

Title IV-E Collaborative Presents,  
A PESI, Inc. Presentation

## Changing the ADHD Brain: Moving Beyond Medication

David Nowell, Ph.D.

David Nowell, Ph.D., is a clinical neuropsychologist in private practice in Northborough, Massachusetts. He offers consultations to patients on an inpatient rehabilitation unit and is an adjunct instructor in neuropsychology to graduate students in the Clark University psychology program. He serves as a physician advisor with the University of Massachusetts Medical School Disability Evaluation Service where he was the former clinical director of the Learning Disability Assessment Program. Dr. Nowell writes a popular blog at Psychology Today on motivation and time management, and speaks internationally to clinicians on such topics as executive functioning, non-medication management of ADHD, and applying findings from Positive Psychology.

Thursday, February 18, 2021

9:00 AM to 5:00 PM

**ZOOM**

Registration ends Wednesday, February 10<sup>th</sup>

Links sent out Friday, February 12th

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 technologies, supplements, and the impact of the environment on ADHD, summarizing the findings and applying the information to "real life." You will leave this seminar with the tools and knowledge to develop a holistic approach to working with adults and children with ADHD.

**OBJECTIVES:**

1. Articulate the relationship between the frontal lobe of the brain and ADHD symptomology for the purpose of client psychoeducation.
2. Determine the impact of movement and exercise on the reduction of ADHD symptoms as it relates to assessment and treatment planning.
3. Implement treatment interventions for improving impulse control and working memory in clients.
4. Analyze the influence of diet and nutrition on ADHD symptoms in relation to assessment and treatment planning.
5. Develop clinical strategies to calm the nervous system of clients diagnosed with ADHD.
6. Consider the clinical implications of environmental influences on ADHD symptoms in clients.

For more information regarding CEUs for this training, please contact the Title IV-E Collaborative at [T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)

### Eligible County Employees

For questions contact Staff Development & Training at  
[Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

\*Must obtain Supervisor approval prior to registering\*

### Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions, please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)