



LDA 63rd Annual International Conference – St. Louis, 2026

Executive Functions: Strategies, Stories, and Science Across the Lifespan

- Jason Braun, M.Ed.
- Katie Plax, MD;
- Kevin Blake, PhD;
- Jim Russell, PhD;



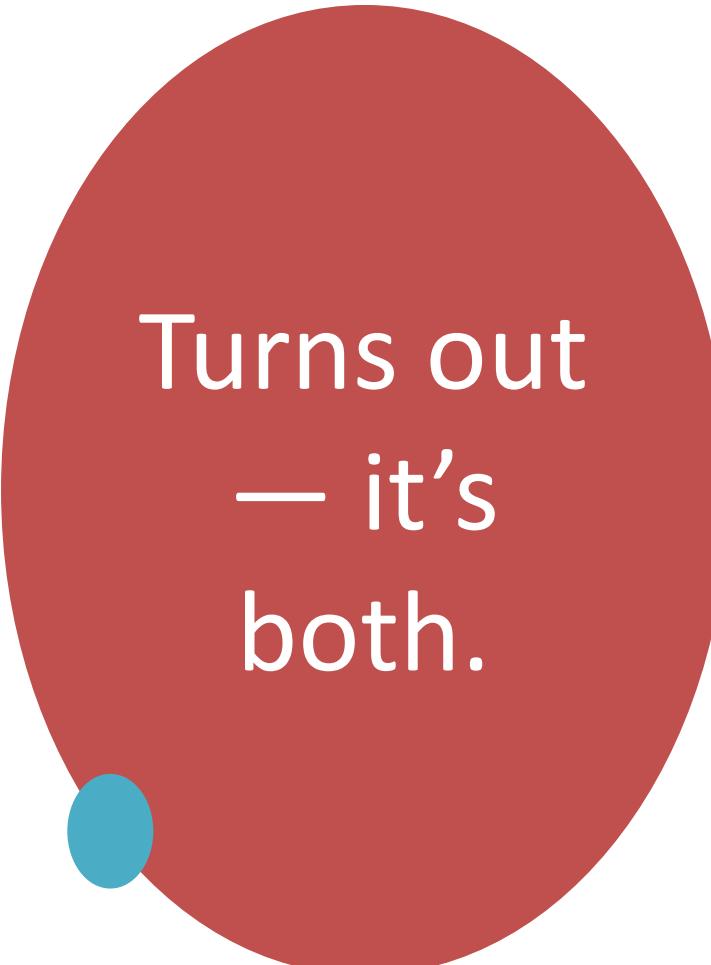


A medical doctor, a psychologist, a gifted neuro-counselor, and an ADHD coach walk into a classroom...

Teacher says: “Is this a multidisciplinary intervention or the start of a superhero origin story?”

Opening Joke

- A medical doctor, a psychologist, a gifted neuro-counselor, and an ADHD coach walk into a classroom...
- “Is this a multidisciplinary intervention or the start of a superhero origin story?”



Turns out
— it's
both.

- This panel explores executive function through neuroscience, clinical practice, education, and lived experience.

Session Description-Dynamic Panel



A medical doctor, psychologist, neuro-counselor, and instructional designer/ADHD coach—Explore executive function through multiple lenses: neuroscience, clinical practice, education, and lived experience.

Participants will learn how to help their patients, clients, and students improve time and task management, emotional regulation, and cognitive control difficulties interact in real-world settings.

Universal Design principles will be highlighted in each section as it can support all learners, not just those with diagnoses.

The session will provide practical, adaptable tools that can be used in homes, classrooms, therapy offices, and workplaces.

Through stories, strategies, and interactive discussion, attendees will gain insight into the invisible challenges many individuals face, especially those with ADHD, autism, or dyslexia.

Learning Outcomes

1

Improve time
and task
management

2

Strengthen
emotional
regulation

3

Support
cognitive
control in real-
world settings

4

Apply
Universal
Design
principles

Dr. Jim Russell

- **Neuropsychological Examiner • National Presenter • TEDx Speaker**
- **Bio:** Dr. Jim Russell is a nationally respected clinician with 30+ years of experience in neuropsychological and psychoeducational assessment. Known for his TEDx talk on twice-exceptional learners, he has presented over 200 workshops nationwide and specializes in translating complex cognitive findings into practical strategies for families, educators, and clinicians.
- **Abstract:** Dr. Russell explores how executive function challenges shape learning and behavior across the lifespan. He demonstrates how EF strategies originally developed for neurodivergent individuals benefit all learners—especially those mislabeled as “underachieving.” His presentation blends neuroscience, case examples, and actionable tools.

Dr. Kevin Blake

- **Psychologist • National Authority on ADHD, LD, ASD**
- **Bio:** Dr. Kevin Blake is a licensed psychologist and nationally recognized expert on ADHD, learning disorders, and autism. He opened one of the first U.S. practices specializing in adult neurodevelopmental disorders and has spent decades advancing research-to-practice approaches.
- **Abstract:** Dr. Blake presents a research-driven overview of EF differences across ADHD, autism, and related conditions. He highlights how attention, inhibition, planning, and emotional regulation vary across diagnostic groups and provides evidence-based strategies for supporting EF across the lifespan.

Dr. Katie Plax

- **Psychologist • National Authority on ADHD, LD, ASD**
- **Bio:** Dr. Katie Plax, MD, is Professor of Pediatrics at Nationwide Children's Hospital. A nationally recognized adolescent medicine doctor, Dr. Plax has dedicated her career to improving youth health outcomes through clinical care, teaching, advocacy, and research. She founded The SPOT, a drop-in center serving over 27,000 young people in St. Louis and leads cross-sector efforts to deliver youth-centered services. As a parent to a son with learning differences, Dr. Plax brings personal insight and compassion to her work
- **Abstract:** Dr. Katie Plax's presentation urges early identification and support for dyslexia and executive function challenges in children. Misunderstood learning differences can devastate academic and emotional outcomes, but timely intervention and tailored accommodations unlock student potential and reveal unique strengths. Advocacy and awareness are essential for helping every child thrive. The presentation also celebrates the unique strengths and talents of people with dyslexia, advocating for greater awareness, advocacy, and support from families, educators, and healthcare providers.

Jason Braun, M.Ed.

- **Instructional Designer • ADHD Coach • Author**
- **Bio:** Jason Braun is an instructional designer, ADHD coach, and author of *Designing Context-Rich Learning*. His courses have reached more than 22,000 students. He integrates neuroscience, narrative storytelling, and lived neurodivergent experience to create practical EF strategies.
- **Abstract:** Jason presents low-cost, high-impact tools that strengthen attention, planning, and self-regulation across home, school, and workplace settings. His work emphasizes Universal Design principles and real-world application.

Open Classroom to Movement

- **Translating Science to Action**
- Decades of expertise in neuropsychology, clinical practice, education, and advocacy. The panel transforms complex research into practical strategies that empower all learners—especially those often misunderstood or underserved.
- **Championing Neurodiversity**
- Dedicated to recognizing and supporting the strengths of neurodivergent individuals. Tools designed for ADHD, autism, and learning differences benefit everyone, fostering inclusive environments where all students thrive.
- **Innovative, Evidence-Based Solutions**
- Research-driven, real-world strategies for improving attention, planning, emotional regulation, and cognitive control. Methods are adaptable for classrooms, homes, clinics, and workplaces—making change accessible and sustainable.
- **Advocacy and Lived Experience**
- Beyond credentials, the panelists are advocates and storytellers who draw on personal and professional journeys. Their commitment to early identification, tailored support, and Universal Design principles inspires a movement—one that values every learner's potential and unique path.



Closing Thoughts

When specialists from diverse fields unite, they don't just start a conversation—they ignite a movement for equity, understanding, and lifelong success.

“So what happens when four specialists walk into a classroom?”

“They don't start a joke. They start a **movement**.”

Thank you for joining us.