

# WEBINAR WEDNESDAYS

## Virtual Training Series

Join us on Wednesday for our next Webinar session! Our sessions grant behavioral health professionals continuing education credits

*ADHD, Self-Esteem, and Self-Efficacy*

Speaker: Ari Tuckman, Ph.D.

May 29th, 2024 | 12:00 – 1:30 pm CST

Up Next



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### Session Description

We will discuss how clinicians can help clients come to a more nuanced understanding of themselves and their abilities by integrating a diagnosis of ADHD. We will discuss how medication and better targeted strategies can help the person with ADHD be more consistent, as well as how to maintain a solid sense of self when ADHD still gets the best of them. We will also discuss how to handle others' performance expectations, both by advocating for what they need beforehand as well as how to handle it when things don't go according to plan.



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