

# **Kevin Blake - Adult ADHD Targeting Executive Skills to Manage ADHD in Adults**

Faculty:

Kevin Blake

Duration:

6 Hours 24 Minutes

Format:

Audio and Video

Copyright:

Nov 02, 2018

## **Description**

A young man calls you to make an appointment, saying once again he has lost his job and that over the last nine years he has lost, or been asked to resign from eight jobs. The appointed time arrives and he does not show. Later that day he leaves a voicemail apologizing for forgetting his appointment and asks to reschedule. He admits that even if he remembered the appointment he would not have made it because he lost his car keys. The appointment is rescheduled and he arrives 20 minutes late. As he sits down he shares he received a speeding ticket on his way here and has had over 50 previous citations. Also, he doesn't understand why he keeps losing his jobs, as he was always known to make many sales. He then described a litany of stormy relationships with lovers even saying one girlfriend told him he is "reliably unreliable." He appears disheveled, anxious and demoralized. Talking incessantly while not seemingly able to tell a story in a logical sequence.

Adults portraying Attention-Deficit/Hyperactivity Disorder (ADHD) often come to see you in hopes of making their life less chaotic and improving their day-to-day interactions with others. They really want to change but simply do not know how. You have your usual strategies to use, but will it be enough? Do you have the tools necessary to facilitate real changes and ease their pain?

Let Dr. Blake share with you tried and true evidence-based techniques, skills & methods that can be easily applied with your adult ADHD clients to immediately improve their quality of life. You will learn the latest strategies to treat impaired executive function, the core issue of difficulty in adults with ADHD. These practical, easy to apply methods will help your adult clients improve their time/task management, personal organization, & planning, thus improving many aspects of their life including employment, relationships, physical & mental health, grooming, driving, parenting, etc. Dr. Blake will also teach you how to coordinate treatment

with other necessary professionals inclusive of physicians, speech-language therapists, professional organizers, ADHD coaches, job coaches, academic tutors, career counselors, etc.

## Handouts

Manual – Adult ADHD (2.95 MB)	80 Pages	Available after Purchase
Instructions for ASHA Credit – SELF STUDY ONLY – 11/02/18 (0.03 MB)	Available after Purchase	

## Outline

### **Diagnose ADHD & Measure EF in Adults**

#### **Diagnosis**

- The Big 3
- Ratings scales
- Questionnaires
- Semi-structured interviews
- Impairment Index
- Collaterals

#### **Measuring EF**

- Adult executive functioning inventory
- Brief-A
- Comprehensive executive function inventory
- WAIS-IV and WJ-IV
- NIH toolbox cognition battery
- Barkley's rating scales

### **Adult ADHD Treatment**

#### **The Big 4 & 4 Steps**

- Therapeutic effect of diagnosis
- Medication-genetic testing
- Psychoeducation
- Accommodation
- Comorbidities: ADHD, Inattentive presentation-restrictive, or sluggish cognitive tempo
- Specific Learning Disorder
- Autism Spectrum Disorder

- Sleep disorders
- Depression & anxiety
- Personality disorders

## **EF Techniques & Strategies**

### **Organization, Planning & Time Management**

- Clinical Interventions to bring order to the disorganized mind
- The 30 to 40% rule for inattention, impulsivity/hyperactivity & ADHD

### **Impulse Control & Self-Regulation**

- CBT & internalized speech
- Overcoming guilt & shame
- Automatize behavior
- What about mindfulness?
- Relaxation skills

### **Enhance Focus, Attention & Working Memory**

- "Neurotypical" forgetting vs. ADHD forgetting
- Chunking, mnemonics & other memory techniques
- Multisensory memory
- Loci
- Self-testing & self-imagining
- N-Back
- 5 ways to reduce cognitive load
- Technological prosthetics-assistive technology

### **Stop Executive Dysfunction from Sabotaging Your Clients' Relationships**

- Impact of EF difficulties on adult relationships
- Goal setting
- Self-monitoring & self-talk
- Social skills training
- Conflict resolution skills
- Anger identification
- Decode facial expressions & body language
- Making accurate facial expressions
- Better follow through with medical issues & self-care
- Tips to remember special dates, etc.

### **For the Workplace & Home**

- ADHD work difficulties
- Career counseling

- Clutter control made simple
- Job coach & supervision; advocacy?
- Social skills, self-esteem & education
- Training & adult education accommodations
- "Best" ADHD jobs

## Risks & Limitations

## Faculty

Kevin Blake, Ph.D., P.L.C., ADHD-CCSP Related seminars and products: 2

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**Kevin T. Blake, Ph.D., P.L.C., ADHD-CCSP**, is a licensed psychologist and recognized national authority on ADHD, executive function, and learning disorders. With over 20 years of specialized experience, Dr. Blake was one of the first professionals in the United States to study these conditions in adults specifically. Dr. Blake now speaks throughout the nation, educating clinicians on the latest evidence-based diagnosis and treatment recommendations for improved clinical outcomes.

Currently in private practice and serving as a facilitator for a community adult ADHD support group, he also speaks across the nation on the latest evidence-based diagnosis and treatment recommendations for improved clinical outcomes. A published author, Dr. Blake's articles have been featured in *Attention!*, *LDA Newsbriefs*, and *Perspectives* (of the International Dyslexia Association). In 1991 Dr. Blake was honored to be a delegate to the National Institute for Literacy's "LEAD 2000 Congress," where he was a member of a special committee advising the U.S. Congress on diagnostic and remediation issues confronting learning disabled adults.

Dr. Blake is a member of the American Psychological Association, International Dyslexia Association, Children and Adults with Attention Deficit Disorders, and Learning Disabilities Association. Dr. Blake's own experience overcoming dyslexia and hearing impairment drives his passion for educating both professional and lay audiences about methods to overcome the challenges of ADHD and specific learning disorders.







An accomplished and engaging speaker, Dr. Blake's presentations are known for weaving together empirical evidence, germane information, and practical how-to's in a way that is accessible and applicable. When he's not traveling the country to speak, Dr. Blake calls Tucson, AZ home.

## Speaker Disclosures:

Financial: Kevin Blake maintains a private practice. He is a stockholder in Johnson & Johnson, Inc. and Amgen, Inc. Dr. Blake receives a speaking honorarium from PESI, Inc.

Non-financial: Kevin Blake is a member of the Children and Adults with Attention Deficit Disorders (CHADD), International Dyslexia Association, Learning Disabilities Association, and American Psychological Association.

## Proof Content

	Handouts			3 MB
	1. Adult ADHD. Targeting Executive Skills to Manage ADHD in Ad... .mp4			2.1 GB