

ADHD Couples Palooza

January 10-12, 2025
Online. Free. New topics.
<http://adhdpalooza.com/couples>



Friday, January 10, 2025

Sessions will be released at 12 noon Eastern U.S. and expire at 3 pm Eastern on Saturday

Time Zone Converter: <https://dateful.com/time-zone-converter>

- ***Go Away, Please Help Me: ADHD-Impacted Couple Conundrums*** (Melissa Orlov)
- ***Remembering Together: ADHD, Prospective Memory, and Building Stronger Relationships*** (Daniella Karidi, PH. D, CPC)
- ***Thriving Together: Understanding ADHD in High-Achieving Relationships*** (Ingershaye Colzie, LSW, MCW)
- ***ADHD Relationships, Communications, and Working Memory: What You Need to Know*** (Jeff Copper, MBA PCC PCAC CPCC ACG)
- ***Basic Brain Biology and How It Influences ADHD, Anxiety and Depression*** (Sarah Cheyette, MD)
- ***How to Have More Satisfying Sex with ADHD*** (Coach Diane D)

Saturday, January 11, 2025

Sessions will be released at 12 noon Eastern U.S. and expire at 3 pm Eastern on Sunday

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- ***Exposed! Exceptional ADHD Relationships Require Vulnerability (It's a skill!)*** (Aaron Dodini, MS, MA, PH.D.)
- ***Where ADHD Couples Get Lost in Translation—And the Tricks to Better Communication*** (Anita Robertson, LCSW)
- ***The Truth About Conversations Under Pressure*** (Monica Hassall, BN ACC)
- ***4 Simple Mindset Shifts for Less Stressful Coupledness*** (Alan P. Brown)
- ***Why Won't You Stop Interrupting Me?*** (Lisa Rabinowitz, LCPC)
- ***Don't Touch My Piles! The Clutter Challenge for ADHD Couples*** (Linda Roggli)

Sunday, January 12, 2025

Sessions will be released at 12 noon Eastern and expire at 3 pm Eastern on Monday

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- ***Sometimes It's Actually a Negotiating Problem*** (Ari Tuckman, PSY.D)
- ***ADHD Couples & Common Money Issues*** (Christine Hargrove, MSFT, MDIV.)
- ***Couples Keeping Focused*** (Jon Hassall)
- ***Navigating ADHD in Relationships: Turning Challenges into Strengths*** (Dr. Jeff Levine)

Q&A for ADHD Couples

Included with your FREE registration!

Sunday, January 12, 2025, at 12-2 pm Eastern (NYC Time)

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ADHD Couples' Q&A Panel

- Victor Roggli, MD
- Linda Roggli, PCC
- Melissa Orlov
- Duane Gordon
- Linda Walker, PCC
- Aaron Dodini, MS, MA, PHD
- Ingershaye Colzie, LSW, MCW

“If you can't join us live, send in your question via email and we'll try to answer it during the session.” janine@adhdpalooza.com