

A COLLECTION OF RESOURCES AND TOOLS

2e Adult Resources



Julie Skolnick
With Understanding Comes Calm



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Conferences

SENG ANNUAL CONFERENCE

Join SENG in Berkeley, CA the summer of 2024 for adventures, community building and experiencing the joys of giftedness



CHADD

National Association for Gifted Children is the nation's leading organization focused on the needs of gifted and talented children. I frequently present at their conferences!



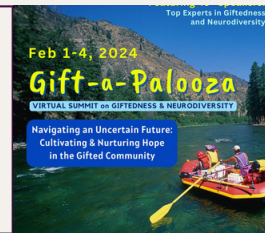
ADHD WOMEN'S PALOOZA

Annual online conferences on ADHD for women, couples, and parents. I frequently present here!



GIFT-A-PALOOZA 2024

Dedicated to helping individuals and families in our Gifted and Multi-Exceptional community move from a place of surviving to thriving – by coming together to share and explore our unique experiences, challenges and joys.



LET'S TALK 2E ADULT CONFERENCE

The Let's Talk 2e Adult Conference provides highly relevant and relatable sessions to help gifted and 2e adults find joy and meaning in their lives.



Podcasts



VISION BEYOND SIGHT

Gifted and Distractable: Bringing Out the Best in 2e Children and Adults



ADHD EXPERTS PODCAST

Top 10 Strategies for Successful Communication Between Parents and Educators of 2e Students



POSITIVE DISINTEGRATION PODCAST

Co-hosts Emma Nicholson and Chris Wells share the many perspectives and insights surrounding Dabrowski's Theory of Positive Disintegration.



KICK SOME ADHD

Kick Some ADHD will help you understand how to maximize the unique advantages that come with ADHD while keeping the struggles and negative impacts at bay.

intune
pathways
podcast



INTUNE PATHWAYS

An exploration of autistic identity, culture and family lifestyle.

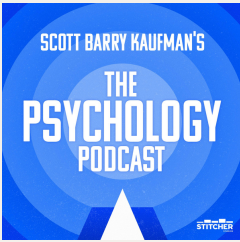
[VIEW PODCASTS THAT I HAVE BEEN A GUEST ON HERE!](#)

Podcasts



EXISTENTIAL DEPRESSION EPISODE

How to Know If You Have Existential Depression With Melissa Bernstein.



THE PSYCHOLOGY PODCAST

Scott Barry Kaufman explores the depths of human potential and tries to get a glimpse into human possibility in every episode.



MORE THAN WORDS: TREATING THE WHOLE CHILD

Top 10 Strategies for Successful Communication Between Parents and Educators of 2e Students

Top 10 Strategies for Successful Communication Between Parents & Educators of 2e Students with Julie Skolnick



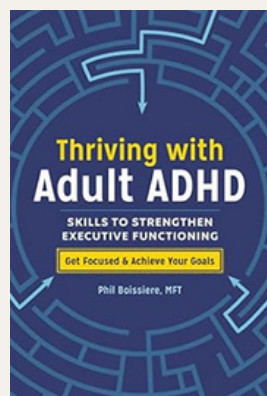
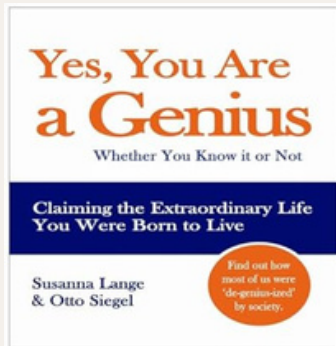
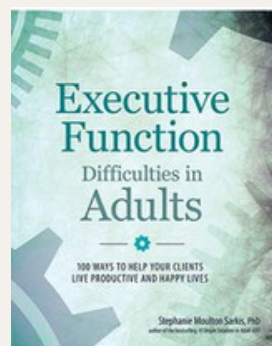
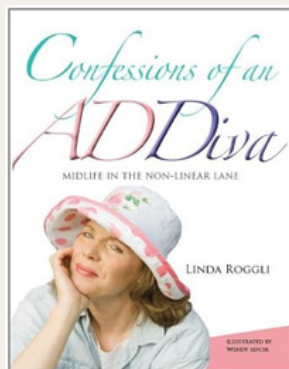
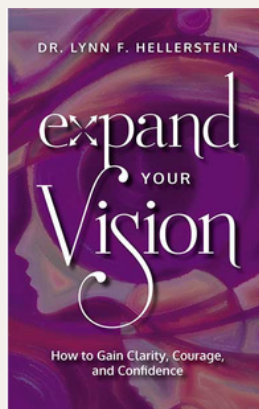
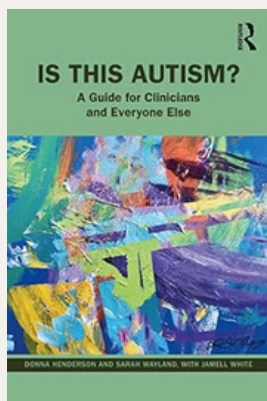
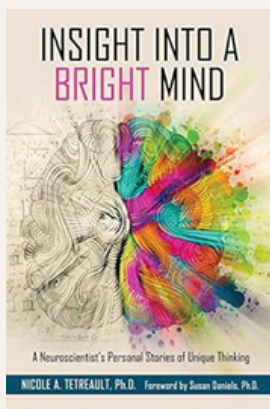
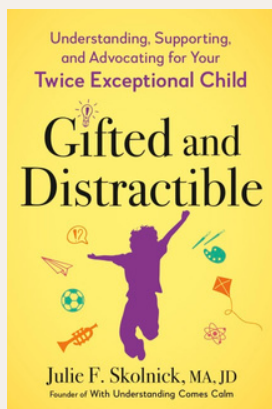
GIFTED UNLEASHED

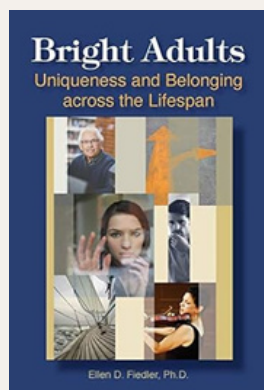
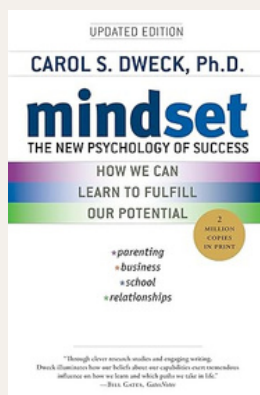
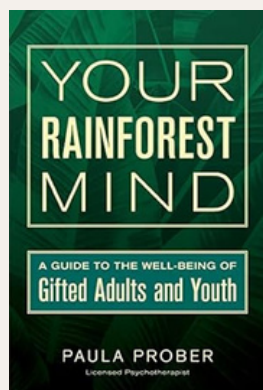
Gifted and Distractable: Understanding, Supporting & Advocating for your Twice Exceptional (inner) Child

[VIEW PODCASTS THAT I HAVE BEEN A GUEST ON HERE!](#)

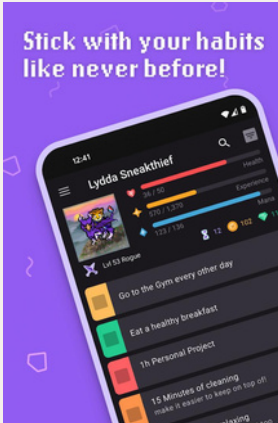
Books

CLICK THE BOOK IMAGE TO LEARN MORE





Tools List



HABITICA

Motivate yourself to achieve your goals and improve your life one task at a time.



LASTPASS

Lastpass puts your digital life at your fingertips, simply and securely. You will no longer lose your passwords since you can keep them in one place!



THE HAYSTACK

If you are looking for a DEEPER UNDERSTANDING OF SELF, a way to make MEANINGFUL CONNECTIONS with others, and to learn TOOLS TO EMPOWER YOU, The Haystack Community is for you!

Online Learning

GET ORGANIZED

Get yourself organized with this 8-week program designed specifically for adhd brains.



THE ADHD EFFECT COUPLES' SEMINAR

This is Melissa Orlov's premier seminar that has changed the lives of many, many couples impacted by ADHD. It provides hope, information and the tools you need to move towards a HAPPIER, HEALTHIER & THRIVING RELATIONSHIP.

INTERGIFTED

They offer online courses, groups and professional training opportunities for gifted adults.



SKILLSHARE

Learn creative skills to achieve your personal and professional goals while connecting with a global community of curious creatives.

Recommended Websites

There are many resources addressing giftedness and twice exceptionality. Here are my favorites.

Rainforestmind.com

2enewsletter.com

Bridges.edu/2e-center.html

Metabolicmind.org

Giftedstudy.org

Hoagiesgifted.org

LivesInTheBalance.org

Sengifted.org

thewordfilm.org

Coaches and Specialists

ADHD FREEDOM WITH LISA ALECCI

Personalized ADHD coaching for adults. learn to accept and appreciate yourself, be more productive and organized, and enjoy your life.



RAINFOREST MIND

Paula Prober—a licensed psychotherapist who specializes in counseling gifted adults and youth (in the state of Oregon).

THE AMEND GROUP

Dr. Amend provides psychological services to 2e adults and parents of 2e children.



STANFORD METABOLIC PSYCHIATRY®

Metabolic therapies can be a powerful tool in mitigating symptoms of depression, anxiety, and other serious mental illnesses.

Resources



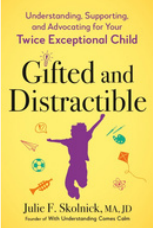
SUBSCRIBE TO GIFTED AND DISTRACTABLE

Subscribe to our weekly newsletter and be the first to know about upcoming events, helpful resources, new content, and much more!



2E BLOG

Explore our library of informative blog posts for twice exceptional adults, children, and families.



ORDER GIFTED AND DISTRACTABLE

A practical, research-based guide that demystifies giftedness and learning differences in order to help “twice exceptional” children thrive.

BOOK A FREE 20-MINUTE PHONE CONSULTATION



Let me explain why twice exceptionality is complex and how to tap into strengths and talents, so you can bring out the best and raise self-confidence in your child, your students, and yourself.



VISIT THE LET'S TALK 2E YOUTUBE CHANNEL

Check out video sneak peeks from the Haystack, my monthly vlog, guest experts, and so much more!