



*The Organizing Authority* SM

FOR IMMEDIATE RELEASE

Contact: Stephanie Shalofsky

t: 917-375-0631

e: [Public\\_Relations@napo-ny.net](mailto:Public_Relations@napo-ny.net)

## **NAPO-NY PRESENTS “UNDERSTANDING THE SECRET WORLD OF WOMEN WITH AD/HD” SEMINAR**

Sari Solden, pioneer in field of women with AD/HD, to be the featured  
speaker at the November 7, 2009 event.

New York, NY (October 19, 2009) – NAPO-NY has teamed with Sari Solden, a leading authority in the field of women with AD/HD, to bring together women with AD/HD, mental health experts, coaches and professional organizers. This first of its kind event scheduled for 1:00-4:00pm on November 7, 2009 at the Subud Chelsea Center in New York City will include a presentation by Ms. Solden followed by a facilitated discussion between women with AD/HD and the professionals who work with them.

The focus of Ms. Solden’s presentation will be on what happens when the challenges of AD/HD meet gender role expectations for women. The emphasis will be on appreciating and understanding the complex interplay of emotional, cognitive and cultural factors that are at work in the lives of women with AD/HD.

“As AD/HD can have a significant impact on all facets of a woman’s life, Sari Solden will provide valuable insight to all those in attendance as she shares her experience and knowledge concerning this subject. Having heard Sari speak, I believe that this seminar will prove to be very informative and inspiring,” stated Diana Soll, President of NAPO-NY.

This 3-hour event will also include an opportunity for the attendees to participate in small discussion groups. Registration for this event will cost \$65.00 for NAPO-NY members and \$75.00 for all others. There will be a late fee of an additional \$10.00 for anyone registering after October 31, 2009. Registrants will have the chance to purchase copies of Ms. Solden’s books or CD at the time that they register for the event. Ms. Solden will personally sign all copies of the books and CDs that are purchased in advance. For more information or to register, go to <http://www.napo-ny.net/currentPDS.shtml>.

### **About NAPO-NY**

NAPO-NY is the New York chapter of the National Association of Professional Organizers, the world’s premier non-profit professional community serving the interests and development of professional organizers. Founded in 1987, NAPO-NY is today over 100 members strong and boasts a diverse array of organizing consultants, speakers, trainers, authors, and manufacturers of organizing products who service individuals, families, and businesses throughout the New York area. For more information or to locate an organizer, visit [www.napo-ny.net](http://www.napo-ny.net)

**About Sari Solden**

Sari Solden, MS LMFT is a psychotherapist in private practice in Ann Arbor, MI who has worked with men and women with AD/HD for over 20 years. She is the author of *Women with Attention Deficit Disorder (Revised 2<sup>nd</sup> edition 2005)* and *Journeys Through ADDulthood (2002)*, which is for both men and women as well as mental health professionals. Solden trains mental health professionals on counseling adults with AD/HD and is a prominent speaker at both national and international AD/HD conferences as well as a frequent contributor to publications on this subject. She serves on the professional advisory board of ADDA and has served on the program conference committee for national CHADD. Her areas of specialization include inattentive AD/HD, women's issues, as well as the long term counseling issues for men and women not diagnosed until adulthood. Sari has been the recipient of ADDA's award for outstanding service by a helping professional. She has her own online community to support adults with ADD ([www.ADDJourneys.com](http://www.ADDJourneys.com)).

###