



ADHD

- 1) Attention
- 2) Hyperactivity
- 3) Impulsivity

Areas of impact:

- 1) Task management
- 2) Information management
- 3) Energy regulation
- 4) Energy action
- 5) Attention regulation
- 6) Action regulation

Neurotransmitter challenges with dopamine and norepinephrine

Issues created: time blindness, rejection sensitivity dysphoria, relationship challenges, masking

Kids with ADHD are about 30% behind, developmentally

Gifts of ADHD: fun relationships, entrepreneurial spirit, creativity, and thinking “outside the box”

ANXIETY

Between 50-60% of people with ADHD also have anxiety.

This includes generalized anxiety disorder, social anxiety, PTSD and other anxiety issues

12-37% of people with ADHD will also develop PTSD

Neurotransmitters impacted: GABA, serotonin, and norepinephrine



STRATEGIES

- Engage in dopamine boosting activities when doing something the client finds boring or less engaging.
- Explore with your client how they manage 1) Seeking pleasure and 2) Avoiding pain.

- Find motivation through P.I.N.C.H.
 - o Play (creativity + humor)
 - o Interest
 - o Novelty
 - o Competition/Connection
 - o Hurry Up (Drs. Taylor-Klaus & Dempster)

- Use language that fosters communication (not power and control)

- Medications – connect with a psychiatric provider

RESOURCES :

Impactparents.com/Gottman

“The Essential Guide to Raising Complex Kids with ADHD and Anxiety” by Dr. Taylor-Klaus

“ADHD Explained” by Edward Hallowell, M.D.

“12 Principles for Raising a Child with ADHD” by Russell Barkley, Ph.D.

Notes:

