

# WEBINAR WEDNESDAYS

## Virtual Training Series

Join us this Wednesday for our next Webinar session! Our sessions grant behavioral health professionals continuing education credits

### ADHD and Anxiety: What You Need to Know

**Speaker: Dr. Stephanie Sarkis** *PhD, NCC, DCMHS, LMHC*  
January 24th, 2024 | 12:00 – 1:30 pm CST

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#### Session Description

Learn more about the intricate relationship between ADHD and anxiety in our comprehensive presentation with returning speaker, Dr Stephanie Sarkis. In this session, we will explore:

- Challenges of diagnosis when ADHD and Anxiety are co-occurring.
- Real-life case studies, which will shed light on the dual impact on daily life.
- Enhance awareness, foster understanding, and provide practical insights for healthcare professionals.
- Strategies for clinicians to distinguish between ADHD-related behaviors and anxiety symptoms.
- A range of therapeutic interventions, including psychoeducation, behavioral therapy, and pharmacological options.
- Coping mechanisms and self-help strategies that individuals can incorporate into their daily lives



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