

ADHD Workshop INFORMATION

The Adaptive Worry System

Turning worry into insight, structure, and self-trust

Many adults with ADHD experience worry, overwhelm, and self-criticism.

But what if worry isn't simply a problem to eliminate?

In this workshop, we explore how the ADHD brain generates worry as part of a predictive and protective system. Instead of fighting worry, participants learn how to listen to it, organize it, and transform it into useful guidance.

Through neuroscience, therapeutic tools, and creative exercises, participants will learn how to move from worry spirals to supportive structure.

We believe ADHD is not a flaw to fix, it is a system to understand.

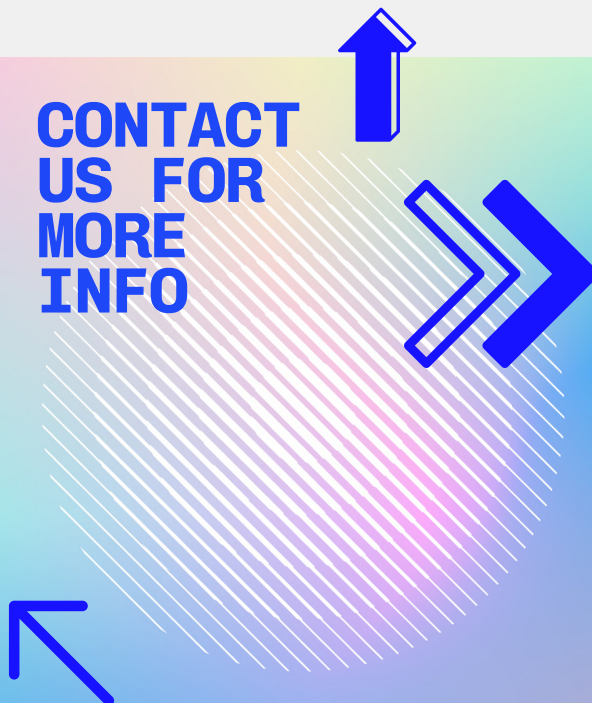
Hosted by:

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CONTACT US FOR MORE INFO



March 25th
April 1st
April 8th

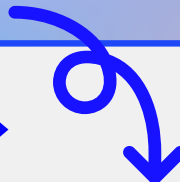
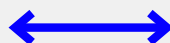
Wednesdays
6:00-7:30 pm

Virtual Sessions
FREE!

ADHD WORKSHOP

The Adaptive Worry System

TRANSFORMING Worry into an Adaptive System



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Therapy



WHAT TO EXPECT

This workshop combines education, reflection, and experiential exercises in a supportive environment. Participants will engage in:

- Understanding how the ADHD brain processes worry and attention
- Identifying personal worry patterns and emotional signals
- Mapping worry into structured tools that support executive functioning
- Practicing nervous system regulation strategies
- Learning compassionate ways to work with inner critical voices
- Using creative reflection to better understand internal experiences

The goal is not to eliminate worry, but to transform it into a signal that supports planning, awareness, and self-trust.

WHAT YOU WILL LEARN

Participants will learn how to:

- Recognize early signs of overwhelm before shutdown or paralysis
- Understand the relationship between ADHD, anxiety, and the brain's predictive systems
- Externalize worry so it no longer overwhelms working memory
- Use grounding and regulation strategies to calm the nervous system
- Break tasks into supportive starting points rather than perfectionistic demands
- Develop self-compassion and reduce shame around ADHD challenges
- Build practical routines that work with ADHD instead of against it

ADHD WORKSHOP: The Adaptive Worry System

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ADHD WORKSHOP

SKILLS WE WILL EXPLORE

Understanding ADHD

Learn how ADHD affects attention, motivation, emotional regulation, and worry patterns.

Emotional Regulation

Develop strategies that support nervous system balance during overwhelm or stress.

Reframing Worry

Learn how worry can function as a protective signal rather than a threat.

Executive Function Strategies

Practice tools that support planning, task initiation, and organization.

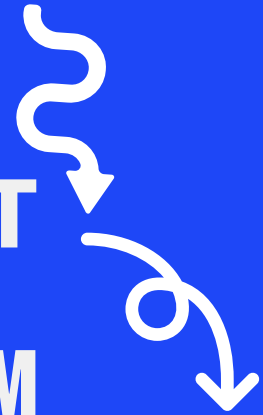
Self-Compassion

Replace shame and self-criticism with curiosity and understanding.

Practical Coping Tools

Leave with exercises and strategies that can be used immediately in daily life.

MEET OUR TEAM



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