Outline

**Why Not Medication?**
Useful as a short-term tool
Concerns with long-term use: Effects on the brain
**ADHD and the “Immature” Brain**
Brain imaging evidence of ADHD
Research regarding ADHD brain development
Frontal lobes mature more slowly in the ADHD brain
Excess theta brainwaves
Implications for treatment

**Movement-Based Strategies**
Wake up an underaroused ADHD brain
Hyperactivity as an adaptive mechanism
Play and exercise grow the brain
Role of rhythm and timing training
Integrated movement systems for ADHD
Yoga, martial arts, qigong

**Diet and Nutrition**
You are what you eat
Studies show that proper diets increase dopamine while poor diets decrease dopamine
Omega 3-6-9: What you need to know for brain health
Multivitamins/minerals: Do they make a difference? Food sensitive: the role of gluten
Pesticides
Link with ADHD
Is organic really necessary?

**ADHD and Nervous System**
Overstimulation
“Overaroused” subtype of ADHD
Stress, anxiety and ADHD: the connection
Breathwork and movement for nervous system calming
Heart rate variability biofeedback
Use a mandalynth to quiet and focus the brain

**Environmental Influences**
Video games and Social Media
Sleep deprivation
Same symptoms as ADHD
Strategies to help insomnia
Environmental toxins: lead, phthalates, pollution
Nature Deficit Disorder: time outdoors helps with multiple ADHD concerns

Objectives
1. Recognize the benefits and drawbacks of non-medication treatments for ADHD versus medication treatment.
2. Determine the most common non-medication treatments for ADHD.
3. Identify the reasons why many patients/clients request non-medication treatments.
4. Describe the safety and efficacy of non-medication treatments for ADHD.
5. Determine whether the benefits of alternative treatments outweigh the costs to the patient/client.
6. Discuss how nutraceuticals/supplements and diet may or may not influence symptoms of ADHD.

**Changing the ADHD Brain: Moving Beyond Medication**

**Seminar Schedule:**
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends
For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

**Questions?**
Call customer service at 800-844-8260

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Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a $30 cancel fee. Substitutions are permitted at any time.

**Register Early & SAVE!**
Can’t make it? Order this seminar on DVD or CD!

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Changing the ADHD Brain:
Moving Beyond Medication

- Alternatives and complements to medication
- Safety and efficacy of non-medication treatments
- Impact exercise, sleep and diet on ADHD
- Creative interventions to positively impact ADHD
- Live practice and demonstrations
- Cutting-edge research on the brain’s response to non-medication strategies

PORTLAND, ME
Wednesday, September 28, 2016
BURLINGTON, VT
Thursday, September 29, 2016

MANCHESTER, NH
Friday, September 30, 2016

PORTLAND, ME
Wednesday, September 28, 2016
BURLINGTON, VT
Thursday, September 29, 2016

MANCHESTER, NH
Friday, September 30, 2016

www.pesi.com
Changing the ADHD Brain: Moving Beyond Medication

Many persons diagnosed with ADHD prefer not to take medication. There are various reasons for this including side effects and concerns with long-term use. In this seminar, you will learn more about these reasons, as well as alternative interventions for ADHD.

Looking at ADHD from a developmental perspective, we will consider reasons for the apparent increase in ADHD diagnoses over the past two decades. By understanding the way the brain works in ADHD, you will be able to better identify a variety of strategies to significantly impact the nervous system and positively influence symptoms of ADHD in your clients.

Not only will you walk away with information about some of the most common non-medication interventions for ADHD such as computerized cognitive training, mindfulness meditation and neurofeedback, you will also learn a variety of practical strategies that can be implemented immediately and at low cost.

We will navigate the vast research on exercise, movement, diet, sleep, disruptive strategies that can be implemented immediately and at low cost. Not only will you walk away with information about some of the most common non-medication interventions for ADHD such as computerized cognitive training, mindfulness meditation and neurofeedback, you will also learn a variety of practical strategies that can be implemented immediately and at low cost.

**SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**

The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds By Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

The Whole-brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts. Including dozens of ideas: practical and age-specific strategies for supervision and behavior regulation immediately and at low cost.

LECTURE/CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance of the seminar.

**NEW YORK SOCIAL WORKERS:** A seminar of this nature is approved for 6.25 clock hours of continuing education instruction. The New York Board of Occupational Therapy has determined that these activities qualify for 6.25 continuing education contact hours. The New York Board of Nursing has determined that this seminar qualifies for 6.25 contact hours of continuing education for professional nurses. The New York State Education Department’s Commissioner-certified Continuing Education Provider, #50-NET-987, and New York Social Work Provider, #PS-0003987, give this seminar a total of 6.25 clock hours.

**NEW HAMPSHIRE SOCIAL WORKERS:** This course is eligible for 6.25 clock hours of continuing education instruction. The New Hampshire Board of Licensing Commissioners is the state agency that licenses and regulates social workers. The Board of Licensing Commissioners, 252 North Main Street, Room 219, Concord, NH 03301, grants continuing education approval to New Hampshire social workers. The Board of Licensing Commissioners, 252 North Main Street, Room 219, Concord, NH 03301, grants continuing education approval to New Hampshire social workers. This course is approved for 6.25 continuing education credits.

**NEW HAMPSHIRE COUNSELORS:** This intermediate level course is approved for 6.25 clock hours of continuing education instruction. The New Hampshire Board of Licensing Commissioners is the state agency that licenses and regulates counselors. The Board of Licensing Commissioners, 252 North Main Street, Room 219, Concord, NH 03301, grants continuing education approval to New Hampshire counselors. This course is approved for 6.25 continuing education credits.

**NEW HAMPSHIRE OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** This seminar is approved for up to 6.25 continuing education credits. The course has been approved by the New Hampshire Board of Occupational Therapy and is included in the Occupational Therapy Continuing Education Program approved by the American Occupational Therapy Association, Inc. (AOTA). AOTA’s approval of an educational offering does not imply endorsement of the offering’s content or guarantee its quality.

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Your satisfaction is our goal—and our guarantee. If you are not satisfied with this seminar, we’ll make it right.