

An Invitation to the Pacific Northwest ADHD Community

ADHD and Relationships

A full day workshop with **Don Baker, MA, LMHC** and **Gina Pera**, bestselling author of *Is It You, Me, or Adult ADD?*

Sunday, September 12, 2010

Mercer Island Community Center

[Tickets through Brownpapertickets](#)



Dealing with relationships has been one of the most significant parts of my ADHD journey.

Both my partner and I were diagnosed ADHD in 1997, and in true ADHD form, I began my search for information. Hyperfocus is a gift and curse. In this case, it was a gift.

ADHD resources were few and far between in Seattle. And there wasn't much written about adults living with ADHD. It wasn't until the mid 1990's that the psychological/ psychiatric community began to understand and accept that adults lived with ADHD? Up until this point, it was believed that we outgrow the diagnosis. Historically, this was a diagnosis that usually manifest in little boys as hyperactivity. Things have changed!

I stumbled upon an ADHD Conference in San Francisco. Jonathan Halverstadt, was a presenter, and he had just published ***ADD and Romance***. We had to go! We called friends who lived in the Bay area and told them to expect guests..

I remember sitting in the packed breakout session listening to Jonathan. What struck me most was that he was telling my/our story. It was sad. His presentation was a retrospective, a story about the loss of a relationship due to his undiagnosed ADHD and about how the pain of that loss was a catalyst for change. He had learned so much and was in a position to be educating others about the diagnosis and its impact. From his experience he offered a roadmap of with warning signs Don't go this way! Remember this!

I was so moved by the content of the presentation and by the stories and information shared by the others that I found myself walking up to the audience microphone and asking a question. This was a big deal and pretty uncharacteristic. That was my coming out as an ADHD adult and

a partner of someone ADHD. On that day, Jonathan Halverstadt ignited the “flame” of advocacy in me.

Fast forward to 2010: After 13 years of working as therapist, presenter, volunteer and support group leader, Board President of a thriving ADHD organization, and as a person/partner living and thriving with the ADHD diagnosis, I recognize that there is still a need to get the word out. The flame ignited by Jonathan Halverstadt has not dimmed.

Gina says “ADHD awareness is a social justice issue, a question of each person deserving accurate knowledge and access to care that affords us full access to our talents and abilities, much like the revolutionary concept of eyeglasses did in centuries past.”

We’re joining forces next Sunday, Sept 12, for a full day workshop on **ADHD and Relationships**. We know so much more now about the diagnosis and how ADHD impacts our relationships. Gina and I are committed to providing an experience that helps you access to your talents and make the most your relationships.

My personal and professional experience has taught me that it’s in an environment like the one Gina and I will create Sept 12th that significant learning and growth occurs.

Please join us and others in the Pacific Northwest ADHD community. Come prepared to learn about new strategies and skills to address the impact of ADHD on relationships.

Respectfully,

Don

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