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ADHD Speaker Line-up Pay Attention Series



By Ruth Princess April 19 at 11:34 a.m.



Pay Attention to ADHD

The DupageADD.org Adult ADHD Support Group has its next set of monthly guest speakers lined up. All meetings are held Tuesdays at DuPaul University Naperville Campus from 7-9:00 pm.

Open Meetings the First Tuesday of the Month with Guest Speakers and Professional Lectures regarding the subject of ADHD Attention Deficit Hyperactivity Disorder.

That means people without ADHD are welcome to attend as well are adults with ADHD and

members.

May 1, 2012

Valerie Jencks – Relationships

Debbie Vyskocil – and Biofeedback

Valerie Jencks Debbie Vyskocil

Valerie is not your typical psychotherapist. She believes that by addressing toxic influences and deficiencies, individuals and relationships become empowered with healthier options. Her expertise is in anxiety disorders and ADHD.

Our ADHD Support group has asked for information on interpersonal skills with loved ones and lack of attachment. Valerie will help us find solutions to these difficulties.

<http://www.linkedin.com/in/prairiemft>

Debbie was asked to speak at the ADHD group after her talk at the TEDx-IIT conference. She discussed the fight or flight response and stress management. (The Mission of TED is to create a world-class event which is innovative, stimulating, and fun, featuring inspirational and energizing speakers from the community.)

Debbie gives equal weight to each side of her brain, Deborah balances two companies requiring very different mindsets and the management of multiple projects.

Our ADHD Support group has asked for information on Biofeedback, Neurofeedback, and meditation. Debbie will discuss these issues with us.

<http://mypages.iit.edu/~tedxiit/speakers.html>

June 5, 2012

Denise Cahill

Special Education and Disabilities Attorney

To Disclose or Not to Disclose?

The last time Ms. Cahill spoke to our group, the title was Schools and Rules. Several of our college student members benefited from this discussion. However, those of us who were diagnosed as adults learned about ADHD issues common among children that we did not know and related to our work environment.

Ms. Cahill will discuss the itchy subject of when and when not to disclose your medical and/or mental condition.

At Cahill & Associates, their mission is to provide sound, professional advice in a warm, supportive environment.

Cahill & Associates represents families of children with special needs, including children diagnosed with autism spectrum disorders, attention deficit hyperactivity disorder (ADHD), developmental disabilities, emotional disorders and learning disabilities.

August 7, 2012

Jonathan Carroll

ADHD Life Coach

Feeling Undervalued and Underproductive as an Adult with ADD and ADHD?

Having ADD and ADHD presents many challenges that do not quite fit into the normal world. In other words, things us folks with ADD and ADHD are expected to do just don't get done as simply as others. For example, when we're given a task involving a mundane thing like filling out forms, it can be torture. Our brains have to work especially hard to just focus on the task. So in reality, we are working harder than our non-ADD and ADHD peers on certain things that seem easy on the surface. Keeping up is essentially like running a race from behind and trying to keep up with the group. To an employer, it appears as if we are not as productive or efficient as others in our work environment.

Sept 4, 2012

Paul Zientarski

Miracle Gro for the Brain

Learning Readiness PE (LRPE) Coordinator Naperville Community School Spark – the revolutionary new science of exercise and the brain

As Seen on:

Good Morning America, The Early Show, ABC, CBS, NBC and PBS,

Paul Zientarski is leading a breakthrough revolution in the mind and body connection. Zientarski's inspiration for this idea came partly from Dr. John Ratey, an author and professor of psychiatry at Harvard Medical School who promotes the positive effects of exercise on brain functioning. Dr. Ratey had visited Naperville High in 2004, after learning that the school's prior district coordinator for physical education had been influenced by his work. "One of the things that Ratey told us" says Zientarski, "is that exercise preps the brain for learning. Chemicals the brain creates as a result of cardiovascular exercise help with attention and concentration levels. So if literacy was a class that kids were struggling in, it made sense to put it in close proximity to P.E."

"Supercharge mental circuits to beat stress, sharpen thinking, enhance memory, and much more."
John Ratey, MD from his book Spark

Oct 2, 2012

Sue Becker

From Piles to Smiles

Professional Organizer

Are you overwhelmed by piled-up papers, clutter and lengthy to-do lists?

With an organized home or office, you'll enjoy a relaxing, harmonious, and productive environment. The bonus? You'll flourish in a life of freedom and control!

Sue Becker returns for us to relearn what we already know but don't do.

Sue has appeared on the national TV show "Starting Over" as an expert on time management and space organizing, and has also appeared on an NBC TV news segment offering practical advice for women who need help getting organized.

Sue received a B.S. degree in accounting from the University of Illinois and an MBA in finance and marketing from Northwestern University's J.L. Kellogg Graduate School of Management. She is a member of the National Association of Professional Organizers, and is the former Vice President of the Chicago chapter. She is currently serves on the chapter's Membership Committee. She is also an organizing coach, working with clients in person and by phone to help them overcome the issues related to organizing that have them stuck.

Guest Speakers First Tuesday of Each Month

7:00 – 9:00 p.m.

DePaul University

150 Warrenville Road

Naperville, IL 60563

Meetings EVERY Tuesday

7:00 – 9:00 p.m.

DePaul Naperville Campus

1st Building on the Right of BP Complex