



Smart but Scattered Adults: Helping ADHD Clients Strengthen Executive Skills

Presented by

Peg Dawson, Ed.D.

June 21, 2024

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET

Overview Executive skills are underlying brain processes that help people manage their everyday lives, get things done, control their emotions, and help them manage obstacles that interfere with productivity and behavior change. Many adults with executive skill challenges struggle to finish college, hold down a job, progress in their career, or maintain satisfactory relationships with friends and family. Failure and the recognition that they are working well below their potential erode self-confidence, eat away at self-esteem.

Even highly motivated clients with executive skill challenges struggle to follow through on the changes they need to make to improve their physical or emotional well-being. They know they need to change, they know what they need to do to change, they may even be able to take a step or two toward making those changes—and then they plateau or give up. What’s getting in the way is not their unwillingness or resistance to change, but weak executive skills.

This webinar will provide an overview of the executive skills that play a central role in the ability to function successfully in three domains: in the workplace, in the home, and in relationships.

Objectives: Participants will be able to:

- Assess executive skill strengths and weaknesses in your clients effectively
- Develop realistic action plans tailored to individual needs and goals in any settings or situation
- Identify the best way to restructure a client’s environment to reduce the impact of weak executive skills
- Implement practical strategies to enhance executive functioning in daily life
- Identify how to overcome obstacles and maintain progress on their journey

9:00 am Introduction to Executive Skills

- Participants determine their own executive skills profile
- How to interpret results on the Executive Skills Questionnaire (ESQ)
- Executive skill development across the lifespan
- Overview of the 12 executive skills comprising the “Smart but Scattered” model

10:30 am Break

10:45 am Intervention Strategies for the 12 Executive Skills

- Individual skills and strategies for each skill

12:15 pm Lunch

1:00 pm Executive Skill Challenges in ADHD Adults

- An overview of the relationship between ADHD and executive skills
- The impact of ADHD on behavior and implications for treatment
- Overview of coaching adults with ADHD
- Distinction between coaching and therapy
- Key components of coaching

2:30 pm Break

2:45 pm Coaching for Behavior Change

- Steps in the coaching process
- 3 contexts of coaching for behavioral change-home, workplace, relationships
- Three strategies to manage executive skill challenges-Environmental modifications, using short-term incentives & strategies for skill enhancement
- Case study
- Wrap-up focusing on key strategies—the “biggest bang for the buck”

4:15 pm Program End

Dr. Peg Dawson: In over 40 years of clinical practice, Dr. Peg Dawson has worked with thousands of children who struggle at home and in school. At the center of their struggles are often weak executive skills. Along with her colleague, Dr. Richard Guare, she has written numerous books on this topic for educators, mental health professionals, and parents, among them *Smart but Scattered*, *Smart but Scattered Teens*, *Executive Skills in Children and Adolescents*, and *Coaching Students with Executive Skills Deficits*. Peg is also a past president of the National Association of School Psychologists, and the International School Psychology Association, and is a recipient of NASP’s Lifetime Achievement Award.

ACCREDITATION

Practice Level –Intermediate

- *J&K Seminars, LLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (6 hours)*
- *This course has been approved by J&K Seminars, LLC, as a **NAADAC Approved Education Provider**, for educational credits. NAADAC Provider #103381, J&K Seminars, LLC is responsible for all aspects of the programing (6 hours)*
- *J&K Seminars LLC, Provider #1080, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. J&K Seminars maintains responsibility for this course. ACE provider approval period: 01/27/2024– 01/27/2027. Social workers completing this course receive 6 Clinical continuing education credits.*
- *J&K Seminars, LLC has been approved by **NBCC** as an Approved Continuing Education Provider, ACEP No. 5599. Programs that do not qualify for NBCC credit are clearly identified. J&K Seminars is solely responsible for all aspects of the programs. (6 CE Credits)*
- *This program has been approved by the **Pennsylvania Board of Social Workers, Professional Counselors, and Marriage and Family Therapists** (6 hours)*
- ***Pennsylvania Department of Education – Act 48** approved for (6 hours)*
- *J&K Seminars, LLC, is recognized by the **New York State** Education Department's State Board for Psychology as an approved provider of continuing education for **Licensed Psychologists** #PSY-0140. (6 hours)*
- *J&K Seminars, LLC, is recognized by the **New York State** Education Department's State Board for Social Work as an approved provider of continuing education for **Licensed Social Workers** #SW-0174. (6 hours)*
- *J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Marriage and Family Therapist** #MFT-0041 (6 hours)*
- *J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Mental Health Counselors**. #MHC-0077. (6 Hours).*
- ***Ohio** Counselor, Social Worker, Marriage and Family Therapist- RCST111404 (6 hours)*
- ***State of Illinois** Department of Professional Regulation – J&K Seminars, LLC is a Registered Social Worker Continuing Education Sponsor – License #159-000833, and Marriage and Family Therapy Continuing Education Sponsor – License #168-000195 (6 hours)*
- *J&K Seminars is an approved provider with the **Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling**. Provider Number 50-1062. (6 hours)*
- *J&K Seminars, LLC is authorized by the **Board of Social Work Examiners in Maryland** to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category I continuing education units. (6 hours)*
- *J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Professional Counselors for Licensed Professional Counselors** – Provider #1835 (6 hours)*
- *J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Marriage and Family Therapists** – Provider #824 (6 hours)*



We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

Disclosure of potential conflicts of interest: The speaker receives royalties from the sale of books and has a website.

All Professionals (except psychologists) must complete the online feedback form to receive their CE certificate.

Refund Policy: We provide full refunds for cancelations made before the Webinar begins. If for any reason the program is cancelled, the liability of *J&K Seminars, LLC* shall be limited to a full refund of registration fees.

For more information, phone (800) 801-5415 or email - JK@jkseminars.com/ FAQ



Smart but Scattered Adults: Helping ADHD Clients Strengthen Executive Skills

Presented by
Peg Dawson, Ed.D.
June 21, 2024

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET

	<u>Registration Fee</u>
Individual Early Registration (received by May 13) _____	\$165 per person
Two or more together at the same time (by May 13) _____	\$155 per person
Regular Registration (May 14– June 14) _____	\$185 per person
Late Registration - (No Registrations After June 19) _____	\$200 per person

Please Print - Name & Degree as you want them to appear on your CE certificate

Name _____ Degree/License _____

Agency _____
Mailing Address to receive your nametag & receipt: ___ Home ___ Work

Street _____

City/State/Zip _____

Phone (W) () _____ (H) () _____

Fax () _____ Email _____

Additional Information

Your Profession: _____

Type(s) of CE Credit Desired: _____

FID# 23-3072383

Visa/MC/Disc/Amex# _____ Exp. _____ Signature _____

3-Digit Verification # on back of Visa/MC/Discover _____ 4 digit # on front of AMX _____

\$ _____ Amount Authorized/Enclosed - Make Checks Payable To: **J&K Seminars**

Send payment & registration form to J&K Seminars, 904 Church Rd, Wyncote, PA 19095 –1601
OR Register By Phone (800) 801-5415 OR FAX (717) 393-4605 OR online at www.JKSeminars.com

Audience - Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol
- counselors
- marriage & family therapists
- music therapists
- case managers
- rehabilitation counselors
- graduate students

About our Live Interactive Webinars

If you've never experienced one of our Webinars, we think you will like this modality. We make it easy. The Zoom Webinar we use requires no special software. You can view our Webinars on any internet connected device that has sound. You don't need a camera. We email the Zoom links with clear instructions, reminders and lots of backup support.

With our Zoom Webinars you will not see the other attendees, but you will have several ways to interact with our speakers in real time. There is no posttest. The CE credits you earn count as in-person by most professional boards. We will email your certificate within a week of the Webinar. It takes us a few days to verify your attendance and the completion of your Feedback form.

We do not provide CE credit to webinar participants watching in groups. Attendees must register and login individually to receive credit. Please contact us if you have additional questions or concerns.

Bonus: attendees can access the recorded Streaming Video of this Webinar for 30 days following the presentation.