



LOTUS CONSULTING, PLLC  
Serenity Now

1 CEU

# ADHD: PAST, PRESENT, FUTURE

This interactive training offers a practical and compassionate approach to understanding and managing ADHD. This session explores the three core ADHD subtypes and their impact on daily functioning - from time blindness and task initiation struggles to emotional overwhelm and inconsistent motivation. James Ochoa will guide participants through real-life scenarios, such as navigating a packed day or the impact of life transitions such as retirement and changing routines, and unpack the disconnect between internal-external experiences.

## Objectives:

- Identify the three core ADHD subtypes and describe how each affects executive functioning and areas such as task initiation, time management, and focus.
- Effectively implement at least three emotion regulation techniques - such as breath work, mindfulness, and pattern interruption to reduce overwhelm and improve mental clarity.
- Apply at least two planning and prioritization strategies to manage common ADHD challenges like inconsistent motivation and time blindness.

**Wednesday, May 14th 2:00PM**

**Live Webinar**



**Presented by:  
James Ochoa, LPC**

For over thirty years, James Ochoa, LPC, has integrated counseling, coaching, and mentoring to help adults with ADHD lead more meaningful and empowered lives. A licensed professional counselor and EMDR practitioner, James is also the author of *Focused Forward: Navigating the Storms of Adult ADHD*. His approach centers on the use of imagery and inner resources to foster healing and resilience.