
Making Things Better: Anger & Communication Workshop for Couples Impacted by ADHD



www.ADHDmarriage.com

Overview

Anger and communication blow-ups are common for couples impacted by ADHD, who are typically quite different from each other in backgrounds and skillsets. This hands-on workshop focuses on two topics – diminishing anger, and improving communication around difficult topics.

Workshop Goals

- Cope more ably with anger from a partner
- Identify and better manage anger in oneself
- Improve communication skills using specific strategies known to work for couples impacted by ADHD
- Learn how to get ‘unstuck’ from repetitive conflict conversations
- Develop a personal plan for how to better manage communications that you can build upon after completing the workshop

Faculty

Melissa Orlov is a top expert in how ADHD impacts couples. She is the author of two award-winning books on the topic, counsels couples, and teaches therapists around the world to work with couples impacted by ADHD. She is the founder of www.ADHDmarriage.com.

Janette Patterson, MSW, LCMFT has been counseling and coaching adults and couples with ADHD for over 25 years. Located in Silver Spring, MD, she offers DBT skills training and therapy to address concerns that affect couples and families.

Questions?

Contact Melissa Orlov through www.ADHDmarriage.com

Dates

Friday, October 20, 7-9pm

How Does ADHD Impact Your Marriage? (Presentation open to the public)

Saturday, October 21, 8:30 – 4:30

Making Things Better: Anger and communications workshop

Saturday workshop limited to 14 couples.

Coffee, lunch, snack included.

Location

The Nora School
955 Sligo Ave
Silver Spring, MD 20910

Registration and Tuition

Friday presentation is open to the public (\$15 per individual or \$20 per couple not). Friday night is not required for workshop participants, but is highly recommended.

Tuition for the workshop is \$475 per couple, and includes the Friday evening presentation.

To register, go to www.ADHDmarriage.com, under “Seminars & Groups/Workshops”