### PRE RECORDED ONLINE TRAINING



Presented by

BIS Services

Brain Injury Support +
Cognitive Rehabilitation

Director, Cognitive Rehabilitation Therapist & Certified ADHD Coach, BIS Services

# ADHD & Brain Injury

This online training aims to provide a deeper understanding and awareness of the unique challenges posed by individuals with acquired brain injury, alongside ADHD

This online training resource includes a video of the presentation and PDF copy of the slides.

The benefits of this course being online are:

- Complete the course in your own time
- Personalised CPD & APIL certificate for 2 points
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## ADHD & Brain Injury

When one embarks upon a research drive regarding the prevalence of ABI and ADHD, one is met with a very swiftly delivered list of search results that state things along the lines of "Brain injury as a cause of ADHD" or "ADHD increases risk of brain injury" or similar. What we do not find much of, if anything, without extensive research, is the impact of a brain injury on a pre existing ADHD diagnoses and vice versa. Any incidence seems to get mixed together in one big muddle, with an even more troubling medley of reasons of why the risk taking behaviour of ADHD results being a precursor for brain injury.

As we seemingly observe the incidences of ADHD diagnoses increasing, there is a parallel trend within brain injury prevalence across the globe. As we delve into the reasons for the correlations, there are a number of questions raised as to the impact of each on one another. There is a significant impact of any injury on the ADHD brain, and subsequent challenges for managing the effects of ADHD on daily function. There is a niche approach to supporting and empowering the injured ADHD brain. A toolbox of executive functioning tools is only the beginning, the methodology and adaptability of using those tools is even more paramount. It is key for anyone involved in supporting both adults and children with ADHD to understand the impact of acquired brain injury on the ADHD brain and behaviours, and vice versa.

In this pre recorded online training we will discuss the incidence and demographic of the unique neurodiverse individuals living with ABI and ADHD, learning how to observe, adjust and modify tools and approaches to mitigate the additional challenges of an injured brain.

#### **EXPECTED LEARNING OUTCOMES:**

- Delegates will gain a deeper understanding and awareness of the unique challenges posed by individuals with acquired brain injury, alongside ADHD. Many individuals will not have had a pre injury diagnoses, which further complicates engagement and therapeutic processes. We aim to increase awareness of the impact this may have on engagement in rehabilitation, continuity, motivation and initiation, and why the tried and tested approaches may not be successful.
- Increased understanding of the ADHD injured brain and prevalence, alongside learning the diagnoses of secondary ADHD.
- Delegates will understand the crossovers in symptoms and functional presentation, and how to observe the impact on activities of daily living.
- Gain insight and understanding of strategies required when working with these clients.





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### **BIOGRAPHY**





#### Natalie Mackenzie

Director, Cognitive Rehabilitation Therapist & Certified ADHD Coach, BIS Services

Natalie has worked in the field of Neuro Rehabilitation for nearly 20 years. As a Cognitive Rehabilitation Therapist and Certified Brain Injury Trainer, she has worked with hundreds of families and clients as Founder and Director of The BIS Services, providing specialist Cognitive Rehabilitation and support to individuals with acquired brain injury. The BIS Services strives to increase standards in long term brain injury rehabilitation in the UK and providing more support to those struggling with any level of brain injury.

Natalie holds a BSc in Psychology and MSc in Cognitive Neuropsychology, and completed her ADHD Coaching qualification with IACT. Natalie has a wealth of experience and training in the field both with adults and children, across severities of TBI from concussions to severe injuries. Natalie also coaches adults with ADHD without brain injury.

Natalie has trained a huge number of employees, as well as other industry professionals and spoken at international conferences, whilst holding board positions for Headway SELNWK and KBIF.

In her experience a number of clients have a diagnoses of ADHD or concerns around symptoms. Natalie works closely with families to educate and provide support with understanding the challenges of living with a hidden disability and neurodiversity. Strategies, insights and training is provided to help navigate the

pathway, with a holistic approach. As a qualified Clinical Hypnotherapist, Natalie also provides sessions to deal with anxiety, stress, adjustment and general relaxation to all ages.

Areas of expertise and interest include fatigue management, insight and awareness, adjustment and formation of self and strategy implementation. Natalie is also the author of the Brain Injury Fatigue Management journal with the new ADHD Planner in editing stages.



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