

International Focusing-Oriented Therapy Conference

June 22-25, 2017 Garrison Institute, Garrison, NY

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Disorganized, Overwhelmed, Anxious, Depressed: Using a relational, Focusing-oriented approach to treat adult ADHD

Learning Objectives:

Attendees to this workshop will be able to:

- 1. Name at least five symptoms of adult ADHD (including two experiential symptoms). 2. Explain how undiagnosed childhood-onset ADHD with minimal hyperactivity/impulsivity frequently

manifests as emotional dysregulation and distress in adult clients 3. Name three aspects of a phenomenological, Focusing-oriented approach to treating adult ADHD How much did you learn as a result of this CE program? 1 3 2 5 very little great deal **Program Design** (Circle number to indicate your level of agreement / disagreement) Strongly Disagree Strongly Agree 1. The program content met my needs 2 5 2. Length of the program was adequate 2 5 3. What did you like most about the program? 4. What specific things did you like least about the program? 5. If the program was repeated, what should be left out or changed? **Program Objectives**

Based on the program I am able to: Strongly Disagree Strongly Agree 1. Name at least five symptoms of adult ADHD (including two experiential symptoms) 2 3 5 2. Explain how undiagnosed childhood-onset ADHD with minimal hyperactivity/impulsivity frequently manifests as emotional dysregulation and distress as well as "hidden" cognitive impairments in adult clients. 2 5 3

3. Name three aspects of a phenomenological, Focusing-oriented approach to treating adult ADHD



Evaluation of Faculty in stated area:

		Strongly Disagree		Strongly Agree		
1.	Content was presented in an organized fashion	1	2	3	4	5
2.	Content was presented clearly and effectively	1	2	3	4	5
3,	Was responsive to questions/comments	1	2	3	4	5
4.	Teaching aids/audio visuals were used effective	ly1	2	3	4	5
5.	Teaching style was effective	1	2	3	4	5
6.	Content met stated objectives	1	2	3	4	5
7.	Content presented was applicable to my practic	e1	2	3	4	5

D. As a result of attending this program, I see the value to me in the following ways (check all that apply)

- o I gained one or more specific ideas that I can implement in my area of practice
- I learned a new approach to my practice
- o It may help me do a better job
- o I don't see the impact of the program on my job
- o Other

Supporting Citations:

Knouse, L. E., Cooper-Vince, C., Sprich, S., & Safren, S. A. (2008). Recent developments in the psychosocial treatment of adult ADHD. *Expert Review of Neurotherapeutics*, 8(10), 1537+.

Muller, U., & Asherson, P. (2012). Addressing common misconceptions about attention deficit hyperactivity disorder in adults. *Neuropsychiatry*, 2(3), 185+

Philipsen, A. (2012). Psychotherapy in adult attention deficit hyperactivity disorder: implications for treatment and research. *Expert Review of Neurotherapeutics*, 12(10), 1217+.

Retz, W., Stieglitz, R.-D., Corbisiero, S., Retz-Junginger, P., & Rosler, M. (2012). Emotional dysregulation in adult ADHD: what is the empirical evidence? *Expert Review of Neurotherapeutics*, *12*(10), 1241+.

Other comments are most welcome:

NAME (optional)
