



## Falling in Love is Hard on OEs

**Matt Zakreski, Psy.D.**

This session attempts to demystify some of the concepts around dating and reframe interpersonal relationships through a lens of overexcitabilities.

Dr. Zakreski explores all five overexcitabilities (Imaginational, sensory, psycho-motor, emotional, and intellectual) and provides guidance on how to utilize your own OE profile to enhance your relationship.

# SESSION NOTES

## Biggest Takeaways

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## Things I Want to Implement

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## Additional Questions

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# The Role of Anxiety in the Lives of Gifted Adults

P. Susan Jackson, M.A., R.C.C

Susan Jackson examines guiding principles, habits, mindset and skills that contribute to a life well-lived for gifted adults. Central to this discussion is recognizing the complex role of anxiety in their lived experiences.

Explore how fostering creativity, courage, focus, balance, and resilience to help gifted adults thrive and not just merely survive.

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## 2e & Cumulative Relational Trauma

**Maggie Brown, Ph.D.**

Viewed through a trauma lens, this session explores how relational 'misses' that start in childhood accumulate over the years, shaping a developing nervous system, and one's sense of identity.

Dr. Maggie Brown, discusses this often-ignored micro-trauma, the impact on 2E adults, what to look for, and what 2E adults and their allies can do about it.

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## Additional Questions

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**There is More to  
Loneliness Than You Think**

**Dianne A. Allen, M.A., CAP, CET**

Loneliness is a formidable challenge for gifted and 2e folks. Persistent loneliness can lead to addiction, depression, anxiety and increased fear of living. Dianne discusses how inner and outer loneliness creeps into your world and ways to use it in your favor. Dianne also divulges the 3 primary types of connection and how to use them in dealing with loneliness in children, teens and adults.

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## Narcissism and the 2e Soul

**Heather Boorman, MSW, LCSW**

Intense empathy, imposter syndrome, difficulty finding belonging, and intense self-reflection can all contribute to gifted and 2e souls being more susceptible to narcissistic abuse. This webinar explores the factors of twice exceptionality that create this vulnerability, how to identify narcissism, and, most importantly, ways to protect and heal the 2e soul.

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Additional Questions

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## Free to Be ADHD and 2e

**Linda Roggli, PCC**

Many ADHD adults, especially those diagnosed in later life, admit they have managed their lives by out-thinking everyone else in the room. There is a high price for this hyper-vigilance — anxiety, exhaustion and eventual burnout. Understanding the complex interaction between ADHD, executive function and giftedness is the first step toward creating a life that is authentic and richly rewarding.

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## 2e Adulting: What Makes You Tick and Ticks You Off?

**Julie Skolnick, M.A. J.D.**

The first step to appreciating and living your authentic life is by recognizing your strengths and your struggles. This session considers what's important to 2e adults and what's challenging. Julie helps you examine fulfillment through the balanced lenses of how we as 2e adults affect the world around us and how the world around us affects our abilities to be our best selves.

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# Executive Function & Quality of Life

Seth Perler, M.Ed.

For 2e adults with Executive Function challenges, it’s important to understand that EF is literally a “quality of life issue”. This session helps you understand the “quality of life” frame in a meaningful way so you can feel empowered when you’re trying to get important things done. It will give you insights and strategies for your strengths and struggles, you can apply right away.

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## The New Hierarchy of Needs & 2e

**Scott Barry Kaufman, Ph.D.**

Scott presents a revised hierarchy of needs that is supported by recent research, and incorporates Maslow's writings on the importance of self-transcendence, which preoccupied him the last few years of his life. I will tie my revised hierarchy of needs to the basic needs that are important for 2e adults to gain agency and momentum toward living a more self-actualized life.

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**Burnout or Bore-out?:  
Gifted & 2e Adults  
Finding Joy and  
Fulfillment at Work**

**Femke Hovinga, M.A.**

What is it that brings joy and fulfillment? Is this different for gifted / 2E individuals than it is in the rest of the working population? Departing from a theoretical framework about person-environment fit, giftedness and burn-out, the knowledge about these topics are connected. From there you learn more about you: your strengths and challenges, your path to joy and fulfillment at work.

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Additional Questions

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## Autistic Strengths

**Sarah Wayland, Ph.D.**

Sarah Wayland describes eight areas in which autistic people can be gifted, including (a) sensation, (b) cognition, (c) intense interests, (d) emotions, (e) consistency, (f) social communication, (g) humor, and (h) grit. Many of these strengths are a direct consequence of the way autistic people are wired.

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## Gifted at 7, ADHD at 37: My Story and the Costs and Benefits of Twice Exceptionality

**Colin Seale, J.D.**

No child is defective, but after a lifetime of struggling with fixable challenges, adults with ADHD must own that our successes are “because, not despite” our divergent thinking. In this session, Colin Seale reveals powerful but practical strategies to reframe this narrative.

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Additional Questions

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## The Benefits of Psychological Testing with 2e Adults

**Jessica Hasson, Ph.D.**

Psychological testing provides insight into one's strengths and differences that can assist with advocacy at work and in one's personal life as well. This presentation discusses the psychological testing process for 2e adults, including times where testing could be beneficial and what to expect from testing.

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## 2e and Me: A Journey of Self-Discovery

**Nadja Cereghetti**

Why is it important for gifted and 2e adults to discover that they are neurodivergent? How does an assessment and potential diagnosis change someone's life for the better? I will share my own personal journey on the topics of giftedness, twice-exceptionalities, ADHD and overexcitabilities and how it helped me to understand myself better and how it improved my relationships with my surroundings.

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**Thrice Exceptional:  
Individuals who are  
Gifted, 2e, and GLBTQIA+**

**PJ Sedillo, Ph.D.**

The term “thrice exceptional” (3e) is terminology created for this presentation which refers to someone who is gifted, disabled, and is either GLBTQ+ (Gay, Lesbian, Bisexual, Transgender, Queer, plus). PJ explores the intersectionality of giftedness, learning differences, and sexuality. This session takes you through how to identify, understand, and support this unique population.

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**The Lifelong Journey of  
Twice Exceptional Adults:  
Joys and Challenges of  
the Aging Process**

**Michele Kane, Ed.D.**

This session shares some specific coping practices combined with practical suggestions to develop inner awareness and to meet the affective needs regardless of the adult stage of development. Michele maintaining equanimity during times of crisis and overwhelm will be provided.

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