

Better Life with ADHD

Thursday, October 26

Moderators:	Ellen Calmon and Hrannar B. Arnarson
08:00-08:30	Registration
08:30-08:45	Opening Remarks and Motivational Reward Vilhjálmur Hjálmarsson, Chairman of the ADHD Association
08:45-09:00	Willum Þór Þórsson Minister of Health addresses the conference
09:00-10:00	Still Distracted after All These Years Kathleen Nadeau, PhD, Founder/Clinical Director, Chesapeake Center
10:00-10:30	Coffee break
10:30-11:30	A Balanced and Happy Relationship that Works for Both Partners Ari Tuckman, PsyD, CST, psychologist and sex therapist, West Chester, PA
11:30-12:15	Friendship in Youth with ADHD: Challenges and Success from Childhood to Emerging Adulthood Amori Mikami, PhD, Professor and Associate Head-Equity, Diversity, and Inclusion
12:15-13:00	Lunch break
Hall A	
13:00-14:00	Workshop: Teaching Self-management Skills to Kids with ADHD Kathleen Nadeau, PhD, Founder/Clinical Director, Chesapeake Center
14:00-15:00	New Icelandic Research: ADHD and Autism – Introduction to NICE Study Dagmar Kr. Hannesdóttir, PhD, Assistant professor, University of Iceland Emotional Difficulties in Children and Adolescents with ADHD and/or Autism Kristín Rós Sigurðardóttir, psychologist Social Difficulties in Children and Adolescents with ADHD and/or Autism Freydís Jóna Guðjónsdóttir, psychologist Mental Processing Difficulties in Children and Adolescents with ADHD and/or Autism Telma Rún Ingadóttir, psychologist Sensory Processing Difficulties in Children and Adolescents with ADHD and/or Autism Auður Sif Kristjánsdóttir, psychologist
Hall B	
13:00-13:40	Mindfully Managing ADHD Annemarie Marino, MSN, PCAC, ACC. ADHD coach
13:40-14:20	Individual Strengths and Support Needs Jóna Kristín Gunnarsdóttir, teacher and behavioral counselor
14:20-15:00	Children with ADHD in Kindergarten Elísa Guðnadóttir, psychologist
15:00-15:20	Coffee break
15:20-16:00	Medication for ADHD: Do ADHD Polygenic Scores Contain Useful Information? Hreinn Stefánsson, biochemist, DeCode genetics

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09:00-10:00	ADHD and Success at Work Dr. med. Heiner Lachenmeier, psychiatrist
10:00-10:30	Coffee break
10:30-11:30	Stigma Towards ADHD: How it Affects Children, Adolescents and Their Families and How Can We Address it? Prof.dr. Saskia Van der Oord, professor of Clinical Child Psychology
11:30 -12:15	Psychological well-being of Children and Adolescents with ADHD: Prevalence and Moderators of Comorbid Disorders Urður Njarðvík, professor, Faculty of Psychology, University of Iceland
12:15-13:00	Lunch break
Hall A	
13:00-14:00	Workshop: How to Motivate Children and Adolescents with ADHD Prof.dr. Saskia Van der Oord, professor of Clinical Child Psychology
14:00-15:00	Workshop: Practical Strategies for Parents to Help Children with ADHD to Make and Keep Friends Amori Mikami, PhD, Professor and Associate Head-Equity, Diversity, and Inclusion
Hall B	
13:00-14:00	How to Actually get Things Done Ari Tuckman, PsyD, CST, psychologist and sex therapist
14:00-15:00	Women with ADHD and Hormonal Mood Changes Across the Lifespan Sandra Koj, Professor, MD, PhD, Department of Psychiatry, Amsterdam UMC/VUMc
15:00-15:30	Coffee break
15:30-15:50	Personal Experience of Living with ADHD
15:50-16:00	Closing remarks Gyða Haraldsdóttir Vice Chairman of the ADHD Association
16:00-17:30	Light refreshments

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