



Utah County CHADD ADHD Support Group

For parents and educators of children with ADHD, and/or adults with ADHD

Upcoming Speakers & Topics



THURS. NOV. 8, 2018

Expectations, Effort & Resilience: Preparing our children for success in the world

Presented by: **Dr. Suzanne Plowman**

Dr. Suzanne Plowman is a licensed psychologist providing psychotherapy and psychological evaluations at her private practice in Lehi. She assists clients with life changes and transitions, relationship dissatisfaction, addictive behaviors, and managing depression, stress, and anger. Dr. Plowman utilizes cognitive-behavioral strategies to decrease self-defeating behaviors, improve skills in mindfulness, emotional regulation, and distress tolerance and employs behavioral principles to assist families with educational, behavioral, and parenting challenges.

Dr. Plowman is the clinical psychologist for the Alpine School District and also holds current teaching credentials for both special education (K-12+) and elementary education (1-8th grades). She has more than 20 years' experience teaching, evaluating, and assisting public education students in Maryland, Virginia, California, and Utah and has directed district special education programs in both California and Utah. During the school year, Dr. Plowman provides school-based mental health therapy to students with significant emotional and behavioral challenges and is a member of the district behavior team. She has been instrumental in helping families and students work effectively with the educational environment to find solutions that promote academic success.

Dr. Plowman earned her doctorate in counseling psychology at Brigham Young University, where she served as an adjunct professor and participated in research on school behavioral interventions, eating disorders, self-esteem, and women's issues. Currently, she is a member of the Utah Psychological Association board as the task force chairperson for Optimizing Access to Appropriate Psychological Testing.



THURS. JAN. 10, 2019

Emotional Correlates of ADHD

Presented by: **Klint Hobbs, Ph.D.**

I completed my undergraduate degree at Utah State University and earned my Ph.D. at Brigham Young University. While at BYU I received specialized instruction and experience in ADHD, learning disability, and psychiatric assessment. Following the completion of my Ph.D. I worked for 10 years at Texas Tech University, where I conducted psychotherapy and supervised psychological assessment. I recently returned to BYU, where I work as an Assistant Professor at BYU's Counseling and Psychological Services. Complete Evaluations represents an opportunity for me to continue to offer my psychological assessment experience and skills to the broader Utah County community.

I'm the happily married father of four children, and my most rewarding role in life is being a family man. I'm a movie buff and can gladly examine and deconstruct films, often to the exasperation of my family and friends! I've been interested in psychology since I was very young, and I'm extremely fortunate that I get to practice psychology every day to help others.

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 ADHD 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 ADHD 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