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## ADHD in Adults: Diagnosis, Impairments, and Management

ADHD is now recognized as a relatively common mental disorder of teens and adults, affecting 4-5 percent of the adult population and accounting for an increasing number of referrals mental health and family practices in this country. The disorder has a pervasive impact on most major domains of daily life activities, including occupational, educational, and social functioning and health-related behavior. It is therefore imperative that mental health, medical, and educational professionals have as much up-to-date knowledge of this adult disorder and its treatment as possible.

This presentation will provide current information on the nature, comorbid disorders, adaptive impairments, and underlying nature of ADHD as it occurs in adults. Dr. Barkley will provide guidance on the diagnosis and assessment of ADHD and the need for clinical judgment beyond just employing a DSM-5 algorithm. He will also describe the most effective treatment strategies focusing particularly on counseling, medication, cognitive-behavioral therapy for executive function deficits, and educational and workplace accommodations.

The objectives of the presentation will focus on:

1. Knowledge of the primary characteristics of ADHD and its typing in adults
2. The issues involved in evaluating ADHD and adjustments required to the DSM-5 for adults.
3. Information on the likely comorbid disorders and adaptive impairments associated with ADHD.
4. An overview of the theory of ADHD as a disorder of executive functioning and self-regulation and the many implications of this theory for management.
5. An overview of proven treatments for ADHD in adults.
6. A description of the most useful school and workplace accommodations for adults with ADHD.

## LOGGING INFORMATION

SDCA has reserved a block of rooms at the Sioux Falls Best Western Ramkota Plus Hotel at the rate of \$94.99 for Thursday, September 28th. Make your reservations directly with the Sioux Falls Best Western Ramkota Plus Hotel at 605-336-0650. Guests must specify they are with the South Dakota Counseling Association to receive the group rate. The hotel block will be released on August 30th, 2017, and this rate cannot be guaranteed after that time.

### SDCA Contact Information:

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