

# **Better Life with ADHD**

## **Thursday, October 26 2023**

Moderators:	Ellen Calmon and Hrannar B. Arnarson
08:00-08:30	<b>Registration</b>
08:30-08:35	<b>Opening Remarks</b> Vilhjálmur Hjálmarsson, Chairman of the ADHD Association
08:35-09:00	<b>Willum Þór Þórsson Minister of Health addresses the conference and presents Motivational Reward</b>
09:00-10:00	<b>Still Distracted after All These Years</b> Kathleen Nadeau, PhD, Founder/Clinical Director, Chesapeake Center
10:00-10:30	<b>Coffee break</b>
10:30-11:30	<b>A Balanced and Happy Relationship that Works for Both Partners</b> Ari Tuckman, PsyD, CST, psychologist and sex therapist, West Chester, PA
11:30-12:15	<b>Friendship in Youth with ADHD: Challenges and Success from Childhood to Emerging Adulthood</b> Amori Mikami, PhD, Professor and Associate Head-Equity, Diversity, and Inclusion
12:15-13:00	<b>Lunch break</b>
<b>Hall A</b>	
13:00-14:00	<b>Workshop: Teaching Self-management Skills to Kids with ADHD</b> Kathleen Nadeau, PhD, Founder/Clinical Director, Chesapeakeadd Center
14:00-15:00	<b>New Icelandic Research: ADHD and Autism – Introduction to NICE Study</b> Dagmar Kr. Hannesdóttir, PhD, Assistant professor, University of Iceland <b>Emotional Difficulties in Children and Adolescents with ADHD and/or Autism</b> Kristín Rós Sigurðardóttir, psychologist <b>Social Difficulties in Children and Adolescents with ADHD and/or Autism</b> Freydís Jóna Guðjónsdóttir, psychologist <b>Mental Processing Difficulties in Children and Adolescents with ADHD and/or Autism</b> Telma Rún Ingadóttir, psychologist <b>Sensory Processing Difficulties in Children and Adolescents with ADHD and/or Autism</b> Auður Sif Kristjánsdóttir, psychologist
<b>Hall B</b>	
13:00-14:00	<b>Women with ADHD and Hormonal Mood Changes Across the Lifespan</b> Sandra Koj, Professor, MD, PhD, Department of Psychiatry, Amsterdam UMC/VUMc
14:00-15:00	<b>How to Actually get Things Done</b> Ari Tuckman, PsyD, CST, psychologist and sex therapist
15:00-15:20	<b>Coffee break</b>
15:20-16:00	<b>Medication for ADHD: Do ADHD Polygenic Scores Contain Useful Information?</b> Hreinn Stefánsson, biochemist, DeCode genetics

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09:00-10:00	<b>ADHD and Success at Work</b> Dr. med. Heiner Lachenmeier, psychiatrist
10:00-10:30	<b>Coffee break</b>
10:30-11:30	<b>Stigma Towards ADHD: How it Affects Children, Adolescents and Their Families and How Can We Address it?</b> Prof.dr. Saskia Van der Oord, professor of Clinical Child Psychology
11:30 -12:15	<b>Psychological well-being of Children and Adolescents with ADHD: Prevalence and Moderators of Comorbid Disorders</b> Urður Njarðvík, professor, Faculty of Psychology, University of Iceland
12:15-13:00	<b>Lunch break</b>
<b>Hall A</b>	
13:00-13:40	<b>Mindfully Managing ADHD</b> Annemarie Marino, MSN, PCAC, ACC. ADHD coach
13:40-14:20	<b>Individual Strengths and Support Needs</b> Jóna Kristín Gunnarsdóttir, teacher and behavioral counselor
14:20-15:00	<b>Children with ADHD in Kindergarten</b> Elísa Guðnadóttir, psychologist
<b>Hall B</b>	
13:00-14:00	<b>Workshop: How to Motivate Children and Adolescents with ADHD</b> Prof.dr. Saskia Van der Oord, professor of Clinical Child Psychology
14:00-15:00	<b>Workshop: Practical Strategies for Parents to Help Children with ADHD to Make and Keep Friends</b> Amori Mikami, PhD, Professor and Associate Head-Equity, Diversity, and Inclusion
15:00-15:20	<b>Coffee break</b>
15:20-15:55	<b>Personal Experience of Living with ADHD</b>
15:55-16:00	<b>Closing remarks</b> Gyða Haraldsdóttir Vice Chairman of the ADHD Association
16:00-17:30	<b>Light refreshments</b>

**Price for admission: 24.900 (IKR), Member price kr. 19.900 (IKR)**

**ADHD Anniversary Conference is a part of International Awareness Month and is the final event**