

HopeSparks



Assesing and Treating Adult Attention Deficit Disorder Workshop Getting it Together



Participants attending this workshop will learn to assess and treat Adult Attention Deficit Disorder clients through evidenced based practices including: psychotherapy, mindfulness meditation, diet, exercise and sleep hygiene. Techniques for helping ADD Adults to become their own "ADD Coach" will be taught. *While the training is for Mental Health Professionals, it is also open to the public.*

For more information check out our website:
www.hopesparks.org

-
-
- **Presenter:** *Brian O'Connor, MA, LMHC, CDP*
- **Dates:** *Friday September 17th*
- **Time:** *9:00 am - 4:30 pm*
- ** Snacks will be provided; lunch is on your own.*
-
- **Location:** *HopeSparks
6424 N. 9th St.
Tacoma, WA 98406*
-
- **Cost:** *\$125 per person*
- **CEU:** *6*
- *Prepay is required before taking this workshop.*
- *For more information or to register please call us at 253-565-4484.*