

The ADHD Brain – Science, Strategies and Stories

Saturday November 11th, 8:30am to 4pm. The Niche, 11 Aberdare Rd Nedlands

Join us for an in-depth look at the **ADHD Brain** at all ages – from all angles
Gourmet lunch and morning tea provided

The Neuroscience of ADHD and Medications – Professor Wai Chen

Hear an overview of the brain receptors and neurocircuits relevant to ADHD in everyday terms. Find out how each different medication acts on the relevant receptors and neurocircuits and how dosages can be finetuned for maximum benefit.

The ADHD Brain and Learning – A/Professor David Lawrence & Mr Benjamin Goodsell

The Young Minds Matter Survey examined NAPLAN records of 5,000 adolescents. This presentation will present evidence showing that students with mental disorders have poorer academic outcomes than their peers. Students with ADHD and conduct disorder had the lowest academic performance of all. Hear the authors' recommendations, including: early childhood interventions, and on-going management for adolescents

The ADHD Brain and Sleep – Professor Desiree Silva and Mr Martin Exell

Good sleep is important for both physical development and mental wellbeing. Chronic sleep deprivation can result in poor concentration at school, work and restless, irritable daytime behaviour. Children and adults with ADHD have a high incidence of sleep problems. This talk will focus on case presentations, practical questions and solutions to consider when children and adults with ADHD have sleep issues.

The ADHD Brain and Computer Addiction – Mr Derek Cohen

Screens are everywhere. Children today have grown up with them and they are an accepted and expected part of their lives. Studies demonstrate that the ADHD brain is especially vulnerable to the lure of screens. Is there a line we may draw that decides where use becomes abuse? What guidelines and strategies could be put in place for individuals and families?

The Brain and Exercise – Dr Bonnie Furzer PhD/AEP, Dr Ashleigh Thornton PhD, and Ms Kemi Wright

This workshop will provide an overview of the role of exercise for the developing brain. We will also focus on the role of exercise in children and adolescent mental health. Practical tips and strategies will be provided to encourage the motivation and confidence to be physically active.

The Second Brain (Microbiome) – Professor Susan Prescott

We are made up of 90% bacterial genes and only 10% human genes. Most of our bacterial genes live in our gut and can have control over most organs including our brain. What we eat and how we interact with our environment can also affect our mood, anxiety and ADHD symptoms, which are now thought to be directly related to our gut bacteria. Having diverse healthy gut bacteria is good for our mental health.

Early Bird Bookings – until October 9th:

LADS Members \$55
Non-Members \$105

After October 9th:

LADS Members \$75
Non-Members \$125

Places limited. Book early to avoid missing out. Bookings can be made HERE:

https://www.stickytickets.com.au/58782/lads_november_seminar_the_adhd_brain.aspx

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