

ADHD Awareness... Knowing is Better

Friday, October 19th 8:30-4:30 pm

Speaker Bios

Chris Zeigler Dendy, M.S.

Chris A. Zeigler Dendy is an internationally known and bestselling author, former educator, school psychologist, mental health professional with 45+ years of experience and is the mother of three grown children with ADHD. She provides training nationally and internationally. She has authored four popular books including *Teaching Teens with ADD, ADHD and Executive Function Deficits*. Her latest book, *Teenagers with ADD, ADHD, & Executive Function Deficits* (2017) has sold over 120,000 copies. In 2015, *A Bird's-Eye View of Life with ADHD...ten years later!* 3rd ed. was published. *Bird's-Eye View* provides an update on the current lives of the twelve young adults that were originally featured as teens in the first edition of the book. In November of 2014, she received CHADD's prestigious Lifetime Achievement Award; this is only the second time the award has been given in CHADD's history. She and her husband, Tommy, received ADDA-SR's Eisenberg award that same year. As a volunteer, she was the lead author for the CHADD Educator's Manual on ADHD and is a co-founder and teacher for CHADD's Teacher-to-Teacher training program.

Brian Dixon, M.D.

Dr. Brian Dixon is an award-winning psychiatrist and impact entrepreneur who believes mental health and wellbeing is achievable for everyone. Owner of the private psychiatric practice, Progressive Psychiatry in Fort Worth, TX, Dr. Dixon's unique approach to blending therapy with behavior modification and responsible medication management resonates with mindful adults, parents, and kids throughout the North and Central Texas areas. Having worked in the teaching, community mental health and private health care settings, he has found many forces (personal, professional, financial, psychological, etc.) affect the availability, access, expectation, and quality of mental health care. Building a private practice allows him to take the best parts and provide them to his patients.

Tammy O'Neil, CSSC, CPT

Tammy is an ADHD Coach and a Professional Organizer that specializes in ADHD, Chronic Disorganization and Hoarding. Her Business and Communication degrees, continuing education and community volunteer work enhance her abilities to "think outside the box." Being the mother of two adult children and five grandchildren has enhanced her combined unique gifts of creative coaching and organization. In addition to being the Co-Coordinator of North Tarrant County CHADD, she is also a member of Children & Adults w/Attention Deficit Disorder (CHADD), Institute of Challenging Disorganization (ICD), International Coaching Federation (ICF)

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National Association of Productivity and Organizing Professionals (NAPO), and Tarrant County Hoarding Task Force (TCHF). Tammy fosters a co-active coaching partnership with her clients and collaborates with them to reach their goals. In addition to owning her own business, the Organizer Coach, she is also an ADHD Coach and Certified Parent Trainer with Avant-Garde Counseling and Coaching Center.

Dulce Torres, LPC-S, BCC, ACC

Dulce Torres is an author of 365 and 365+1 Ways to Succeed with ADHD and is a licensed professional counselor-supervisor, board certified coach and associate certified coach specializing in ADHD, anxiety and depression. Dulce believes every person can live life beyond limitation as they have their inner strengths and can learn strategies and skills to achieve their goals. Dulce founded Avant-Garde Counseling & Coaching Center in 2013 and has a team of counselors and coaches who provide services to children, adolescents and adults. Dulce is a faculty member at JST Coach Premier Training for ADHD Coaching. She has served both on the national board and as the Coordinator of the North Texas Chapter of CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder). She's a member of the ADHD Coaches Organization (ACO), Attention Deficit Disorders Association – Southern Region (ADDA-SR), Texas Counseling Association (TCA) and Hispanic Women's Network of Texas (HWNT). Dulce has been a featured columnist for Spanish-language newspapers in the Dallas & Fort Worth area.