

# Ask the Expert Webinar Viewing Guides

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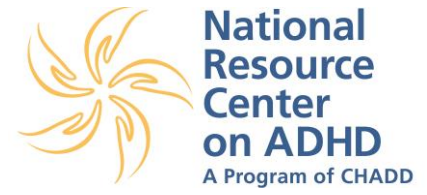
Are you interested in creating more engagement and dialogue during your support group meetings? This webinar viewing guide will allow you to use existing webinars from CHADD to help your attendees learn, discuss, and apply information about ADHD to their lives.

The Ask the Expert webinar series hosts leading experts in the field of ADHD to provide information to help support children and adults living with ADHD, their families, educators and healthcare professionals. The webinar series is available as part of the CHADD's National Resource Center (NRC), which is funded by the U.S. Centers for Disease Control and Prevention. Free new webinars are hosted monthly and an archive of past webinars is available on the NRC's YouTube page, Help for ADHD (<http://www.youtube.com/HelpForADHD>).

Each webinar includes a 15-30 minutes presentation followed by audience questions and answers. Using this video viewing guide will allow you to use the expert's presentation to promote discussion and give meeting attendees the opportunity to better apply the tips, tools and resources to their lives.

## About the video guides

1. Video background information
2. How to incorporate a webinar into a meeting
3. Coordinator version of the discussion questions
4. Attendee worksheets with discussion questions
5. Video Q & A reference
6. Additional Resources



# Video Background Information

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**Video Title:** Emotions and Motivation in ADHD

**YouTube Link:** [https://youtu.be/\\_sC9EWVhW74](https://youtu.be/_sC9EWVhW74)

**Main Audience:** Parents and Adults with ADHD

**Start Time:** 4:03      **End Time:** 31:15

## Video Summary

A person's level of motivation is tied to his emotions where ADHD is concerned. Dr. Thomas E. Brown discusses the interrelationship between emotions and motivation:

- Emotional regulation and a person's sense of motivation
- Why getting started on a project can be difficult for someone affected by ADHD
- How to take control of one's emotions and motivation

## About the expert, Thomas Brown

Thomas Brown, Ph.D. is a clinical psychologist who received his Ph.D. from Yale University and maintains a private practice in Hamden, Connecticut specializing in assessment and treatment of high-IQ children, adolescents and adults with ADD and related problems. He is an Assistant Clinical Professor of Psychiatry at the Yale University School of Medicine and is Associate Director of the Yale Clinic for Attention and Related Disorders. He has served on the Professional Advisory Board for national CHADD and for the National Attention Deficit Disorder Association.

# How to incorporate the webinar into a meeting

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## Pre-meeting planning:

1. Review the presentation portion of the video “Emotions and Motivation in ADHD”
2. Review the “Video Q&A reference.” Optional: listen to the responses provided by the presenter
3. Read through the “Discussion Questions for “Emotions and Motivation in ADHD” and become familiar with the “Coordinator version”
4. Print copies of the “Discussion Questions for “Emotions and Motivation in ADHD” attendee version of the guide
5. Print any relevant resources you plan to discuss during your meeting

## Day of the meeting:

1. Set up A/V equipment to view the video
2. Open up the video and set it to the start time
3. Pre-pass out or have attendee worksheet available for attendees to pick up as they walk in
4. Follow the “coordinator version: discussion questions”

## After the meeting:

1. Send video link via email
2. Send follow-up resources via email

## Materials Needed:

- Coordinator version of “Emotions and Motivation in ADHD” video guide
- Copies of attendee version of discussion questions printed out for all attendees
- Laptop, screen, projector, and speakers to show the YouTube video
- Access to YouTube to play the video or the video pre-downloaded and saved
- Additional resources (optional)
- Pens (optional)

# Coordinator Version: Discussion Questions

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## Discussion question #1 (video time reference 4:30 to 9:42 min):

Think about the positive and negative emotions that you experience on a regular basis. Write 1-2 positive and negative emotions that come to your mind. Do these emotions occur during certain situations or while completing certain tasks?

1. **Start** the video and watch up until minute 9:42.
2. **Pause** video at 9:42 min.
3. **Ask** attendees about discussion question #1
4. **Give** attendees time to think about their response and if they want to write it down.
5. **Ask** if anyone wants to share their thoughts.

### Getting Started

- Give a brief summary of the video and read the short bio of the presenters
- Instruct attendees that you'll be discussing each of the questions on their guide. You'll be pausing the video so they don't have to necessarily write down answers while watching.
- Start the video
- Follow the instructions in the discussion guide to pause the video after each question and prompt attendees to respond

## Discussion question #2 (video time reference 9:43 to 17:25 min):

Write down a time when you've had a "got to have it now" or "what if?" moment. Write about your experience and specifically how it gobbled all the space in your mind in that moment.

1. **Restart** the video and watch up until minute 17:25.
2. **Pause** the video at 17:25 min.
3. **Give** attendees time to write down examples of their "got to have it now" or "what if" moments.
4. **Ask** if anyone wants to share and take 3-4 responses.

## Discussion question #3 (video time reference 17:26 to 21:24 min):

Have you ever been flooded with a negative emotion towards your spouse, child, or close loved one? If yes, take a moment to write down 1-2 positive emotions about those people.

1. **Restart** the video and watch up until minute 21:24
2. **Pause** video at 21:24 min.
3. **Give** attendees times to think about their response and if they want to write it down.
4. **Ask** if anyone wants to share their thoughts.

#### Discussion question #4 (video time reference 21:25 to 24:24 min):

Do you have difficulty with ignition or getting things started? Write down an example of 1-2 situations where you have trouble getting started. Are there any techniques that help motivate you? List some of the strategies that help you.

If you have a small group you could brainstorm solutions all together. To get the discussion started you can use these examples.

#### **Ideas for getting things started:**

Positive self-talk  
Plan for an immediate reward on completing the task  
Make the first step a small step  
Set a stopping point  
Use a timer  
Make the task more fun

1. **Restart** the video and watch up until minute 24:24.
2. **Pause** the video at 24:24 min.
3. **Give** attendees time to think about their responses.
4. **Ask** attendees to partner with someone else, share what they have done to help them get started.
5. **Ask** if any partner groups want to share their thoughts.

#### Discussion question #5 (video time reference 24:24 to 31:15 min):

- a. What did you focus on, or pay most attention to, today?
- b. What's your clarity or take-away?
- c. What is one realistic action step that you want to take from here?
- d. How can you set yourself up for success with this action?

1. **Restart** the video and watch up until minute 31:15
2. **Pause** the video at 31:15 min.
3. **Give** attendees time to think about all of the wrap-up questions.
4. **Ask** if anyone wants to share their answers to questions "c" and "d".

# Discussion Questions for “Emotions and Motivation in ADHD”

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1. Think about the positive and negative emotions that you experience on a regular basis.
  - a. Write 1-2 positive and negative emotions that come to your mind.

Positive emotions

Negative emotions

- b. Do these emotions occur during certain situations or while completing certain tasks?

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2. Write down a time when you’ve had a “got to have it now” or “what if?” moment. Write about your experience and specifically how it gobbled all the space in your mind in that moment.

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3. Have you ever been flooded with a negative emotion towards your spouse, child, or close loved one? If yes, take a moment to write down 1-2 positive emotions about those people.
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4. Do you have difficulty with ignition or getting things started?
  - a. Write down an example of 1-2 situations where you have trouble getting started.
  
  
  
  
  
  
  
  
  
  
  - b. Are there any techniques that help motivate you? List some of the strategies that help you.

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5. Wrap-up
    - a. What did you focus on, or pay most attention to, today?
  
  
  
  
  
  
  
  
  
  
    - b. What's your clarity or take-away?
  
  
  
  
  
  
  
  
  
  
    - c. What is one realistic action step that you want to take from here?
  
  
  
  
  
  
  
  
  
  
    - d. How can you set yourself up for success with this action?
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# Video Q & A Reference

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## Questions answered by the experts after the end of their presentation.

- 1.** Can you discuss the relative importance of medication versus therapy in helping individuals with emotional regulation? (Time: 32:45—35:40 )
- 2.** Should the difficulty with emotional modulation be used as criteria for ADHD diagnosis? (Time: 35:50—38:34)
- 3.** How does a clinician distinguish between ADHD and a co-occurring mental health disorder that can impact emotion or motivation? (Time: 38:46—42:56)
- 4.** How is self-esteem affected by ADHD? Does the emotional and motivation deficit affect or lower self-esteem? (Time: 43:10—46:18)
- 5.** Is emotional dysregulation an executive function, and can it be treated by a stimulant or an antidepressant? (Time: 46:45—51:49)
- 6.** Are twice exceptional children (children who have ADHD and are gifted) equally challenged when it comes to emotion and motivation? (Time: 52:03—56:47)
- 7.** Is there a certification program for professionals or clinicians who treat ADHD and emotional regulation? What are the questions that people should be asking when looking for a clinician who treats ADHD and emotional regulation? (Time: 57:08—1:00:57)

### Quick Tip

While you are watching the video and going through the discussion questions, if a participant asks a question that the expert answered in the video you can show that particular question and answer using this reference.





# Additional Resources

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## Resources mentioned in the video

- 1.** Yale School of Medicine: Thomas Brown, PhD  
[http://medicine.yale.edu/news/thomas\\_e\\_brown-1.profile](http://medicine.yale.edu/news/thomas_e_brown-1.profile)
- 2.** Dr. Thomas E Brown website: <http://www.drthomasebrown.com/>
- 3.** Smart but Stuck: Emotions in Teens and Adults with ADHD  
<http://www.drthomasebrown.com/booksbydrbrown/smart-but-stuck-emotions-in-teens-and-adults-with-adhd/>
- 4.** Getting to Yes: Negotiating Agreement Without Giving In by Roger Fisher and William Ury  
[https://www.amazon.com/Getting-Yes-Negotiating-Agreement-Without/dp/0143118757/ref=pd\\_sbs\\_14\\_t\\_0?\\_encoding=UTF8&psc=1&refRID=DBX9F6YRYWRBSTBZQDSZ](https://www.amazon.com/Getting-Yes-Negotiating-Agreement-Without/dp/0143118757/ref=pd_sbs_14_t_0?_encoding=UTF8&psc=1&refRID=DBX9F6YRYWRBSTBZQDSZ)

## CHADD Resources

- 1.** CHADD Resource Directory  
<http://www.chadd.org/Support/Directory.aspx?state=1111111>
- 2.** Psychological Treatment for Children and Adolescents with ADHD Fact Sheet:  
<http://www.chadd.org/Portals/0/Content/CHADD/NRC/Factsheets/Psychosocial%20Treatment%20for%20Children%20with%20ADHD.pdf>
- 3.** Treatment for Adult ADHD: Cognitive-Behavioral Therapy Webpage  
<http://www.chadd.org/Understanding-ADHD/For-Adults/Treatment/Cognitive-Behavioral-Therapy.aspx>