



European
City of Science
Leiden2022



Universiteit
Leiden



**IMPULS &
WOORTBLIND**

Saturday 15 October 2022

The power of ADHD

@UNIVERSITY of Leiden

ADHD-Awareness Month October

Leiden European City of Science 2022

We all very well know the burden ADHD can be. This day we focus on the possible qualities of ADHD.

At this event we discuss whether ADHD has certain powers that may contribute to society. How about innovation and creativity? Can the positive sides, that many experience, be proven? Does medication help to use these qualities? Can medication frustrate creativity? How can employers profit from employees with ADHD? What's the best advice to overcome 'self-medication' (drugs)? How to set free their ADHD-strengths to make them flourish?

Leiden University, Impuls & Woortblind, ADHD-Europe and Leiden European City of Science 2022 welcome you to actively participate in this day of 'citizens science' in a practical and vivid way. You will learn how to maintain the balance between the advantages and disadvantages of ADHD and use this in your daily life and work.

Registration will be open from September 1, 2022

THE POWER OF ADHD

- ADHD @ Work
- ADHD in Women
- SPEED Coaching
- Creativity vs Medication
- Positive Qualities of ADHD
- The Power to overcome Addiction
- News Bulletin - Scientific Discoveries

European City of Science Leiden2022

Universiteit Leiden

IMPULS & WOORTBLIND

ADHD Europe

Questions Netherlands: Hans.van.de.Velde@ADHDEurope.eu
Questions Europe: myriam.bea@adhdeurope.eu

Program @University Leiden

09.30	Registration and coffee/tea
	Host-of-the-day: Roosmarijn van de Velde Chief New European Bauhaus at Leiden European City of Science 2022
10.00	Opening by Jacques Verraes LLM. - in a private capacity – Deputy-Head of Unit at the Directorate-General for Research and Innovation of the European Commission. <i>Only humans can imagine the future</i>
10.20	Prof. Sandra Kooij & Bethan Burnside PhD <i>The power of cooperation between living experience and clinical expertise for women with ADHD</i>
11.00	Young people with ADHD interviewed by Prof. Robert Vermeiren, University Leiden <i>Creativity versus medication? Cooperation between you and your doctor</i>
11.30 - 13.15	<i>Speed-coaching</i> Participants can book a 15 minutes talk with a coach, psychiatrist, psychologist or company doctor [see registration form]
11.30 - 13.15	Break for speed-coaching and lunch <ul style="list-style-type: none"> - Have your personal speed-coaching session with one of the professionals - Arrange your own lunch in the restaurant or outside
13.15	Lessa Schippers, MSc., research assistant, and Martine Hoogman PhD, ass. prof. <i>Qualities of ADHD, the positive sides Imagine being a researcher: What do you think are qualities of ADHD and how do we prove it?</i>
14.00	Interactive Talk-show about two questions: <i>Employer: Can I profit from ADHD-strengths? Employee: Do I tell my employer?</i> Marianne Schulpen, company doctor, AkzoNobel Guus Lustig, company doctor i.o., University Leiden Nicholas, Innovation Consultant, VC investor, ADHD Hans van de Velde, coach for employees, host of the talk-show
15.00 - 15.30	<i>Speed-coaching</i>
15.00 - 15.30	Break with coffee/tea
15.30	<i>Scientific News Bulletin – the latest news from ADHD research</i> Jeanette Mostert, science communication expert from Radboudumc Nijmegen brings you the latest research findings in an understandable way. <i>With scientists from all over Europe coming to this newsroom. New discoveries on ADHD and lifestyle, food, diabetes, genetics and the brain</i>
16.15 - 17.00	<i>The Power of Overcoming Addiction</i> <i>Ex-addicts with ADHD sharing their story</i> <i>Inspiration for peers, family, professionals and policy makers</i>

Parallel program @Train station entrance

Welcome to everybody who is interested in ADHD

@Train station entrance *)

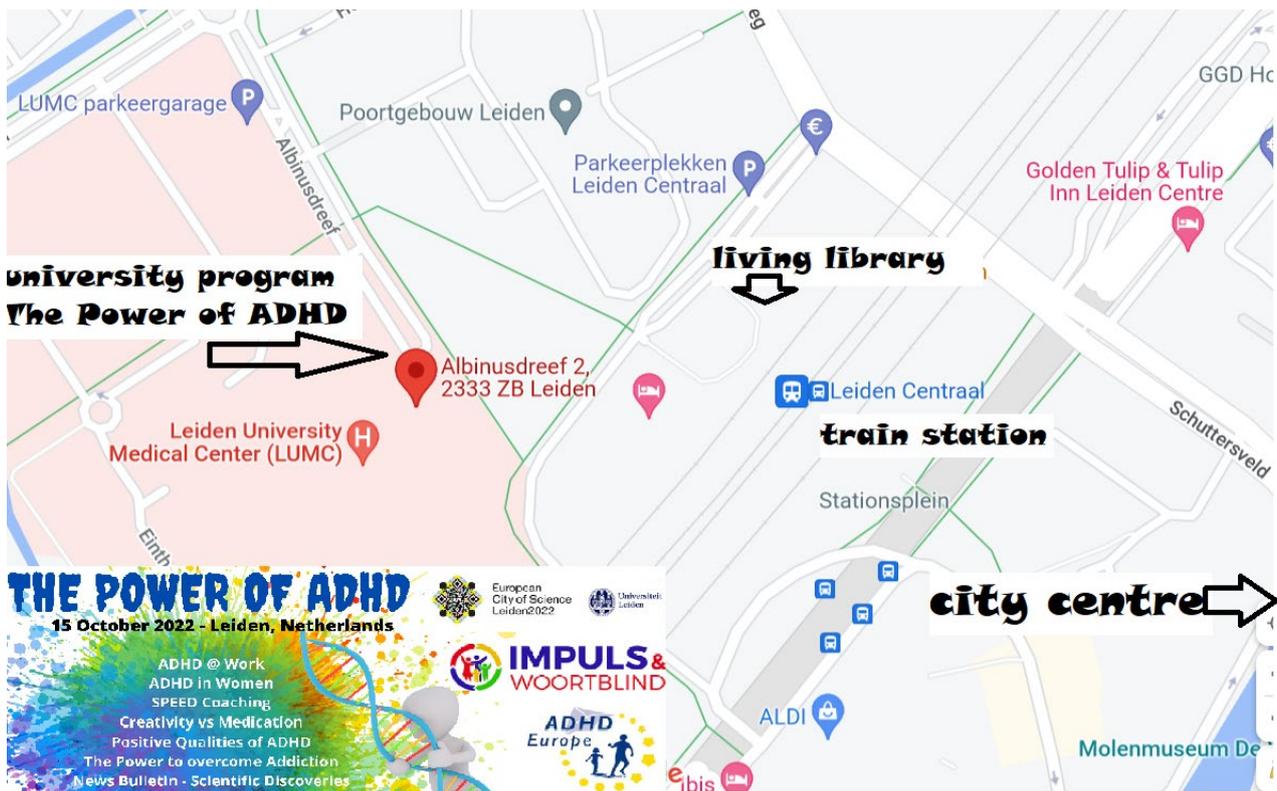
at our Living Street Library

to learn more of ADHD

People with ADHD are the 'books' in this Living Street Library.

In this Living Street Library, books are people, and reading is talking with them. Visitors can come up with questions or browse the 'catalogue' for the available titles, choose the 'book' they want to read, and borrow it for 15 minutes. After reading (talking), they return the 'book' to the library.

*) at the university side exit of the train station is a square; address: Bargelaan, Leiden (outside program)



Detailed information about the program @University

Host-of-the-day: Roosmarijn van de Velde
Chief New European Bauhaus at Leiden European City of Science 2022

Info:

As chair-of-the-day Roosmarijn van de Velde will moderate this Event, connect you with the speakers, keep track of the time-schedule and keep you awake with disruptive questions.

Roosmarijn van de Velde MSc is Chief New European Bauhaus at Leiden European City of Science 2022. She leads the future-oriented New European Bauhaus Leiden program, which focuses on inclusion and sustainability, giving voice to coming generations. With her young program-team, she organizes a wide array of events and conferences where scientists, artists and citizens join forces for a better future. As a woman with ADHD, as well as other diagnoses (dyslexia, giftedness, depression/burn-out), she has extensive experience with both the challenges and qualities of neurodivergent life. As the moderator of the day, she will bring to the stage at least three of these qualities: fundamental curiosity, contagious enthusiasm and a talent for keeping an audience engaged.

Only humans can imagine the future

10.00	Opening by Jacques Verraes LL.M. of the European Commission Directorate-General for Research and Innovation <i>Only humans can imagine the future</i>
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Info:

Human beings are storytellers. Since the stone age, self-reinforcing myths allowed human beings to operate as collectives and made homo sapiens the apex predator of planet earth. Gods, heroes, we & them memes populate an intersubjective world that summon us to fight, defend, steal, care and share. 20.000 Years ago, with the torch of imagination and the brush of ingenuity, Cro-Magnon ancestors in the pitch dark of the caves of Lascaux and Chauvet told the stories of oversized and idealised animals they carried in their minds. We congregate and connect around stories to project ourselves into a collective future.

But what if the mind-map of individuals doesn't match the feedback that they receive from reality and from aspirational others? What if in-groups flag that you are, and remain, an outlier? We are compelled to bifurcate our internal and internalised stories: one for us, one for the world. Whilst experiencing an enduring mismatch, being an honest liar is just one of the insoluble paradoxes a neurodivergent individual, e.g. a person with ADHD, autism or else, has to cope with. (S)he has the same longing of belonging and respect, but living in a social-professional environment that almost invariably signals that you always miss the point, existential solitude is the awful precipice that prompts dogged wakefulness and broad improvisation. As long as it lasts, memory tells a story about how it was, experience what we can expect, imagination scouts for work-arounds, and hope prompts search for the first cause and final cure.

Jacques Verraes LL.M. - in a private capacity - Deputy-Head of Unit at the Directorate-General for Research and Innovation of the European Commission. He studied Dutch, international and European Law in the Netherlands and abroad, and worked as lawyer, policy-maker and legislator in international public administrations for over 30 years. His work consisted to a large degree of developing institutional stories and connecting them with societal realities that underpin our societies. He has a long-standing interest in conflict prevention and resolution, using formal and informal mechanisms to maintain a thriving and free society.

The power of cooperation between living experience and clinical expertise for women with ADHD

10.20	Prof. Sandra Kooij & Bethan Burnside PhD <i>The power of cooperation between living experience and clinical expertise for women with ADHD.</i>
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Info:

Sandra Kooij and Bethan Burnside share the results of the powerful cooperation between women experienced in living a life with ADHD and scientists who have spent a lifetime on research into ADHD.

The audience is included in the discussion about the female aspects of ADHD and how women have been using their ADHD-power to overcome their challenges. Sandra and Bethan also share the latest scientific insights that can help you flourish.

Information about the ADHD Women Project www.adhd-women.eu.

Information available in the following languages:

<https://adhd-women.eu/bienvenue-francaise/>

<https://adhd-women.eu/welkom-dutch/>

<https://adhd-women.eu/de/Deutschland>

<https://adhd-women.eu/bienvenido/España>

Prof. Dr. Sandra Kooij is a psychiatrist and has been involved in clinical practice, teaching and research on ADHD in adults for decades. She is professor of ADHD in adults at Amsterdam University Medical Centre, VUmc in Amsterdam, and head of the Dutch Expertise Centre ADHD in adults and elderly, at PsyQ in The Hague (NL). Sandra has been researching for years into women with ADHD, including aspects like sleep, hormones and health.

Bethan Burnside is currently doing a PhD in Biomedical Sciences, investigating the epigenetics of adults with ADHD at the University of Antwerp. She is also collaborating with Professor Sandra Kooij on the ADHD Women Health Survey in conjunction with PsyQ Netherlands and ADHD Europe, as well as conducting human-centred design research at the Centre for Global Mental Health, King's College London. As both a neuroscientist and a neurodivergent person (ADHD), Bethan is passionate about blurring the lines between being a scientific versus a living experience expert, in addition to fostering dialogue between researchers and participants. As such, she is the founder and CEO of the NEUROART Exhibition initiative (neuroartexhibition.com), which pairs neuroscientific researchers with neurodivergent artists to co-create works that explore the missing voices of the neurodivergent community in the biomedical field.

Creativity versus medication? *Cooperation between you and your doctor*

11.00	Young people with ADHD interviewed by Prof. Robert Vermeiren, University Leiden Creativity versus medication? <i>Cooperation between you and your doctor</i>
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Info:

Robert Vermeiren will be interviewing young people in the audience who have experienced changes in their typical ADHD-creativity when they started using medication. Who lost their creativity? Is this an unwanted side-effect? Who, on the contrary, were able to realize their creativity more because of the medication?

Robert also shares the latest scientific insights that can help you use and exploit your ADHD-power.

Prof. Dr. Robert Vermeiren is a professor of child and adolescent psychiatry and head patient care of Curium-LUMC. His group focuses on (dysfunctional) development of children. It therefore integrates the interplay of biopsychosocial factors that are relevant for a successful or unwanted development. Success depends on the way a child succeeds to function in the family, at school and with friends. When a child fails to do so in several perspectives, they can ask prof. Vermeiren for help. His specific expertise lies with the development of severe behavioural disorders in youths. His PhD in Antwerp, Belgium was on youths who had a juvenile court contact because of an offence. He was professor of forensic child and adolescent psychiatry until 2017 at VUmc. Before he held a chair of forensic psychiatry at the University of Leiden (faculty of law and criminology). The developmental psychopathology of behaviour disorders is the main research focus of Prof. Vermeiren. He published until now about 200 papers and 20 book chapters, both in Dutch and English.

Speed-coaching

11.30 -	Speed-coaching
13.15	Participants can book a 15 minutes talk with a coach, psychiatrist, psychologist or company doctor [see registration form]

Info:

See *registration form*. Choose a topic you want to work on in your daily life or work, for which you can use some tips & tricks how to achieve your goal. For example your difficulties with keeping focus, procrastination, emotion regulations, self-esteem, troubles finding the right medication, sleep, getting started, how to think positive, etc.

NB: do realise that you get only 15 minutes. So, prepare 1 question!

Coaches and other professionals:

Sandra Kooij – psychiatrist ADHD for adults

Sjan Verhoeven – coach for people with all forms of neurodiversity

Akke Meilink – psychiatrist for adults and children with ADHD (retired)

Nirma Haggenburg – coach for students with ADHD

Saskia Elswijk – coach for women with ADHD

Rob Pereira – doctor for adults and children with ADHD (pediatrician)

Arda Nieboer – coach for people with ADHD

Ben Braal – company doctor

Moniek Mors – company doctor

Marianne Schulpen – company doctor

Qualities of ADHD, the positive sides

13.15	Lessa Schippers, MSc., research assistant, and Martine Hoogman PhD, ass. prof. Qualities of ADHD, the positive sides Imagine being a researcher: <i>What do you think are qualities of ADHD and how did we prove it?</i>
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Info:

Imagine being a researcher. You hear from people with ADHD that they experience positive aspects related to ADHD. Fascinated by the topic, you search for scientific evidence. You find almost nothing. How are you going to prove the existence of positive aspects related to ADHD? In this talk Lessa Schippers will take you on a scientific journey. Together we will discover the steps researchers take, and the decisions we make.

Dr. Martine Hoogman is an assistant professor employed at the Radboud University Medical Center in Nijmegen, departments of Psychiatry and Human genetics. She has a background in neuropsychology and has been studying ADHD since 2006. In her work she combines research on cognition, the brain and genetics to further the understanding of ADHD. She currently leads a research group that is dedicated to studying strengths, positive aspects and resilience factors in relation to neurodevelopmental conditions such as ADHD and ASD. Her work on creativity in ADHD has shown proven a link between the two. She also leads the international ADHD neuroimaging consortium ENIGMA-ADHD, where brain research from around the world is shared to unravel the neurobiology of ADHD.

Lessa Schippers MSc (she/her) is a research assistant at the Department of Human Genetics, Radboud University Medical Centre in Nijmegen. During her bachelor Biomedical Sciences, she was selected for the Honours program Medical Sciences, which introduced her to research on ADHD. After a short internship on a mindfulness-based intervention for children with ADHD and their parents, she went to King's College, London, to study the relation between ADHD, mind wandering, and executive functions. She got accepted to the master's program Cognitive Neuroscience at the Radboud university, where in her second year she did an internship on positive aspects of ADHD, being the first to quantitatively investigate the relation between these positive aspects and ADHD traits. She wants to continue doing research in the direction of positive aspects related to ADHD and is aiming to do a PhD.

Interactive Talk-show about two questions:
Employer: How can I profit from ADHD-strengths?
Employee: How do I tell my employer?

14.00	<p>Interactive Talk-show about two questions: Employer: <i>How can I profit from ADHD-strengths?</i> Employee: <i>How do I tell my employer?</i></p> <p>Marianne Schulpen, company doctor, AkzoNobel Guus Lustig, company doctor i.o., University Leiden Berend Ruben, HR-advisor, DSW Dutch Health Care Insurance Company Nicholas Cointepas, Innovation Consultant, VC investor, ADHD</p>
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Info:

This talk show is hosted by **Hans van de Velde**. Hans works as a coach, hired by employers to coach their employees. Next to that Hans works as a volunteer for Impuls & Woortblind and ADHD-Europe.

More and more employers (= companies, governmental, educational institutes etc.) are realising that neurodivergent employees with (for example) ADHD do not only need some care every now and then, but also have a potential to contribute to the organisation in a unique way.

For instance multinational AkzoNobel and the Dutch health insurer DSW are models of good practice.

In many European countries specialised consultants support employers to make a good profit from people with ADHD and autism. In the UK e.g. Rolls Royce and BBC are neurodiversity-friendly.

Marianne Schulpen: *"In conversations with our employees, I noticed that their lives and careers came at a standstill and sometimes went through a derailment. Listening to these stories with knowledge of neurodiversity, I recognised their special brain, ADHD or autism, that often wasn't diagnosed before. Due to changes at work and aging their coping strategies no longer sufficed. Through targeted examinations, diagnosis and coaching of the employee and their manager they could get their work back on track and they retained their job."*

Marianne Schulpen, company doctor, AkzoNobel

Marianne Schulpen has 30 years of experience in social medicine, of which the last 26 years as an occupational physician. She has been working as an in-company doctor at AkzoNobel, a multinational in the Coatings Industry, since 2001. The diversity of the company has always challenged her and gives her the opportunity to practice her profession as an occupational physician in the broadest form. She recognises the diversity in education level, (cultural) background, expats, type of work, leadership, gender, mental and physical flexibility and fitness. Her team consists of company physiotherapists, a psychologist, a company social worker and two company physician assistants (assistant to the doctor). She deals with occupational health issues, prevention, sick leave counselling, trust issues, advisor to the managers and, as a member of the MT of the AkzoNobel Site near Leiden, she is also advisor to the site management. She gives study group/college to 3rd year medical students, has supervised co-assistants and company doctors in training and has been a board member of the national foundation for safety and hearing issues as well as the Tinnitus Foundation.

Guus Lustig, company doctor i.o., University Leiden

Guus Lustig is a generalist so to say. She has started working after becoming a medical doctor, in the Dutch Asthma-Centre in Davos (CH). She has learned there the added value of working in a multi-disciplinary way. She likes to work together with other professionals from a different

background and specialisation, with patients in contact with their environment for instance family, school, and last but not least work, in stimulating and helping people to cope the life with an illness. This keeps her going, not only when she was a general practitioner, but also when she stopped being a doctor in a curative way, and continued as a medical advisor in the social-medicine: advising patients and institutions. People living in the frayed edges of a big city; people having health-issues because of financial difficulties; people who are occupational disabled and are in need of special needs and support. This experience was the reason to start studying again: now she is working and learning as a company-doctor at the LUMC-hospital and University Leiden; she is as a doctor in contact with a variety of employees, sometimes with a diagnosis, sometimes without, who have problems to keep themselves healthy functioning in a working setting. She likes to cooperate with employers, with employees, their supervisors, medical specialist and other therapists to open up possibilities which where out-of-sight before.

Nicholas Cointepas, Innovation Consultant, VC investor, ADHD

Having been "smart enough" to fly under the radar until then, Nicholas Cointepas only received his ADHD diagnosis in his second year at university. After his studies, he joined one of the so called "Big Four" consulting companies in Amsterdam, and soon realised that the environment he was in, was not designed to get the most out of a neurodivergent brain like his. Rather than pushing through in silence, he chose to speak up about his neurodivergence and got the opportunity to spearhead the firm's internal neurodiversity initiative. By speaking up about his neurodivergence, by working to create a safe space for other neurodivergent colleagues within his firm, and by working on neurodiversity as a part of the firm's other national and international Diversity & Inclusion initiatives, Nicholas gained a deeper understanding of the struggles and blessings, and the disadvantages and advantages of being neurodivergent in the workplace.

Now, Nicholas works as an innovation consultant and VC investor at the Amsterdam office of a Silicon Valley-based open innovation & investment company.

Scientific News Bulletin the latest news from ADHD research

15.30	<p>Scientific News Bulletin – the latest news from ADHD research Jeanette Mostert, science communication expert from Radboudumc Nijmegen brings you the latest research findings in an understandable way.</p> <p>With scientists from all over Europe coming to this newsroom. <i>New discoveries on ADHD and lifestyle, food, diabetes, genetics and the brain</i></p>
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Info:

Dr. Jeanette Mostert is a science communication expert at the Radboudumc Nijmegen. After obtaining her PhD on brain connectivity in ADHD she has shifted her focus towards connecting ADHD researchers and patients; facilitating dialogue, mutual understanding and the active involvement of individuals with ADHD in research. She leads the science communication efforts of several European research consortia (Eat2beNICE, PRIME, CoCA).

The Power of Overcoming Addiction

16.15- 17.00	The Power of Overcoming Addiction <i>Ex-addicts with ADHD sharing their story</i> Inspiration for peers, family, professionals and policy makers
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Info:

People who have been addicted to alcohol and drugs share their experience they overcame this form of 'self-medication'. What they did themselves do to get clean. What kind of support did they get.

Tips for peers and family of people with ADHD who are trapped by addiction.