

ADHD - Understanding and Working with the Interest-Driven Nervous System

HopeSpoke Presents

Kelly Pickens, APNP, FNP-BC, ADC-C, ADHD-CCSP

March 21, 2025

8:00am - 4:00pm

Nebraska Innovation Campus

2021 Transformation Dr, Lincoln, NE 68508

Register now on [Eventbrite!](#)

Join us for a full day training featuring Kelly Pickens, APNP, FNP-BC, focusing on ADHD and understanding and working with the interest-driven nervous system.

Early Bird registration is \$60 and allows first access to registration for the conference as space will be limited. You can reach out to Whitney Kuhn, wkuhn@hopespoke.org, with questions or assistance registering bulk numbers of participants. You must register by March 7, 2025 to receive the Early Bird discount.

REGISTER NOW!

Register by March 7, to receive the Early Bird discount - full day for only \$60!

Registration includes training, breakfast, lunch, and Continuing Education hours

AGENDA

8:00am-8:30am	Registration and Breakfast
8:30am-10:00am	Introduction to the Interest-Driven Nervous System
10:00am-10:15am	BREAK
10:15am-12:00pm	The Stress Cycle in ADHD
12:00pm-1:00pm	LUNCH
1:00pm-2:30pm	Strategies for managing an Interest-Driven Nervous System
2:30pm-2:45pm	BREAK
2:45pm-4:00pm	Building a Thriving Life with ADHD
4:00pm	End

Conference Objectives

At the end of the training participants will:

1. Gain knowledge to understand the interest-driven nervous system of ADHD.
2. Be able to identify ways the ADHD stress cycle impacts the lives of people with ADHD.
3. Learn strategies for managing the interest-driven nervous system.
4. Gather information on ways to assist others on how to build a thriving life with ADHD.

Meet Your Presenter:



In 2020, Kelly accidentally discovered she had ADHD while completing a continuing medical educational course on adult ADHD. She was 48 years old. She was astonished as she went through the course, experiencing revelation after revelation. This course was about her! After the course, she sought a diagnosis, began medication, hired an ADHD coach — and voila!! Medication and 6 months of ADHD coaching were more helpful than any other antidepressant medication and talk therapy she had ever participated in since sophomore year of college. Since that time, Kelly has poured herself into learning everything she can about ADHD. She has completed coursework with the iACTcenter for ADHD Coaching, studied numer-

ous books, completed CME's, listened to countless podcasts, and attended national conferences.

Kelly is an ADHD-Certified Clinical Services Provider and a Certified Attention Deficit Consultant. She has also been a Family Nurse Practitioner for 20+ years.

Fascinated with neuropsychiatry, with a true love of the brain, Kelly started Undivided Attention to help others learn about and love their brains too.

"I have been told that my superpower is helping people be who they are. And when we work together, I will be who I am, which may mean I will swear from time to time, and I'll probably be wearing jeans.

I am a tenacious advocate for people with disabilities, societal disadvantages, and any other individuality (race, gender, sexual preference, neurodivergence, etc ...) that can lead to their oppression and limit their access to what the world has to offer."

Registration & Cost

[Register Now](#) via Eventbrite.

Contact Whitney with questions or to register by phone/email.

Early Bird Discount (register by 3.7.25): \$60 Registration from 3.7-3.21.25: \$80

Registration includes breakfast, lunch, and continuing education hours.

No-shows will be charged for the conference.

Refunds will NOT be issued after March 10, 2025

Continuing Education Hours

Conference participants will receive a certificate of attendance confirming Continuing Education* hours awarded. Participants attending the entire program will receive 6.5 Continuing Education Hours. Participants will receive Continuing Education hours if they sign in at the conference and turn in a completed evaluation form at the close of the conference day.

*Continuing Education hours are approved for Social Workers, Counselors, Marriage and Family Therapists, and Licensed Mental Health Practitioners. HopeSpoke maintains responsibility for this program and its content.

Criminogenic Hours**

Conference participants attending the entire program will earn 6 Criminogenic Hours. Criminogenic hours are pending approval.

Questions

Call 402-475-7666 or send an e-mail to info@hopespoke.org with any questions or for more information.

Contact Persons: Whitney Kuhn and Jackie Prater.

The Conference is sponsored by HopeSpoke with support from BHECN