AUTHOR PRESS PACK

Ericka Jobe

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Tillamook County, Oregon

About the author

Ericka Jobe is an author and licensed clinical social worker based in Tillamook County, Oregon. Her writing explores ADHD, trauma, identity, relationships, and political distress, translating complex psychological ideas into accessible language. Her professional background includes psychotherapy, crisis mental health, child welfare and adoption, correctional mental health, clinical supervision, and program leadership. She owns Lantern Coast Press LLC, the independent press publishing her two *When ADHD Is Missed* books.

Her other publications include the *Beyond the Effort You Don't See* ADHD workbooks, with original and expanded adult editions and a teen edition.

Education and professional background

PhD, Women, Gender, and Sexuality Studies, University of Kansas
MSW, Newman University
BGS, Sociology, with a Psychology minor, Wichita State University

Clinical social work licensure in Oregon, Kansas, and Oklahoma. Her work includes advocacy with LGBTQ+ communities and support for survivors of domestic violence and sexual assault.

Author talks and community conversations

ADHD beyond the checklist. Understanding executive functioning, emotional regulation, sensory experiences, and the effort behind everyday tasks.

When ADHD is missed. Making sense of overlapping symptoms and preparing useful questions for an assessment or care conversation.

When politics becomes personal. Exploring identity, belonging, political distress, and the effects of disagreement on relationships.

Self-understanding and practical change. Discussing shame, expectations, and approaches that account for how people experience the world.

Contact and book information

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Selected publications

The three titles below are nonfiction books. The two *When ADHD Is Missed* editions are informational paperbacks, not workbooks.

TDS Isn’t Real. Is It Trauma?

Living Outside the Cult of Personality

A nonfiction exploration of political distress, identity, belonging, moral injury, media, and relationships. The book considers why politics can become deeply personal and how readers can examine their responses, boundaries, and values.

Audience: General readers interested in psychology, politics, relationships, and culture.
Available formats: Paperback and hardcover, live on Amazon.
Ordering: Amazon book listing

When ADHD Is Missed

Reader Edition

An accessible guide for readers seeking a fuller explanation of attention, organization, and everyday difficulties. It explores overlapping symptoms, the importance of developmental history, and ways to organize questions and records for conversations about assessment and care.

Audience: General readers exploring ADHD and overlapping conditions.
Format: Paperback nonfiction.
Publisher: Lantern Coast Press LLC.

When ADHD Is Missed

A Clinical Guide to Differential Assessment and Care Planning

Clinician Edition

A clinical guide to adult ADHD assessment, formulation, and care planning. Topics include developmental history, functional impairment, differential assessment, overlapping conditions, and integrating information into a useful understanding of a person’s needs.

Audience: Clinicians working with adults.
Format: Paperback professional nonfiction.
Publisher: Lantern Coast Press LLC.

For current book listings, edition details, or author-event inquiries: www.erickajobe.com or dr.ejobe@icloud.com.