

Adult ADHD

A functional roadmap for clinicians

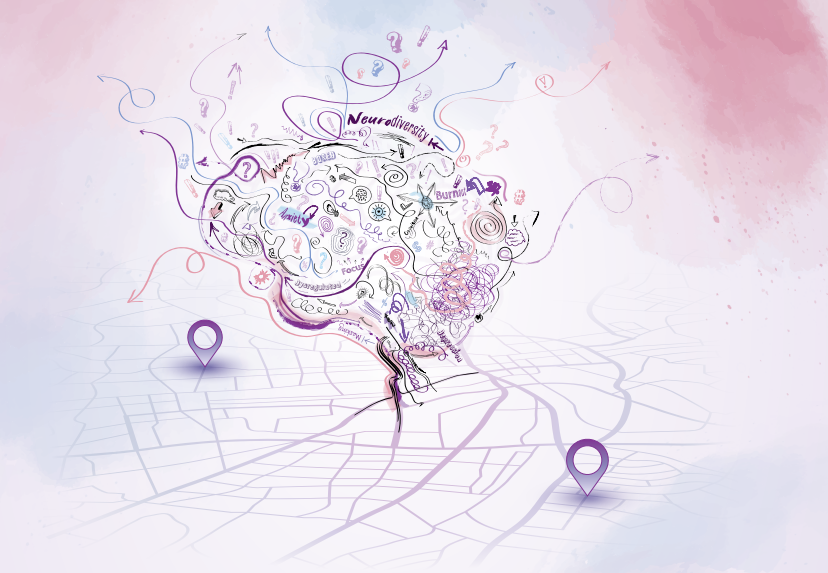
ABOUT OUR SPEAKERS

Jules Galloway is a passionate naturopath, speaker, mentor and podcaster.

With over 16 years clinical experience, Jules has made it her mission to help people recover from fatigue, burnout and chronic illness. She's guided thousands back to health through her eCourses, Workshops, eBooks and podcasts. She also sees clients via Zoom, and has a special interest in complex cases.

A recent late diagnosis of ADHD has sent her down a new rabbit hole, and she has become dedicated to learning about all things mental health.

Purchase seminar ticket or recording at
biomedica.com.au/seminar



Dr Michelle Livock is a clinical neuropsychologist based in Brisbane, Australia. She completed her undergraduate degree in psychology at the University of Queensland, and her Masters and PhD in clinical neuropsychology at the University of Melbourne.

Michelle is a neurodiversity affirmative therapist. She believes strongly in the power of cultivating self-awareness, compassion, and resilience and she is passionate about the intersection between women's mental health and neurodivergence. Michelle is the co-host of The Neurodivergent Woman Podcast.

Can't make it to the in-person event?

Purchase the recording at biomedica.com.au/seminar

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SYNOPSIS

Attention Deficit Hyperactivity Disorder (ADHD) is currently classified as a neurodevelopmental disorder that is characterised by symptoms such as inattention, hyperactivity, and impulsivity. Despite its prevalence, ADHD remains widely misunderstood, and individuals often face stigma and discrimination. ADHD is known to significantly affect an individual's daily functioning, social interactions, and overall quality of life, yet diagnosis is often missed, especially in adult women, with individuals labelled as "anxious or depressed", "burnt out" or even "just lazy".

Traditionally, ADHD has been viewed as a deficit or disorder, with a focus on correcting behaviours to fit in with neurotypical expectations. However, a growing body of research suggests that ADHD is better understood as a difference in cognitive functioning, rather than a pathology. As such, there has been a shift towards neurodiversity-affirming approaches to managing ADHD in both children and adults.

It is increasingly recognised that mental health presentations, cognitive dysfunction and other common symptoms encountered in everyday practise may have an underlying ADHD component.

Given the frequency with which common ADHD symptoms arise in clinical practise, it is essential that clinicians are able to identify, manage and refer patients presenting with a possible or confirmed ADHD diagnosis, utilising a person-centred approach. Therefore, this will be an engaging and relevant event for all clinicians, regardless of their area of practice.

A neurodiversity affirming paradigm recognises and celebrates the unique strengths, challenges, and perspectives of individuals with ADHD.

Seminar sessions running from 10am – 4pm
Registration and morning tea from 9am
CPE: 4.25 learning hours

INVESTMENT

Early bird \$79
ends July 31st

Standard \$99
ends 6 days prior
to live event

Students 20% off
active ticket price

EVENT LOCATIONS AND DATES

2nd September
Rydges Hotel
Melbourne

9th September
Hotel Grand
Chancellor Brisbane

16th September
Aerial Function
Centre, Sydney UTS



Dr Michelle Livock

Dr Michelle Livock will provide the essential foundations for neurodiversity affirming practise when working with ADHDers. The neurodiversity affirming paradigm is an essential rework in our understanding of conditions like ADHD. Rather than seeing ADHD as something dysfunctional or defective that needs to be treated, we now understand that this neurodivergence is part of the natural biodiversity in the human population. To be a neurodiversity affirming practitioner, it is essential to have a thorough working knowledge of how to identify common neurodivergences, like ADHD, and how to work with the ADHD brain rather than against it.



Jules Galloway

ADHD diagnoses are sharply rising, especially in adults. Whether you choose to make mental health your niche or not, you WILL be seeing ADHD clients in your practice. In this event, Jules will provide a comprehensive guide for working with ADHDers, managing symptoms, and identifying underlying causes/drivers of dysfunction. She will then take you through a guide to both traditional and cutting edge naturopathic treatments to create better patient outcomes and build confidence as a practitioner.



Hosted by Tabitha McIntosh

Tabitha is an accomplished presenter, with two decades of experience in clinical practise.

KEY LEARNING OUTCOMES

Session 1: An introduction to the neurobiology of ADHD

Presented by Michelle Livock

- › Understand the neurodiversity affirming paradigm and the social model of disability.
- › Understand the core features of an ADHD brain and how these relate to the three diagnostic categories of ADHD.
- › Learn how to screen for ADHD in your clients, and what to do next if ADHD is suspected.
- › Key strategies and factors to be aware of when working with ADHDers in a health context.

Session 2: What is ADHD?

Presented by Jules Galloway

- › How ADHD presents in adults, and how it can vary between males and females.
- › Why ADHD often goes undiagnosed or misdiagnosed for decades.
- › Common comorbidities to be on the lookout for in ADHDers.
- › A guide to current medical treatments for ADHD and their effects.

Session 3: What drives ADHD symptoms?

Presented by Jules Galloway

- › The gut-brain axis and inflammation in ADHD.
- › Nutritional imbalances and other underlying factors to consider.
- › A guide to pathology testing.
- › “Putting the fire out” and balancing the gut, for a calm mind and better neurotransmitter balance.

Session 4: Natural management of ADHD symptoms

Presented by Jules Galloway

- › Improving cognition, memory and focus.
- › Management of common comorbidities.
- › Working safely and effectively alongside stimulant medications (including the management of medication side effects).
- › Natural management of ADHD (including herbal, nutritional, dietary and lifestyle considerations).