

adhd coaching vs therapy

ADHD Coaching vs Therapy: Navigating the Landscape of Support for ADHD

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Introduction:

The rise in ADHD diagnoses has led to a parallel increase in the availability of support services. Individuals seeking help often find themselves grappling with a crucial question: ADHD coaching vs therapy – which approach is right for them? This article delves into the key differences between these two modalities, exploring their respective strengths, limitations, and implications for the evolving landscape of ADHD support. Understanding the nuances of ADHD coaching vs therapy is vital for both individuals seeking help and professionals offering support.

Understanding ADHD Coaching:

ADHD coaching focuses on practical strategies and skill development to manage the challenges associated with ADHD. Coaches work collaboratively with clients to identify specific goals, develop action plans, and implement strategies for improved organization, time management, productivity, and overall well-being. This approach is largely solution-focused, emphasizing actionable steps and measurable outcomes. It's not about digging deep into the past or exploring underlying psychological issues, but rather about equipping individuals with the tools they need to navigate their daily lives more effectively. Common techniques include goal setting, time blocking, prioritization techniques, and habit formation strategies.

The Role of ADHD Therapy:

In contrast to coaching, ADHD therapy delves into the underlying psychological aspects of ADHD. Therapists utilize various evidence-based approaches, such as Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT), to address the emotional, behavioral, and relational challenges often associated with ADHD. Therapy explores the root causes of difficulties, helps individuals understand their emotional responses to challenges, and develops coping mechanisms for managing symptoms and improving self-esteem. This often includes addressing comorbid conditions like anxiety, depression, or trauma that frequently co-occur with ADHD. While practical strategies might be

incorporated, the focus remains on addressing the emotional and psychological underpinnings of the condition.

Key Differences: ADHD Coaching vs Therapy

Feature	ADHD Coaching	ADHD Therapy
Focus	Skill development, practical strategies	Underlying psychological issues, emotional regulation
Goal	Improve functioning, achieve specific goals	Address emotional distress, improve self-esteem
Methodology	Goal setting, action planning, habit formation	CBT, ACT, other evidence-based therapeutic approaches
Past vs. Present	Primarily present-focused	May explore past experiences and their impact
Qualifications	Varies widely, may or may not have mental health background	Requires professional licensing and training in mental health

The Implications for the Industry:

The growing awareness of ADHD and the increasing demand for support have created a dynamic market for both coaching and therapy services. However, this growth also presents challenges. The lack of standardized training and certification for ADHD coaches raises concerns about quality and ethical practice. The line between coaching and therapy can become blurred, leading to potential misrepresentation and inadequate care. Therefore, clear distinctions and ethical guidelines are crucial to protect consumers and uphold the integrity of the industry.

Choosing the Right Approach: ADHD Coaching vs Therapy

The choice between ADHD coaching vs therapy depends on individual needs and preferences. Coaching may be a suitable option for individuals who are primarily seeking practical strategies to improve their daily functioning and achieve specific goals. Therapy is often more appropriate for those who are experiencing significant emotional distress, struggling with co-occurring mental health conditions, or seeking a deeper understanding of their ADHD and its impact on their lives. Some individuals may benefit from a combined approach, utilizing coaching for practical skill development alongside therapy for addressing emotional and psychological challenges.

The Importance of Collaboration and Informed Consent:

Effective support for ADHD requires a collaborative relationship between the individual and their chosen professional. Open communication, informed consent, and a shared understanding of goals and expectations are crucial for successful outcomes. Individuals should actively participate in the decision-making process, ensuring that the chosen approach aligns with their specific needs and preferences. Professionals should be transparent about their qualifications and limitations, providing clients with clear information to make informed decisions.

Conclusion:

Both ADHD coaching and therapy offer valuable support for individuals with ADHD. While they differ in their approach and focus, both contribute to improving the lives of those affected by this condition. The growing recognition of this duality presents both opportunities and challenges for the industry. Promoting ethical practices, establishing clear professional standards, and fostering a collaborative approach are crucial for ensuring quality and accessibility of services to support the needs of individuals with ADHD. By understanding the distinctions between ADHD coaching vs therapy, individuals can make informed decisions and access the most appropriate and effective support system.

FAQs:

1. Can I use both ADHD coaching and therapy simultaneously? Yes, many individuals find benefit in a combined approach. Coaching focuses on practical skills, while therapy addresses underlying emotional and psychological issues.
1. Is ADHD coaching right for everyone with ADHD? No, coaching is most effective for individuals seeking practical strategies to manage their daily lives and achieve specific goals. Therapy is a better fit for those with significant emotional distress or co-occurring mental health conditions.
1. What are the qualifications of a good ADHD coach? While qualifications vary, look for coaches with demonstrated experience in ADHD, a clear understanding of the condition, and a structured approach to coaching. Certifications are helpful but not always mandatory.
1. How much does ADHD coaching cost? The cost of ADHD coaching varies widely depending on the coach's experience, location, and the duration of the coaching program.
1. How do I find a qualified ADHD therapist? You can search online databases of licensed therapists, ask your doctor for referrals, or contact your insurance provider for a list of in-network providers.

1. Does insurance cover ADHD coaching? Insurance coverage for ADHD coaching is less common than for therapy. Check with your insurance provider to determine coverage.
1. What if my ADHD coach isn't helping? Openly communicate your concerns with your coach. If the situation doesn't improve, consider seeking a second opinion or switching to a different approach.
1. Is ADHD therapy always long-term? The duration of ADHD therapy varies depending on individual needs and goals. Some individuals may benefit from short-term therapy, while others may require longer-term support.
1. Can ADHD coaching help with relationship issues? While not the primary focus, coaching can indirectly help by improving communication, organization, and emotional regulation skills, which can positively impact relationships.

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adhd coaching vs therapy: *ADHD Coaching* Frances F. Prevatt, Abigail Levrini, 2015 People with ADHD often struggle with time management, staying organized, maintaining relationships, and other life skills. Professional coaching can help them overcome these obstacles and regain confidence in their own problem-solving abilities. This book is an A-Z guide for mental health professionals who want to develop or expand their ADHD Coaching skills. Drawing on over a decade of research and clinical work with ADHD clients, Frances Prevatt and Abigail Levrini have established an empirically-based model for ADHD Coaching. Their approach uses elements of cognitive behavioral theory and psycho-education to target executive functioning deficits, and focuses on clients' key impairments. This book describes the underlying principles as well as the nuts and bolts of ADHD Coaching. Step-by-step details for gathering information, conducting the intake, establishing goals and objectives, and working through all stages of coaching are included, along with helpful forms and a detailed list of additional resources. The practicalities of setting up a practice, as well as professional issues are covered, and five richly detailed case studies illustrate how to help adults, college students, and adolescents who present with a variety of ADHD symptoms.

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with ADHD build essential skills for time management, organization, planning, and coping. Each of the 12 group sessions--which can also be adapted for individual therapy--is reviewed in step-by-step detail. Handy features include quick-reference Leader Notes for therapists, engaging in-session exercises, and reproducible take-home notes and homework assignments. The paperback edition includes the adult ADHD criteria from DSM-5. The treatment program presented in this book received the Innovative Program of the Year Award from CHADD (Children and Adults with ADHD).

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it, the book pays special attention to the use of implementation strategies to help patients carry out the necessary coping skills to achieve improvements in functioning and well-being in their daily lives. In addition to providing an outline of their treatment approach, Drs. Ramsay and Rostain provide an up-to-date review of the current scientific understanding of the etiology, developmental course, and life outcomes of adults with ADHD as well as the components of a thorough diagnostic evaluation. As an added clinical resource, Drs. Ramsay and Rostain have also produced a companion patient handbook written for adults with ADHD, *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out*, which clinicians can use with their patients.

adhd coaching vs therapy: A Radical Guide for Women with ADHD Sari Solden, Michelle Frank, 2019-07-01 Live boldly as a woman with ADHD! This radical guide will show you how to cultivate your individual strengths, honor your neurodiversity, and learn to communicate with confidence and clarity. If you are a woman with attention deficit/hyperactivity disorder (ADHD), you've probably known—all your life—that you're different. As girls, we learn which behaviors, thinking, learning, and working styles are preferred, which are accepted and tolerated, and which are frowned upon. These preferences are communicated in innumerable ways—from media and books to our first-grade classroom to conversations with our classmates and parents. Over the course of a lifetime, women with ADHD learn through various channels that the way they think, work, speak, relate, and act does not match up with the preferred way of being in the world. In short, they learn that difference is bad. And, since these women know that they are different, they learn that they are bad. It's time for a change. *A Radical Guide for Women with ADHD* is the first guided workbook for women with ADHD designed to break the cycle of negative self-talk and shame-based narratives that stem from the common and limiting belief that brain differences are character flaws. In this unique guide, you'll find a groundbreaking approach that blends traditional ADHD treatment with contemporary treatment methods, such as acceptance and commitment therapy (ACT), to help you untangle yourself from the beliefs that have kept you from reaching your potential in life. If you're ready to develop a strong, bold, and confident sense of self, embrace your unique brain-based differences, and cultivate your individual strengths, this step-by-step workbook will help guide the way.

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classic twelve-step program to treat ADD - sexual problems associated with ADD and how to resolve them - strategies for dealing with procrastination, clutter, and chronic forgetfulness ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read.

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understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change – this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible. Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.

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incorporating coaching into a response-to-intervention framework, identifying students who can benefit, conducting each session, and monitoring progress. Special topics include how to implement a classwide peer coaching program. More than three dozen reproducible assessment tools, forms, and handouts are featured; the large-size format and lay-flat binding facilitate photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series.

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their parents in building key compensatory skills in organization, time management, and planning. Parent training components ease family conflict and equip parents to support kids' independence. Ready-to-use worksheets and rating scales are provided; the book has a large-size format for easy photocopying. Purchasers get access to a Web page where they can download and print all 45 reproducible tools.

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adhd coaching vs therapy: *One Decision* Mike Bayer, 2021-12-28 A New York Times Bestseller From Dr. Phil show regular and author of the New York Times bestselling *Best Self: Be You, Only Better*, a plan for taking immediate steps to improving your life Foreword by Dr. Phil McGraw It is estimated that we make 35,000 decisions every day. Right now, at least one decision we make will have a powerful ripple effect across all aspects of our life. But *One Decision* isn't about taking one overwhelming big step; it's about starting with a single, important choice we can make every day: the decision to be authentic. It is the decision to know who you are, to be who you are, and express yourself authentically. Whether you find yourself up against a new challenge, deciding on a change in direction, or in need of a total reinvention, Coach Mike has created a powerful blueprint to help you connect with your authenticity so that your life reflects who you truly are. With the tools in this book, you can transform what the obstacles in your life into new opportunities. He shows you how to stop constantly over-thinking the big decisions and reconnect with your gut instincts and make all of your decisions with confidence and peace of mind. And, this book helps you navigate the forces that routinely drive your decision making, ensuring that you're motivated by facts instead of fears, clarity over confusion, and evidence over emotion. *One Decision* is an inspiring and practical action plan to help you improve your life, find your purpose, improve your mental health and relationships, work on your physical health, and even make more money. Drawing on twenty years of experience helping individuals from all walks of life make real and lasting change, Coach Mike has a refreshing approach for motivating you to take a risk, be bold, and take real action toward a better life. A PENGUIN LIFE TITLE

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adhd coaching vs therapy: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud

speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

adhd coaching vs therapy: Is It You, Me, or Adult A.D.D.? Gina Pera, 2022-03-31 Winner of four national book awards! Revised First Edition, 2022 *Is It You, Me, or Adult ADHD?* has helped thousands of readers worldwide to understand how this highly variable syndrome affects them. Professionals and couples who have elevated their lives with its wisdom recommend it to others. In this highly endorsed, clearly written, and comprehensive guide, Gina Pera guides you in making sense of your own Adult ADHD Roller Coaster. She helps you to: —View ADHD as a variable syndrome affecting individuals, not clones —Realize how a later-in-life ADHD diagnosis creates additional issues —Revise misinterpretations of symptoms, forged long ago, that can thwart progress now —Heal poor coping responses and dysfunctional interaction cycles, as individuals and couples —Implement practical supports to completing routine tasks and reaching long-term goals, with teamwork! —Appreciate how poorly managed ADHD can also negatively affect the spouses and other loved ones. —Delve into denial’s dual nature — physiological and psychological — and reach through it —Adopt proven approaches that remain extremely rare in clinical settings The science has been clear since 1994, when Adult ADHD was declared a medical diagnosis. Still, the public harbors misconceptions, and that means millions suffer needlessly. That includes millions of couples who can’t understand why their lives together are so hard—often despite many attempts at therapy. The simple truth is: Everyone knows someone with adult ADHD. Yet we often misattribute the symptoms to anxiety, depression, or even laziness, selfishness, “addictive personality,” or moodiness. Some assume that ADHD means little boys with ants in their pants. In fact, childhood hyperactivity goes underground as the person matures, resulting in a mentally restless state. Meticulously researched and written by Gina Pera, *Is It You, Me, or Adult ADHD?* helps you recognizing the behaviors where you least expect them and developing compassion for everyone wrestling with unrecognized ADHD symptoms. It also offers: —Explanations from preeminent experts —Plenty of real-life details —Easy-to-understand, detailed advice on the best treatment options and practical solutions. The revolutionary message is one of hope for millions of people—and a joyous opportunity for a better life.

adhd coaching vs therapy: Fair Play Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE’S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn’t enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation

starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

adhd coaching vs therapy: Supporting Caregivers of Children with ADHD Andrea Chronis-Tuscano, Kelly O'Brien, Christina M. Danko, 2020-10-19 Although the causes of ADHD are largely neurobiological and genetic, the manner in which parents respond to their child's challenging behaviors can influence both the severity and developmental course of the child's difficulties. What makes this more challenging for many families is that ADHD, and many of the problems that go along with it are highly heritable-- making it even harder for many parents of children with ADHD to create the consistent, calm, and organized environment in which the child with ADHD is most likely to thrive. Even parents with the very best intentions may not have the self-regulation skills, motivation, persistence, or organization to do what our evidence-based interventions require. Until now, few interventions for ADHD have given adequate attention to this very important issue, and none have integrated the focus on parent mental health and parenting in exactly the way we do in this program--

adhd coaching vs therapy: 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) Cindy Goldrich, 2015-10-05 Compassionate and effective strategies for raising a child with ADHD. Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, tools, and action plans, offers science-based insights and systems for parents to help cultivate these skills. Combining expert information with practical, sensitive advice, the eight "key" concepts here will help parents reduce chaos, improve cooperation, and nurture the advantages—like creativity and drive—that often accompany all of that energy. Based on author Cindy Goldrich's seven-session workshop entitled *Calm and Connected: Parenting Kids with ADHD®*, this book focuses on developing and strengthening effective interpersonal skills in both parents and children as a way to improve conflict resolution. Following the parenting principle to "Parent the child you have," Goldrich offers advice to help readers tailor their parenting to meet the needs of their unique child. The book also leads parents to recognize the value of being a leader and a guide to children, building parents' confidence in their decision-making, and giving children a sense of safety, security, and confidence. The principles outlined in *8 Keys to Parenting Children with ADHD* are appropriate for parenting kids of all ages—until they have "launched" and are on their own.

adhd coaching vs therapy: *Parent Management Training* Alan E. Kazdin, 2008-12 Among evidence-based therapies for children and adolescents with oppositional, aggressive, and antisocial behavior, parent management training (PMT) is without peer; no other treatment for children has been as thoroughly investigated and as widely applied. Here, Alan E. Kazdin brings together the conceptual and empirical bases underlying PMT with discussions of background, principles, and concepts, supplemented with concrete examples of the ways therapists should interact with parents and children. The second half of the book is a PMT treatment manual. The manual details the particulars of the therapy: what is done to and by whom, what the therapist should say, and what to expect at each stage of treatment. It also contains handouts, charts, and aides for parents. A companion website (www.oup.com/us/pmt) provides additional resources for clinicians.

adhd coaching vs therapy: *Cognitive-Behavioral Therapy for Adult ADHD* Russell J. Ramsay, Anthony L. Rostain, 2011-02-11 In the second edition of *Cognitive-Behavioral Therapy for Adult ADHD*, the authors update and expand on their examination of the uses of CBT in treating adult ADHD, providing more analysis of extant research, case studies, and clinical anecdotes.

adhd coaching vs therapy: *ROAR* Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims

realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

adhd coaching vs therapy: *The Invisible Gorilla* Christopher Chabris, Daniel Simons, 2011-06-07 Reading this book will make you less sure of yourself—and that's a good thing. In *The Invisible Gorilla*, Christopher Chabris and Daniel Simons, creators of one of psychology's most famous experiments, use remarkable stories and counterintuitive scientific findings to demonstrate an important truth: Our minds don't work the way we think they do. We think we see ourselves and the world as they really are, but we're actually missing a whole lot. Chabris and Simons combine the work of other researchers with their own findings on attention, perception, memory, and reasoning to reveal how faulty intuitions often get us into trouble. In the process, they explain: • Why a company would spend billions to launch a product that its own analysts know will fail • How a police officer could run right past a brutal assault without seeing it • Why award-winning movies are full of editing mistakes • What criminals have in common with chess masters • Why measles and other childhood diseases are making a comeback • Why money managers could learn a lot from weather forecasters Again and again, we think we experience and understand the world as it is, but our thoughts are beset by everyday illusions. We write traffic laws and build criminal cases on the assumption that people will notice when something unusual happens right in front of them. We're sure we know where we were on 9/11, falsely believing that vivid memories are seared into our minds with perfect fidelity. And as a society, we spend billions on devices to train our brains because we're continually tempted by the lure of quick fixes and effortless self-improvement. *The Invisible Gorilla* reveals the myriad ways that our intuitions can deceive us, but it's much more than a catalog of human failings. Chabris and Simons explain why we succumb to these everyday illusions and what we can do to inoculate ourselves against their effects. Ultimately, the book provides a kind of x-ray vision into our own minds, making it possible to pierce the veil of illusions that clouds our thoughts and to think clearly for perhaps the first time.

adhd coaching vs therapy: *Natural Relief for Adult ADHD* Stephanie Moulton Sarkis, 2015-07-01 For some people with attention deficit/hyperactivity disorder (ADHD), medication may not be the right answer, and for others, medication alone may not be enough. *Natural Relief for Adult ADHD* offers an accessible, research-based guide on the most effective non-medication treatments for ADHD. If you have ADHD, you may find it hard to stay focused on one thing and have trouble with time management and organization. You may also act on impulse—often with negative results. Whether you're in treatment, on medication, or are looking for alternative ways to get your symptoms under control, this book will provide you with sound, complementary strategies to increase your focus, get organized, and stay motivated. In the book, you'll find a ton of information

on how to manage your ADHD, such as body awareness techniques to prevent sensory overstimulation common in ADHD; working memory training; massage, acupuncture, acupressure, chiropractic treatment; how food additives can affect ADHD symptoms, particularly certain pesticides; how to incorporate organic food into the diet while on a budget; and much, much more. If you are looking for proven-effective alternative treatments to get your ADHD under control and take back your life, this book will be your go-to guide.

adhd coaching vs therapy: ADHD Rating Scale-IV George J. DuPaul, 1998 The ADHD Rating Scale-IV is a reliable and easy-to-administer instrument both for diagnosing ADHD in children and adolescents and for assessing treatment response. Containing 18 items, the scale is linked directly to DSM-IV diagnostic criteria for ADHD. This convenient 8 1/2 x 11 lay-flat manual provides three versions of the scale: a parent questionnaire on home behaviors (English), a parent questionnaire on home behaviors (Spanish), and a teacher questionnaire on classroom behaviors. Pages are formatted for easy photocopying, and permission to reproduce the scale as often as needed is included in the purchase price. This manual also incorporates the following essential features that never before have been published in full: * Information on the scale's development and how to use it * Scoring profiles for boys and girls aged 5-17 * Nationally representative norms for both parent and teacher ratings * Factor analysis data and findings on reliability and validity * Clinical interpretation guidelines for screening and diagnosis * Clinical interpretation guidelines for treatment evaluation
QUICK VIEW What does it do?: Quickly determines the frequency of ADHD symptoms. Age Range: 5-17 Administration Time: 5-7 minutes Format: Parent-report and teacher-report rating scales (includes parent form in English and Spanish). Cost of Additional Forms: No cost--purchasers get permission to reproduce the forms and score sheets for repeated use.

adhd coaching vs therapy: Virtually You: The Dangerous Powers of the E-Personality Elias Aboujaoude, 2012-02-06 Instantly engaging and eminently accessible . . . an enlightening and cautionary exploration of an increasingly intrusive aspect of modern society. —Booklist While the Internet can enhance well-being, Elias Aboujaoude has spent years treating patients whose lives have been profoundly disturbed by it. Part of the danger lies in how the Internet allows us to act with exaggerated confidence, sexiness, and charisma. Aboujaoude dubs this new self our “e-personality” and argues that its traits are too potent to be confined online. Offline, too, we’re becoming impatient, unfocused, and urge-driven. Virtually You draws from Aboujaoude’s personal and professional experience to highlight this new phenomenon. The first scrutiny of the virtual world’s transformative power on our psychology, Virtually You demonstrates how real life is being reconfigured in the image of a chat room, and how our identity increasingly resembles that of our avatar.

adhd coaching vs therapy: Organizational Skills Training for Children with ADHD Richard Gallagher, Howard B. Abikoff, Elana G. Spira, 2014-03-19 This indispensable manual presents an easy-to-implement intervention with proven effectiveness for children with ADHD in grades 3 to 5. Organizational skills training helps kids develop essential skill sets for organizing school materials, tracking assignments, and completing homework and other tasks successfully. Clinicians are provided with detailed session-by-session instructions and all of the tools needed to implement the program in collaboration with parents and teachers. In a large-size format for easy photocopying, the book includes nearly 100 reproducible handouts and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials. See also the related parent guide from Gallagher et al., The Organized Child: An Effective Program to Maximize Your Kid's Potential/m-/in School and in Life.

Additional Resources

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