

# ADHD Practitioner Certificate Course October 24

## ADHD Training Course

21 hours over 3.5 days

Sessions are 90 mins each

Course days start at 10am and finish at 5pm (Irish Time)

Lunch break 1-2pm each day

There will be two 15-minute breaks (1 in the morning and 1 in the afternoon, except day 4)

<b>Date: Sunday 13th of October</b>	<b>Trainer</b>	Content	<b>Learning Outcomes</b>	<b>Zoom Links</b>
<b>Session 1</b>	Maqqi & Gillian	Breaking down the orthodoxy	Diagnostic criteria for ADHD and Autism – what are they, how relevant are they and how do they overlap.  Exercise exploring diagnostic criteria  How do our understandings of ‘Autistic’ and ‘ADHDer’ clash and conflict	

			<p>How does the medication solution for ADHD inform approaches to ADHD and AuDHD</p> <p>How does that shape public and clinical responses</p>	
Session 2	Maqqi & Gillian	What does this look like vs. What does it feel like	<p>The stigma of ADHD from 'lazy child' to 'unproductive adult' – a lifetime of 'failure'</p> <p>Object permanence, memorisation, focus, processing, and organisation</p> <p>Social isolation, socialising, and expectations – rejection sensitivity and shame</p> <p>Shame, rumination, coping strategies and chronic trauma</p> <p>How it feels to be judged &amp; policed, and the real world consequences</p> <p>Group discussion on what we've learned so far</p>	

Lunch	1-2pm IST	Lunch		
Session 3	Maqqi & Gillian	Building a new picture of AuDHD reality	<p>The effect of the Autistic/ADHD characteristic clash</p> <p>Trauma and shame revisited. Daily Masking and unmasking – the pain of Self</p> <p>Attention, memorisation, and recall Human interaction: social anxieties, communication &amp; processing</p> <p>A multitude of physiological impacts, and aging as an AuDHDer</p> <p>A truckload of copium: impulsivity, isolation, depression, self-hatred and addiction</p> <p>From DUSK to DAWN: a new light – creativity and joy as an AuDHDer</p>	
Session 4	Maqqi & Gillian	Where do we go from here	<p>Summary of the day</p> <p>Reflective exercise</p> <p>Group discussion Looking forward to coming modules</p>	

<b>DAY 2 - Saturday 19th of October</b>  Session 5	Eoin Stephens	Typical client presentations in sessions Client examples	Understand what adjustments in knowledge and practice may be need when working with ADHD clients	
Session 6	Eoin Stephens	Common problems with issues of living and with mental health issues	Gain familiarity with some of the common problems the ADHD clients may need therapeutic help with	
Lunch	1-2pm IST	Lunch		
Session 7	Eoin Stephens	CBT? MI? Demo session by trainer	Begin to develop a feel for working with ADHD clients	
Session 8	Eoin Stephens	Practice sessions in dyads	Begin to develop a feel for working with ADHD clients	

<p><b>DAY 3 - Saturday 9th of November</b> Session 9</p>	<p>Katie Kerley</p>	<p>Blended Neurotype</p>	<p>Multiple Neurodivergences – ADHD/ AuDHD, Dyspraxia, Dyslexia etc</p> <p>Sensory Processing Differences</p> <p>Mental Health Experiences</p> <p>Trauma</p>	
<p>Session 10</p>	<p>Katie Kerley</p>	<p>Gender and lifespan differences</p>	<p>Is the experience different based on gender?</p> <p>The influence of hormones</p> <p>Gender non-conforming, non-binary and trans experiences</p> <p>Are there differences across the life span?</p> <p>What happens as we age?</p>	
<p>Lunch</p>	<p>1-2pm IST</p>	<p>Lunch</p>		

Session 12	Katie Kerley	Exploring Experiences as they relate to occupation and every day life	Things to explore in order to develop the meaningful, purposeful, joyful existence:  Sensory processing  Previous experiences  Role and identities  Habituation, volition and personal causation  The environment and context  Performance Capacity -skills, abilities, knowledge etc  Spoons/ energy accounting  Interests, desires, passions	

<p><b>Day 4 - 10th of November</b> Session 13</p>	<p>Katie Kerley</p>	<p>Supporting Clients</p>	<p>What expectations and demands are we placing?</p> <p>What language we use</p> <p>Engaging in any form of therapy is a demand in itself.</p> <p>How do we manage follow up, or carry over when this may be difficult</p> <p>Set-up considerations</p>	
<p>Session 14</p>	<p>Katie Kerley</p>	<p>Lifestyle Design</p>	<p>How to manage executive function differences.</p> <p>How to build a life that caters to a different mind</p> <p>Building a bespoke life</p> <p>Sensory Lifestyle</p>	

[RETURN TO COURSE](#)