

✓ IN-PERSON ✓ LIVE-ONLINE

AUGUST 18-22, 2025**Edward Hallowell, MD with
Sue George Hallowell, LICSW****Unwrapping the Gifts: A Strength-Based Approach
to ADHD Across the Life Span****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily
15-Hour Course | Delivery Format: In-Person or Live-Online**

Edward Hallowell, MD is a board-certified child and adult psychiatrist, a thought leader, a NY Times bestselling author, a world-renowned keynote speaker and a leading authority in the field of ADHD. He is the Founder of The Hallowell Centers in Boston MetroWest, New York City, San Francisco and Seattle. He is a graduate of Harvard College and Tulane Medical School and was a distinguished Harvard Medical School faculty member for 22 years. He currently devotes his full professional attention to his clinical practice at the Hallowell Centers, speaking to audiences around the world, and writing books. He has authored 22 books on various psychological topics, including ADHD, parenting, managing your "crazy busy" lives and most recently, his personal memoir.

Speaker Disclosures

Financial: Edward Hallowell has no financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Edward Hallowell has no non-financial relationships with ineligible organizations.

Sue George Hallowell, LICSW is the Clinical Director for the Hallowell Center in New York City, and additionally runs a private social work practice in Cambridge, MA. A highly experienced social worker of 35 years, Sue uses psychodynamic therapy, acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT) and mindfulness training in her work. Sue has a special expertise in working with couples, especially where ADHD is an issue. She also does a significant amount of work with parents whose children are struggling with attention issues or other mental health concerns, as well as college students and adults.

From childhood through adulthood, ADHD presents not only problems but also unique opportunities for change, growth, and success. The goal of diagnosis and treatment is to transform ADHD from a chronic liability into an overall asset in life. The purpose of this seminar is to show how to do precisely that and to present much of the new information we have learned about ADHD in the past decade.

In his work with people of all ages, Dr. Hallowell has learned that a strength-based approach to diagnosis and treatment leads to the best outcomes. The moment the clinician meets the client, he or she looks for talents, skills, and strengths and builds a treatment plan to promote those first and foremost. In addition, the clinician radiates a positive attitude and affirming energy, which in turn mobilizes hope, excitement, and curiosity, which drives treatment to much greater success than can be achieved otherwise.

Interweaving advanced material and innovative new treatments with introductory information aimed both at professionals and non-professionals, this seminar will explore the entire world of ADHD in its human as well as its clinical and scientific dimensions. It will provide a solid, practical basis for understanding ADHD at all ages in all contexts.

An added feature of the course that Dr. Hallowell deems especially useful is that each participant is given a chance to tell the group about themselves. This is entirely optional; you don't have to do it. But each summer, an atmosphere of such trust develops in the group that over the 20 years we have offered this course, approximately 97% of participants have decided to offer from their own experience, knowledge, and anecdotes their fellow participants always relish.

Sue's previous positions include Director of Inpatient Social Work at Massachusetts Mental Health Center and Associate Professor at Simmons Graduate School of Social Work (adjunct). She graduated from the University of Virginia and Boston College Graduate School of Social Work.

Sue is married to Ned Hallowell and co-authored *Married To Distraction* with him. Together they have appeared on numerous TV and radio shows to discuss relationships and ADHD, and Sue often presents at conferences on her successful model of support and therapy for couples.

Speaker Disclosures

Financial: Sue George Hallowell has no financial relationships with ineligible organizations.

Non-financial: Sue George Hallowell has no non-financial relationships with ineligible organizations.

Edward Hallowell, MD with Sue George Hallowell, LICSW | Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span | August 18-22, 2025

Course Agenda

Monday:

Introduction

- Explanation of the strength-based approach
- Special techniques in the strength-based approach
- History of ADHD
- What is it like to have ADHD?
- Potential skills and strengths in people who have ADHD
- Examples of successful ADHD-ers
- Most Vexing Problems to overcome in life with ADHD
- ADHD Its Best: What's it like and how to get there
- Epidemiology in US and across cultures
- ADD vs. ADHD
- A new term for ADHD: VAST
- Group sharing, Day 1

Tuesday:

Biology of ADHD

- Brain scan data
- Genetics of ADHD
- Handling the Naysayers
- The itch at the core of ADHD: Reward deficiency syndrome
- An organized approach to the diagnosis of ADHD
- The role of neuropsychological testing
- Common pitfalls in making the diagnosis
- Over-diagnosis vs. under-diagnosis
- How to take a strength-based history
- How to explain the diagnosis of ADHD to a child or adult
- Group sharing, Day 2

Wednesday:

Sue Hallowell, LICSW, joins us to discuss couples

- Couples: Sue speaks from her own extensive experience
- How ADHD impacts couples
- The Kolbe Conative Strength Assessment
- Conditions that coexist with ADHD
- ADHD vs. modern life: How to tell them apart
- Childhood bi-polar disorder vs. ADHD: How to tell them apart
- Dyslexia and ADHD
- Paradise Lost: Substance Use Disorder (addiction) and ADHD
- Paradise Regained: The Rewards
- Group Sharing, Day 3

Thursday:

Finding the Treasures

- The basics of treating ADHD
- The start of treatment: A pivotal moment
- Promoting strengths: A systematic approach
- Major danger alert: How to make the transition to college
- Nutrition, nootropics and ADHD: Omega-3s and beyond
- Neurofeedback
- Two traps to avoid: Spin and Slide (terms to be explained)
- How to deal with chronic rumination, brooding, and resolute pessimism
- Managing "The Big Struggle" in families
- Sexuality and ADHD
- Group sharing, Day 4

Friday:

The Role of Medication in the Treatment of ADHD

- The pros and cons of various medications
- Guidelines to finding the right dose of the right medication
- Explaining medication to others
- Clinical examples of the use of medication in all ages
- Treating worry, anxiety, and ADHD
- Coaching and developing organizational skills in life with ADHD
- Finding the right career in life with ADHD
- Choosing the right mate in life with ADHD
- Finding and preserving joy in life with ADHD
- Group sharing, Day 5

Course Objectives

Upon completion of this course participants will be able to:

1. Describe ADHD across the lifespan
2. Name a better term for the syndrome than ADHD
3. Explain rationale for strength-based model
4. List skills and strengths associated with ADHD
5. List the common problems associated with ADHD
6. Discuss the life stories of successful ADHD adults
7. Describe basic biology of ADHD
8. State the role of testing in diagnosis of ADHD
9. Name common pitfalls in diagnosis
10. Discuss use of medication for ADHD
11. Name conditions that often coexist with ADHD
12. Indicate the basics of ADHD treatment
13. Explain the role of exercise and nutrition in ADHD treatment
14. Discuss ADHD impact on couples and sexuality
15. Apply model to predict life stage dilemmas and plan appropriate treatment in practice

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Courses must be completed in one delivery format.

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

Coaches: This course has been approved for the following Continuing Coaching Education (CCE) units with the International Coaching Federation.

Core Competencies: 6 ; Resource Development: 9

Please see the [course CE page](#) for a complete listing of course-specific CE approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

15-hour course format: Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

12-hour course format: Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

8-hour course format: Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.

Tuition:

Early Tuition Rates (through 4/1/25)

15-hour in-person:	\$750
15-hour live-online:	\$625
12-hour in-person:	\$650
12-hour online:	\$550
8-hour in-person:	\$450
8-hour online:	\$350

Full Tuition Rates (after 4/1/25)

15-hour in-person:	\$800
15 hour live-online :	\$675
12-hour in-person:	\$700
12-hour online:	\$600
8-hour in-person:	\$500
8-hour online:	\$400

Student Pricing*:

15-hour in-person:	\$600
15 hour online:	\$475
12-hour in-person:	\$500
12-hour online:	\$400
8-hour in-person:	\$300
8-hour online:	\$200

*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Change Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in-person or live-online), you will receive a refund less a \$50 cancellation fee

Between 14 days and 1 day: Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

Once your course begins: No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

Course Changes:

Before June 1: You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

After June 1: Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at info@cape.org

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or info@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JUNE 30 - AUGUST 22, 2025

JUNE 30-JULY 4, 2025

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance
In-Person

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness
In-Person & Live-Online

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System
In-Person & Live-Online

Natasha Prenn, LCSW

Put Deliberate Practice into your AEDP Practice
In-Person & Live-Online

JULY 7-11, 2025

Suzanne Goh, MD, BCBA

Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing
In-Person & Live-Online

Gabriella Rosen Kellerman, MD

Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond
In-Person & Live-Online

Licia Sky

Embodied Awareness: The Art of Presence & Attunement
In-Person

Bessel van der Kolk, MD

Frontiers of Trauma Treatment
In-Person & Live-Online

JULY 14-18, 2025

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR
In-Person & Live-Online

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss
In-Person & Live-Online

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop
In-Person & Live-Online

Stan Tatkin, PsyD, MFT

Introduction to a Psychobiological Approach to Couple Therapy (PACT)
In-Person & Live-Online

JULY 21-25, 2025

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults
In-Person & Live-Online

Jeanne Catanzaro, PhD

Unburdened Eating: An IFS Workshop for Mental Health Professionals
In-Person & Live-Online

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma
In-Person & Live-Online

Richard Schwartz, PhD

Transformative Healing: An IFS Workshop on Addressing Legacy Trauma
In-Person & Live-Online

JULY 28-AUGUST 1, 2025

Farah Harris, MA, LCPC

The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice
In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect
In-Person & Live-Online

Maria Sirois, PsyD

The Fateful Story: How Narratives Shape Health, Growth and Resilience
In-Person & Live-Online

Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

Master Class in Experiential Psychotherapy
In-Person & Live-Online

AUGUST 4-8, 2025

Gloria Burgess, PhD

Sanctuary: Rekindling the Heart of Leadership®
In-Person

James Hawkins, PhD, LPC

Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families
In-Person & Live-Online

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties
In-Person & Live-Online

8 & 12 HR COURSES - NEW!

AUGUST 4-6, 2025 *12-HR

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection
In-Person & Live-Online

AUGUST 7-8, 2025 *8-HR

Christopher Willard, PsyD

Adapting Mindfulness Techniques for Children, Teens, and Adults
In-Person & Live-Online

AUGUST 11-15, 2025

Bob Anderson

The Journey of Conscious Leadership
In-Person

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard
In-Person & Live-Online

Pilar Jennings, PhD

Buddhism & Psychotherapy in Conversation: A Healing Partnership
In-Person & Live-Online

Cece Sykes, LCSW, ACSW

Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes
In-Person & Live-Online

AUGUST 18-22, 2025

Edward Hallowell, MD with Sue George Hallowell, LICSW

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span
In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach
In-Person

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy
In-Person & Live-Online

Eboni Webb, PsyD, HSP

From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation
In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org