

Registration is now OPEN!

LIBERATING CONSTRAINTS:

A 5 PART WORKSHOP SERIES ON EXPANDING AND NOURISHING THE ADHD EXPERIENCE

There is a unique and often overwhelming isolation that comes with existing in a world that does not understand ADHD, eating disorder recovery, and fat liberation.

Facilitated by **Dani Bryant, MS, LMHC, RDT** and **Isabelle Carren-Le Sauter, MS, RD**, this 5 part workshop series will explore ADHD through the lens of identity, community, and lived experience.



AREAS OF FOCUS

- ADHD education & mythbusting
- ADHD as identity vs. disorder
- Intersection of ADHD traits & ED Recovery

WHO | ADULTS WITH ADHD

Folks who self identify without formal diagnosis are welcome!

WHEN | FRIDAYS 12:30PM-2:00PM

July 22nd & 29th
August 12th, 19th & 26th

EQUITY PRICING

Sliding scale options create multiple financial access points. We utilize a 3-tier sliding scale model with a pay it forward option to subsidize lower tiers and donated spots for marginalized community members. Guidance on tier selection and payment plans will be provided.

- Tier 1: \$625 (\$125/session)
- Tier 2: \$500 (\$100/session)
- Tier 3: \$375 (\$75/session)
- Pay it forward: \$750 (\$150/session)

INTERESTED IN JOINING?

Email us at
hello@danibryant.com

Equity Pricing Structure for Workshop Series

These options are meant to provide multiple financial access points so that folks who are unable to pay the full fee (Tier 1) will still have an opportunity to access workshops and opportunities. Please see below for guidance on how to choose the tier that is right for you.

Our workshop series uses a 3-tier sliding scale model (credit to Alexis J. Cunningfolk) as well as a “pay it forward” option as listed below:

Tier 1: \$625 (\$125/session)

Tier 2: \$500 (\$100/session)

Tier 3: \$375 (\$75/session)

Pay it forward: \$750 (\$150/session)

A note on Pay It Forward:

If it is within your means, please consider the Pay It Forward option. All proceeds are used to assist in funding tiers 2 & 3 as well as donated spots.

A note on donated workshop spot opportunities:

If the equity pricing options and/or a payment plan timeline do not feel accessible to you, email us to discuss options. Folks with one or more marginalized identities will be prioritized for free/low fee workshop spots.

Choosing Your Tier

Below are several graphics that may be useful in determining which tier is right for you.

Notes on equity pricing graphics adopted by www.ridefreefearlessmoney.com:

“This is a guide, not a prescription. You know your financial reality better than anyone or any scale, period. There are lots of experiences and situations not covered here - place yourself as you best can, being honest and self-loving. It's ok to have resources! And it's ok not to have them. That's what a scale is meant to account for. Please use this as an opportunity to examine your resources (or lack thereof) and situation holistically and generationally.

*Often we find that folks who've experienced early-life abundance who are *currently temporarily scarce* select lower on the scale than people who've experienced early-life scarcity who are temporarily abundant. That's not what's supposed to happen - and it doesn't create a sustainable practice for the practitioner.”*

Green Bottle - Narrative Framework by Alexis J. Cunningfolk, [Worts + Cunning Apothecary](#)



[Income-Based Frameworks](#) - [Little Red Bird Botanicals](#),
[Underground Alchemy](#), [Third Root Community](#)
[Health Center](#)

Tier 1: Gross Household Income of \$90,000 and above

Tier 2: Gross Household Income of \$60,000 - \$90,000

Tier 3: Gross Household Income of \$60,000 and below

Pay It Forward Option: no framework, please consider if you can

Consider paying more on the scale if you:

- own the home you live in
- have investments, retirement accounts, or inherited money
- have out-of-network benefits through your insurance
- travel recreationally
- have access to family money and resources in times of need
- work part time by choice
- have a relatively high degree of earning power due to level of education (or gender and racial privilege, class background, etc.) Even if you are not currently exercising your earning power, I ask you to recognize this as a choice.

Consider paying less on the scale if you:

- are supporting children or have other dependents
- have significant debt
- have medical expenses not covered by insurance
- do not have out-of-network benefits through your insurance
- receive public assistance
- have immigration-related expenses
- are an elder with limited financial support
- are an unpaid community organizer
- are a returning citizen who has been denied work due to incarceration history

FAQs

When is the workshop?

DATES: July 22nd & 29th ; August 12th, 19th & 26th

DAY OF THE WEEK: Fridays

TIME: 12:30PM-2:00PM EST (90 minutes)

CAMERA MODE: There will be times when we will ask that folks consider having their cameras on for intros, moments of collaboration and/or reflections. For other (more presentation-style) parts of the workshop, members are welcome to turn their cameras off or toggle between on & off based on your needs/preferences.

Bringing/eating lunch during the workshop is very welcome!

Am I a good fit for this ?

You will be a great fit for this workshop if you are age 18 or older and identify as having ADHD or traits of ADHD.

We do not require folks to have a formal ADHD diagnosis to attend. We make this distinction because getting a diagnosis can be very challenging—especially for marginalized bodies and identities. There

is a lot of stigma and gatekeeping around ADHD within the mental health community and we support the conversations and movement towards self-identification within the neurodivergent community.

Dani & Isabelle specialize in fat liberation, eating disorders and ADHD. While the workshop is not solely focused on these intersections, the values of the workshop are rooted in liberation and recovery justice frameworks.

What is the structure of this workshop—is it more like therapy or a webinar?

Our aim is to be intentional and thoughtful in finding an online workshop format that feels authentic to the neurodivergent brain.

The workshop is designed around short, instructor-led presentations with opportunities to share reflections or questions to the whole group. Over the course of the workshop series, there will be a combination of solo reflection time, small breakout rooms and creative use of the whiteboard and chat box.

Though the workshop series will run differently than a processing/ conversation heavy group—time will be built in to ask questions, connect, foster community and reflect back on anything that may come up for you as each session unfolds.

What platform will be used?

Zoom will be our main platform. You will be provided with more information after completing registration.

Will the sessions be recorded?

We will not be recording the sessions as folks will have opportunities to share personal aspects of their lives and ask vulnerable questions. This choice maintains the privacy of all workshop attendees. Session materials, including slides and handouts, will be provided to all who register for the workshop.

Do I have to attend all 5 workshops?

The workshop is a package series. If you need to miss a session, we will provide materials that were used and/or will do our best to answer any questions related to the missed session.