



Utah County CHADD AD/HD Support Group

For parents and educators of children with AD/HD, and/or adults with AD/HD

Upcoming Speakers & Topics



THURS. MARCH 8, 2018

Too Stressed to Learn: Practical Strategies for Getting Worry & Anxiety Out of the Way in the Classroom, During Homework and Beyond

AUDIO/VISUAL presentation by: **Susan Bauerfeld, PhD**

Susan is a licensed clinical psychologist and a coach specializing in parenting and ADHD. She currently works in private practice in Wilton, CT. Susan tries to help people understand their challenge(s), learn and practice strategies and skills for achieving goals of change as well as to build and/or maintain a solid support system. The current focus of her work is heavily influenced by her experiences raising three wonderful, challenging boys in a fast paced, competitive community within a swiftly changing world. She is passionate about trying to help parents learn how to listen and communicate better and to be calm and connected with their children. She is also passionate about helping individuals and families affected by ADHD to learn how to “unwrap the gifts”, “love what is”** and find ways to feel more connected, confident and successful.

*Edward Hallowell, MD, **Byron Katie



THURS. APRIL 12, 2018

Improving Focus Through Neurofeedback

Presented by: **Eileen Jacobson, M.S.**

Eileen Jacobson received her Bachelors Degree in psychology and her Masters degree in Marriage and Family Therapy from BYU. She has had additional training in neurofeedback from the EEG Institute in Woodland Hills, California. She is in private practice in Mapleton, UT. Her specialty is combining neurofeedback and counseling to address attention, chronic pain/migraine and other mental health issues. Her interest in neurofeedback began as part of a search for solutions for her son with learning disabilities, high energy and a very short attention span. When not at work, Eileen gardens and homeschools her two youngest children.



THURS. MAY 10, 2018

The Art of Parenting Your Child with ADHD: Strategies That Work

Presented by: **Marshall Lamm, CMHC**

Marshall works with a wide variety of clients and has a proficiency working with depressive and anxiety issues, trauma, grief, OCD, ODD, ADHD, marital issues, and pornography addiction. Marshall runs highly effective pornography addiction recovery groups as well. He has a warm, enthusiastic, empathic, genuine, and loving approach to his work. Marshall couldn't work without a good sense of humor either. He loves what he does, and the majority of his patients tell him they really enjoy their therapy session and benefit greatly from them!

MEETING TIME & LOCATION

Presentation / Q&A
7:00 - 8:30pm

Group Discussion
(Informal discussion led by group members)
8:30 - 9:00pm

at Provo City Library
550 North University Ave., Provo
Young-Card Room #308

REASONS TO ATTEND:

- Meet other people who understand the impact of AD/HD and learn how they are coping with the same issues that you are experiencing.
- Learn some new strategies and share those that have worked for you to make your life more manageable and enjoyable.
- Learn more about AD/HD from special guest speakers and local health-care professionals.
- Sometimes we just need to be heard, or to relay our frustration without being judged, in an atmosphere of honesty and hope.

OUR SUPPORT GROUP MEETINGS:

- Are facilitated by parent volunteers.
- Do not endorse products, services, publications, medications or treatments.
- Are NO CHARGE to attend.
- Are held EVERY SECOND THURSDAY of each month except for July, August and December.
- Include educational presentations as well as group discussion time.

Email questions to:
info@chaddofutah.com

Visit our websites:

CHADD of Utah:
www.chaddofutah.com

CHADD National:
www.chadd.org