

PHILADELPHIA CHADD

Presents

Understanding Neurodiversity and ADHD



Lisa Joy Tuttle, MA, BCC, NBC-HWC

THURSDAY, MARCH 16, 2023

7:00 P.M. VIA ZOOM

The concept of *Neurodiversity* has captured the hearts and minds of the ADHD world lately, though there is a lot of confusion about the term, and to whom it applies. What does it mean to be *neurodiverse* or *neurodivergent*? Can a person or group “have neurodiversity”? And what are the Neurodiversity Paradigm and Neurodiversity Movement?

Come learn important distinctions between these ideas and the tremendous potentials understanding them can hold for our ADHD community. These topics are central to Lisa Joy’s doctoral research, and she is excited to engage us all in an empowering conversation about them.

Lisa Joy Tuttle is Director of Coaching and Group Programs at the Penn Adult ADHD Treatment and Research Program at the University of Pennsylvania’s Perelman School of Medicine, where she leads her popular Mindful Self-Management® executive skills coaching groups. A board-certified coach (BCC) and nationally board-certified health and wellness coach (NBC-HWC) with 30 years in the field of personal development, Ms. Tuttle coaches, lectures, and consults internationally. She has a master’s in Applied Psychology and training in cognitive-behavioral and mindfulness-based approaches and is currently pursuing her PhD at the California Institute of Integral Studies, researching stigma and empowerment in ADHD.

Philadelphia CHADD is an information, education, and support group for families raising children with ADHD and (new in 2023) adults managing ADHD.

For more information and the Zoom link visit us online at www.chadd.net/490
or email Philadelphia-CHADD@CHADD.org.

Please note CHADD does not endorse products, services, publications, medications, or treatments, including those advertised as speakers at any CHADD events or in any CHADD publications, webinars or podcasts.