



Break-Through Therapy for ADHD



- One fourth of children with ADHD have serious learning disabilities.
- 65% of children with ADHD exhibit problems in defiance or problems with authority.
- Teenagers with ADHD have almost four times as many traffic citations and accidents as non ADD/ADHD drivers; 21% of teens with ADHD skip school on a regular basis and 35% drop out of school.
- 45% of children with ADHD have been suspended from school at least once and 30-50% of children with ADHD have repeated a year in school.
(www.russellbarkley.org)

According to the Centers for Disease Control and Prevention, Alabama ranks as the state with the highest percentage of youth diagnosed with ADHD out of all fifty states. Some children with ADHD continue to have it as adults and the adults who have the disorder don't know it. If you are a parent of one of these diagnosed or are wondering if you are one who has it, you most likely are looking for support.

ADHD (attention deficit hyperactive disorder) has a significant impact on all aspects of a person's life. According to Dr. Russell Barkley, "Emotional development in children with ADHD is 30% slower than in their non-ADD peers. This means that a child that is 10 years old will have the emotional development of a 7 year old, a 20 year old will have the emotional maturity of a 14 year old."

Many times individuals with ADHD are misdiagnosed or all of the issues that can have an effect on ADHD are not being addressed appropriately.

Symptoms and Diagnosis:

The key symptoms of ADHD are inattention, hyperactivity, and impulsivity. It is normal for all children to exhibit these at times, for a child with ADHD, these behaviors are more severe and occur more often. **To be diagnosed with the disorder, a child must have symptoms for 6 or more months and to a degree that is greater than children of the same age.**

ADHD symptoms usually appear early in life, often between the ages

Children with ADHD often will:

- Be easily distracted, miss details, forget things and frequently switch from one activity to another
- Have trouble completing or turning in homework assignments, often losing things needed to complete a task; daydream, become easily confused and struggle to follow instructions
- Talk nonstop, dash around, touching or playing with anything and everything; have trouble sitting still during dinner or school and have difficulty doing quiet tasks
- Be very impatient, blurt out inappropriate comments, show their emotions without restraint and act without regard for consequences

of 3 and 6. Parents may first notice that their child loses interest in things sooner than other children or seems constantly "out of control". Often teachers notice the symptoms first, when a child has trouble following rules, or frequently "spaces out" in the classroom or on the playground.

No single test can diagnose a child. Instead, a licensed health professional needs to gather information about the child, and his or her behavior and environment, and rule out other possibilities for the symptoms. (www.nimh.nih.gov)

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Joy Germanos, a licensed social worker with ADHD Therapy Center, suggests you ask these questions: Do you or your child struggle with frustration, impatience or excessive worry on a daily basis? Are you or your child prone to acting impulsively or becoming bored easily? Do you or your child struggle with staying organized, completing tasks, staying focused, sitting still, being easily distracted? If so, it might be time to contact your doctor, a therapist or school counselor for further evaluation.

Treatment:

Since the cause for ADHD is unknown, treatments focus on reducing the symptoms and improving functioning. Treatments include various types of psychotherapy, education or training, medication and now neurofeedback.

Psychotherapy includes behavior therapy which is aimed to help a child change his or her behavior. Other therapy works to change internal motivation in order for a child to take responsibility for his behavior.

With its amazing results, neurofeedback, is gaining a lot of support. Neurofeedback is basically biofeedback for the brain. Biofeedback is a painless technique that uses monitoring instruments to measure and feed back information about brain activity. The overall purpose is to develop self-regulation skills.

With neurofeedback, the therapist is able to stabilize the behavioral

problems more rapidly, which allows her to address the underlying issues earlier in the treatment process. Neurofeedback ultimately enhances the benefits of treatment making them much more effective in a shorter period of time. **With successful completion of neurofeedback treatment, a client can be symptom free sometimes even without medication.**



There are 20 years of research proving that neurofeedback can significantly improve the symptoms of ADHD while raising IQ scores by 10-20 points on average. These gains appear to be permanent as the same results have been measured 18 years later.

For more information on the benefits of neurofeedback, visit www.isnr.org or read "A Symphony in the Brain" by Jim Robbins

To find out more on ADHD, go to the National Institute of Mental Health at www.nimh.nih.gov

You can contact Joy Germanos at 334-270-9124 or www.adhdtherapycenter@yahoo.com to receive more information on ADHD including treatment and resources

Adults with ADHD:

- May feel that it is impossible to get organized, stick to a job, or remember and keep appointments
- Daily tasks such as getting up in the morning, preparing to leave the house, arriving at work on time and being productive on the job can be especially challenging
- These adults may have a history of failure at school, problems at work, or difficult or failed relationships
- Many have had multiple traffic accidents
- May seem restless and may try to do several things at once, most of them unsuccessfully
- Tend to prefer "quick fixes" rather than taking the steps needed to achieve greater rewards