

Your Name: **Josh P**

Name of Missed Class: **Foundations Class #10: Co-Occurring Conditions and ADHD**

Date of Missed Class: **May 5, 2023**

Date you listened to the recording: **May 8, 2023**

Summary of learning or critical takeaways

Comorbidity is the medical term when two more disorders occur simultaneously. This can be disorders including depression, anxiety, ODD. But there is more complex diagnosis that can also co-occur including Bipolar, Tourette's, Autism, Sleep Disorders, Trauma/PTSD. It can be difficult to tell what you have in addition to ADHD, but a psychiatrist and other qualified diagnosticians can differentiate for you by using tools and family history.

I thought it was interesting that there was a time that the ICF discouraged coaches from working with individuals with a diagnosis! So glad that has sense changed. I also like the freedom that comes with knowing that we as coaches can choose who we partner with in our coaching practice. If we are not comfortable with a co-occurring condition, we can recommend or refer them to another coach.

The focus on RSD was relevant and eye opening for me. Reading the definition and listening to my classmate sharing their experience of an ADHD diagnosis as well as the accompanying experience of having rejection sensitivity dysphoria was very interesting and encouraged me to think more deeply about my own personal experience. What my classmates share was very moving. Using self-deprecation to cope with RSD. People with RSD can cope in two ways, they become people pleasers or they stop trying.

The instructor was very insightful with using coaching questions *"naturally you've found a way to stop the spiral of RSD..... how do you find out if its self-deprecation or self-acceptance"*. I thought this was a very subtle way of getting my classmate to come to the realization that there is this co-occurrence and the insight and desire to explore it.

I noticed a difference in watching the video over experiencing the class live, the students really immersed themselves into the experience and is emotionally connected with the co-occurring conditions. It was interesting to hear the content of the class in this different way and not being able to contribute live, a different learning experience.