

ADHD Empowerment: “Top Down” and “Bottom Up” Support for Our Clients with ADHD



PRESENTER

**David D. Nowell,
Ph.D.**
Clinical Neuropsychologist
Internationally known Lecturer



WHEN

**Wednesday
October 14, 2026**
8:00 am – 3:00 pm EST

*Please contact
info@theramoves.com with any
special needs requests at least 2
weeks before the webinar*



WHERE

Live Web Conference



FEES

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6 contact hours
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CE Broker # 50-31070

Certificates will be Awarded

- Credits listed are offered by Theramoves for full attendance.
- NO partial credits awarded by ASHA for this webinar.
- Attendance is tracked automatically by the online platform “zoom”
- Learning assessment will be completed via an online post-course quiz. Passing a multiple choice with 70% accuracy within 1 week is required to receive your certificate of completion.



LEVEL OF INSTRUCTION: Introductory

TARGET AUDIENCE: SLPs, OTs, OTAs, PT's, special educators, educators, social workers, principals, and mental health professionals

INSTRUCTION METHODS: Lecture, slides, video

DESCRIPTION

Is ADHD a disorder, a difference, or a gift? And how does our response to that question inform our clinical work with clients presenting with different attentional and executive functioning? Best-fit intervention for brain differences like ADHD may include behavioral change on the part of the client. And sometimes the better course of action to identify meaningful environmental changes or schedule changes, or to request change and accommodation on the part of those who work and live and learn with the neurodiverse client.

In this session we will begin to unpack our language around brain differences and consider “bottom-up” and “top-down” approaches to ADHD support and intervention, recognizing that success and well-being for our clients with these brain differences may include environmental/ workplace/classroom accommodations as well as mindfully chosen efforts to “fit in” with a largely neurotypical population. We review research which supports movement-based interventions as facilitating self-regulation and executive functioning and problem-solving, and we identify tools to help our clients identify and manage nervous system overstimulation. And we connect the dots among mindfulness practices, heart rate variability, and breathwork – all “top-down” tools for managing dysregulation and increasing our clients’ capacity for focus and problem-solving.

LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Develop both “top-down” and “bottom-up” supports for individuals with ADD/ADHD
2. Discuss the research that supports movement-based interventions as facilitating self-regulation and executive functioning and problem-solving.
3. Employ treatment interventions for improving impulse control and working memory in clients in order to maximize independence in the classroom and community.
4. Identify specific strategies to be incorporated into clinical assessment and treatment planning by utilizing insights from the neurodiversity approach.



Theramoves Services, LLC

Introductory Level
6 ASHA CEUs



foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA



(CTLE approval 23490)

- Approved for Social Workers by the NY State ED Dept. #SW-0499

- Theramoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (6 contact hours)

- Approved for 6 contact hours by NYSED's State Board for speech-language pathologists
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) Provider # 23490. This webinar will qualify for 6 approved

AGENDA

- 8 am-8:30 am How does clinical and diagnostic language support or harm our clients?
- Is ADHD a gift? A difference? A disorder?
 - Strategies for integrating an appreciation of neurodiversity in your clinical practice
- 8:30 am-9:00 am Overview of neuroanatomy with a view toward a top-down and bottom-up model
- How do our clients become overstimulated? Understimulated? Supporting our clients in identifying their sensory balance and making choices to manage that balance?
- 9 am-10:00 am Collaborating with clients and treatment team to develop both “bottom-up” and “top-down” supports and interventions for task avoidance, procrastination, and distractibility.
- 10:00 am-10:10am Break
- 10:10 am-11:30 am Targeting our supports and interventions around self-regulation and executive functioning.
- 11:30 am-12:10 pm Lunch
- 12:10 pm-1:00 pm Mindfulness, rhythm training, heart rate variability, and breathwork: implementing body-based supports for focus and concentration and persistent with non-preferred tasks.
- 1:00 pm-2:00 pm How exactly did you do that? – A collaborative approach to supporting our clients’ metacognitive skills
- 2:00 pm-2:10 pm Break
- 2:10 pm-3:00 pm The Big 5: Keystone lifestyle practices for living well with ADHD
- Incorporating top-down and bottom-up supports into practice; Case illustrations; Q&A.

PRESENTER'S BIO

David D. Nowell, Ph.D. is a clinical neuropsychologist in private practice in Northborough, Massachusetts. He offers consultations to patients on an inpatient rehabilitation unit and is an adjunct instructor in neuropsychology to graduate students in the Clark University psychology program. Dr. Nowell has blogged at Psychology Today on motivation and time management, and speaks internationally to clinicians on such topics as executive functioning, non-medication management of ADHD, and applying findings from Positive Psychology. He is passionate about motivation and deep happiness and helping his clients distinguish the essential from non-essential in their lives. And when he's out of the office you'll probably find him exploring the outdoors.

Disclosure: Financial: Dr. Nowell will receive a speaker's honorarium from TheraMoves Services for the presentation. He has no nonfinancial relationships to disclose.

REFUNDS & CANCELLATIONS:

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