

**Dr. Ellen Arnold** is addicted to understanding how people learn. An internationally recognized speaker and trainer, she provides upbeat, informative, interactive trainings, focusing on practical and effective ways to help all people reach their academic potential. She splits her time between consulting to school districts, teaching on-line courses, providing second opinion assessments, and presenting at national and international conferences.

Ellen received her Bachelor's Degree from the University of Michigan, was awarded a Master's Degree in Special Education from Duke University and a Doctorate in Higher Education from Nova Southeastern University. She has authored 14 books and dozens of articles. Her newest book, *MI Strategy Banks: 800+ Strategies for the Elementary Classroom*, is being used by child study teams across the country.

**Dr. Margot Weinberg** combines her knowledge of pediatric medicine with personalized nutritional advice, healing herbs, carefully chosen supplements and mind/body medicine. Dr. Weinberg is a graduate of the Fellowship in Integrative Medicine at the University of Arizona, an intensive two year fellowship in nutrition, botanical medicine and mind/body interactions. She was awarded a doctorate in medicine from Albany Medical College and is a graduate of the University of Rochester Pediatric Residency Program.

A practicing Pediatrician since 1997, she is a fellow of the American Academy of Pediatrics and a member of the International Pediatric Integrative Network.

**Dr. Richard Arnold** provides consultation to school districts and agencies, to help staff better understand the unique characteristics of struggling students. His practical and insightful style provide staff with easy to implement ideas. His years as a clinical psychologist have provided him with a wealth of experiences from which to draw. His current work focuses on the strength-based assessment of individuals with learning and/or attention issues, as well as case consultation.

Richard received his Bachelor's Degree from the University of Michigan and his Ph.D. from the University of North Carolina. He worked for Convalescent Hospital for Children before going into private practice. He has authored and presented numerous presentations for pre-school teachers, public school staff, psychologists and parents.

**Rebecca Daniels** is a professional coach who specializes in coaching college students and business professionals with ADD/ADHD and other patterns related to executive function. She holds a BS in Organizational Management from Roberts Wesleyan College, is a graduate of the ADD Coach Academy (ACG), a member of the ICF and a trained mediator, Center for Dispute Resolution. After 25 years in corporate management she founded RJ Daniels Coaching in 2004. As a coach, Rebecca is able to connect with her clients through her own practical experience as an ADD individual who is committed to a better life.

Spring 2010 Workshop Series  
c/o LDA Life and Learning Services  
339 East Avenue, Suite 420  
Rochester, NY 14604

LDA  
**LIFE AND LEARNING**  
SERVICES

Presents

# Spring 2010 ADD/ADHD Workshop Series



*A series of workshops for people  
who work with youth and adults with  
attention challenges*

**Diagnosis of ADD/ADHD**

**Classroom Strategies for Students with ADD/ADHD**

**Practical Strategies for Adults with ADD/ADHD**

**Alternative Treatment Options for ADD/ADHD**

**Spring 2010**

**ADD/ADHD Workshop Series**

**Diagnosis of ADD/ADHD** with Dr. Richard Arnold and Dr. Ellen Arnold

Are you confused about the diagnostic criteria for ADD/ADHD? Do you have kids or patients who “look” ADD/ADHD but are not diagnosed? Are you concerned about those folks who seem to be a ‘puzzle’ but are labeled “lazy” or “unmotivated?” In this workshop, you will be exposed to the diagnostic criteria, the differences between those students with and without hyperactivity, typical characteristics and how the disorder manifests itself in school or on the job. You will leave with a better understanding of what it is, how it is diagnosed and what you can do to help the individual compensate for the difficulties the disorder presents.

**3/26 9am-1pm at the St. Anne’s Church, 1600 Mt. Hope Avenue**

**Classroom Strategies for Students with ADD/ADHD** with Dr. Ellen Arnold

You probably have at least one student in your class who has been diagnosed with ADD/ADHD and a few others who have many of the characteristics. Would you like to increase your ‘bag of tricks’ in dealing with these students? In this workshop we will focus on brain-friendly “Rule”s for your classroom, classroom management techniques, and ways to help these students internalize strategies for listening, dealing with boredom, staying focused and improving their organization skills. This interactive, strength-based approach to cognitive strategy instruction is practical and easy to implement in any classroom, from pre-school through college. Lunch is provided.

**4/9 9am-3pm at the Strong Museum, One Manhattan Square Drive**

**Practical Strategies for Adults with ADD/ADHD** with Dr. Ellen Arnold and Rebecca Daniels

Do you work with someone with ADD/ADHD or are you an adult with ADD/ADHD who has trouble listening? Paying attention? Reading and staying focused? Blurting out “inappropriate” things in group situations? How about keeping appointments? And... where are those keys?? Many adults with ADD/ADHD never learned appropriate strategies that can help them compensate for these typical ADD/ADHD characteristics. In this workshop you will learn specific, easy to use strategies that help deal with the challenges of living and working with ADD/ADHD.

**4/23 9am-1pm at the St. Anne’s Church, 1600 Mt. Hope Avenue**

**An Integrative Approach to ADD/ADHD** with Dr. Margot Weinberg

There are many ways of addressing ADD/ADHD symptoms beyond medication. In this workshop you will take an integrative approach to the treatment and management of ADD/ADHD. Dr. Weinberg will delve into the impact of diet and toxic exposure on development and will explore the use of alternative, non-traditional treatment methods to alleviate symptoms including: Nutrition, Healing Herbs, Vitamins, Mineral Supplements, Mind/Body Medicine and more.

**4/30 9am-1pm at the St. Anne’s Church, 1600 Mt. Hope Avenue**

**Spring 2010**

**ADD/ADHD Workshop Series**

**The registration deadline is the Friday before the workshop date. Registrations may be taken but no refunds will be given after that date.**

**Please request accommodations for any workshop by 3/08/10**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Note: Workshop Registration confirmation will be sent via e-mail only**

**CHOOSE YOUR WORKSHOPS**

**Please check:**

- 3/26 Diagnosis of ADD/ADHD \$45
- 4/9 Classroom Strategies for Students with ADD/ADHD (includes lunch) \$75
- 4/23 Practical Strategies for Adults with ADD/ADHD \$45
- 4/30 An Integrative Approach to ADD/ADHD \$45

Total: \_\_\_\_\_

*Sign up for 3 or more workshops and receive a 10% discount*

**PAYMENT METHOD**

Purchase Order #: \_\_\_\_\_  Check #: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp.: \_\_\_\_ CCV Code: \_\_\_\_

Type:  VISA  MC

Card Holder’s Signature: \_\_\_\_\_

To register by phone and pay by credit card, please call Ellen Hart at 585-263-3323, ext 276

Check/P.O. or Credit Card information must accompany registration form.

There will be a \$25 fee for all returned checks. Make checks and Purchase Orders out to “LDA”

**Send payment and registration form to:**

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Attn: Spring 2010 Workshops , 339 East Ave., Suite 420 Rochester, NY 14604

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