



Invites you to a one day workshop

Managing Adult ADHD
How to beat it with or without medication.

presented by

Dr Caroline Stevenson, Clinical Psychologist

Date:	Friday, 25th May 2018
Time:	9.30am. to 4.30pm. Registration and Coffee from 9am.
Venue:	PARRAMATTA RSL CLUB, Cnr Macquarie and O'Connell Sts, Parramatta
Registration fees:	\$352 (GST incl) Morning tea, afternoon tea and lunch provided
Super Early Bird Special:	20% discount for those people registering and paying in full by 25 th March 2018
Early Bird Special:	10% discount for those people registering and paying in full by 25 th April 2018
Full time students receive a 20% discount – a copy of your current student card needs to be sent with your registration form.	

Workshop description:

This workshop will provide an overview of the research on adult ADHD. A theoretical and practical understanding of adult ADHD symptoms will be provided.

Clinically, adults present with procrastination, problems managing stimulation, organisation difficulties, attention problems and impulsivity as the primary complaints.

This workshop will discuss the key strategies for helping adults manage these challenging symptoms.

Learning outcomes:

- ✚ Participants will have a good understanding of the executive functioning difficulties in adult ADHD.

- ✚ Participants will discuss assessment of adult ADHD and learn the pros and cons of different assessment tools.
- ✚ Participants will learn a range of cognitive remediation strategies to help manage the symptoms of adult ADHD.

About the speaker:



Caroline Stevenson graduated from the University of Sydney in 1999 with a Masters degree and a PhD in Clinical Psychology. For her PhD she developed and evaluated the first behavioural treatment program for adult AD/HD. This research has been recognised by the NHMRC, and by international scientists and clinicians, as a milestone in the management of this condition.

Caroline has had an on-going commitment to teaching and research. She has worked at Macquarie University and at The NSW Institute of Psychiatry, most recently supervising the first clinical trial evaluating the effectiveness of the 1-2-3-Magic child behaviour program. She has taught in academic settings on AD/HD, learning difficulties, and child and adolescent behaviour problems, and presented at medical and scientific conferences on these topics. She has also supervised other clinical psychologists in practice, as well as Masters and PhD students. She has been extensively involved with peak community organisations supporting people with AD/HD, currently serving on the board of AD/HD Australia.

Working in a range of clinical settings since graduation, Caroline has amassed an extensive range of experience relating to the management of AD/HD and its associated problems in children, adolescents and adults. This has included working as a clinical psychologist for the Sydney Children's Hospital Learning Difficulties Clinic, The Prince of Wales Adolescent Service and The Northern Beaches Adolescent Service.

Venue:

Parramatta RSL is about a 10 minute walk from Parramatta Station. Alternatively there is a free Loop bus from Parramatta station, which runs every 10 minutes, and stops in Macquarie St near the RSL. There is a car park available across the street from the RSL club, which can be entered via Macquarie St where there is LIMITED free parking if you get your ticket stamped by the RSL Club before leaving. There is also user-pay parking available in Hunter St.

