

Advances in Understanding and Treating ADHD in Adults

A 6-Hour Home Study Program for Health Professionals



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by **FL Board of Psychology**. This course provides 6 contact hours of CE credit.



COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 - 11/11/26. Social workers completing this course receive 6 clinical continuing education credits.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling** and by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183. Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The **Ohio CSWMFT Board** accepts ASWB-approved continuing education programs for social workers. This program provides 6 contact hours.

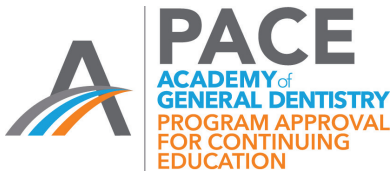


CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



PHARMACISTS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-23-023-H04-P. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



Institute for Brain Potential
Nationally Approved PACE Program Provider
for FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413.
AGD Subject Code: 149.



OCCUPATIONAL THERAPISTS AND ASSISTANTS: Institute for Brain Potential is an AOTA Approved Provider of professional development. PD activity approval ID# 7711. This Distance Learning-Independent activity is offered at 0.6 CEUs or 6 contact hours (Intermediate, OT Service Delivery and Foundational Knowledge). AOTA does not endorse specific course content, products, or clinical procedures. This course is approved by the **Florida Board of Occupational Therapy** for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)** for 6 contact hours of continuing education credit. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This programs meets the criteria for physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA. This program provides 6 contact hours of continuing education credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved as a provider of continuing education by the **CA Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **KS Health Occupations Credentialing**. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit. Approval Expires: 09/20/2024.

NURSING HOME ADMINISTRATORS: IBP is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 6 CE hours.

DIETITIANS: Institute for Brain Potential is accredited as a CE provider by **American Nurses Credentialing Center's Commission on Accreditation** and **Accreditation Council for Pharmacy Education**. The **Commission on Dietetic Registration (CDR)** accepts enduring (home study) activities from CE providers accredited by these organizations. IBP is approved as a CE provider by the **Florida Dietetics and Nutrition Practice Council** and **Kansas Department of Health and Environment**, Provider# LTS D1270. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.

EDUCATORS: Participants completing this program will receive 3 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.

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Over two-thirds of children and youth diagnosed with ADHD have unremitting symptoms in adulthood. Adult ADHD is a persistent and complex condition with adverse consequences in the quality and duration of life.

Adult impairments involve the executive functions that govern impulse control, focus, distractibility, hyperactivity and working memory. This combination of disorders has a potential devastating impact on family and interpersonal dynamics, employment, decision-making and risk-taking, substance use, neglect of medical conditions and reduced longevity.

However, people with adult ADHD who benefit from effective treatment are capable of exemplary interpersonal relationships and outstanding professional accomplishments.

Participants completing this program should be able to:

1. Describe varied symptoms, subtypes and comorbidities associated with adult ADHD and related executive functions.
2. Describe the major medical and health issues associated with ADHD in adults.
3. Compare and contrast the various evidence-based treatment modalities including medication, nutrition, education, and psychological interventions.
4. Outline a treatment plan for an adult with ADHD.

Understanding Adult ADHD as a Disorder of Executive Function

- Executive Functions
- Brain Differences
- Subtypes
- Diagnosis
- Common Comorbidities

Educational, Social, Professional and Health Issues

- Family Dynamics
- Academic and Professional Underachievement
- Economic Burden
- Risky Decision-Making
- Neglect of Medical and Dental Concerns
- Chronic Health Conditions
- Longevity

Pharmacotherapy

- Understanding Psychostimulants
- Efficacy of Psychostimulants
- Key Side Effects
- Stimulant Addiction
- Non-Stimulants
- Nutritional Interventions In Combination with Pharmacotherapy

Psychological Treatment

- Cognitive Training for ADHD
- Interpersonal Therapy
- Dialectical Behavioral Therapy
- Cognitive Therapy and Mindfulness
- Professional Issues

ABOUT THE INSTRUCTORS



William B. Benninger, PhD, former Adjunct Assistant Professor of Clinical Psychology at The Ohio State University has over 40 years of clinical experience in treating ADHD, related learning disorders, and Oppositional Defiant Disorder in children, adolescents, and adults. His publications include *A Parent's Guide to Teenage Problems*, *A Teacher's Guide to Recognizing Psychological and Behavioral Problems of Students*, *A Controlled Trial of Working Memory Training for Children and Adolescents with ADHD* and *Parental Perceptions of the Efficacy of Cogmed Working Memory Training*.

Dr. Benninger has lectured nationally and internationally on the role of understanding, diagnosing, and treating ADHD in children, adolescents and adults to health professionals and educators. He has appeared on CNN and TV France. Health professionals and educators highly praise his ability to present practical information with clinical wisdom compassion.



Tara Benninger, Ph.D., the daughter of Bill Benninger, Ph.D., is a former Clinical Assistant Professor, Department of Pediatrics and Psychology at The Ohio State University and neurodevelopmental psychologist at Nationwide Children's Hospital. She is now in private practice specializing in ADHD, Autism, and related learning disorders in children, adolescents, and adults. Her publications include *A Tantrum By Any Other Name*; *Medullary Vein White Matter Injury Global Severity Score Predicts Neurodevelopmental Impairment*; *Production of Pragmatic Prosody in Individuals with Williams Syndrome* and *Psychometric Properties of Two Measures of Crises and Distress in Parents of Children with Intellectual and Developmental Disabilities*.

Dr. Tara Benninger has presented at national and regional conferences throughout the U.S. and was honored with both the Meritorious Award for Teaching and the Excellence in Teaching Service Award at The Ohio State University. She is recognized as an excellent speaker/educator for her ability to impart key concepts with warmth, knowledge, and clinical wisdom.