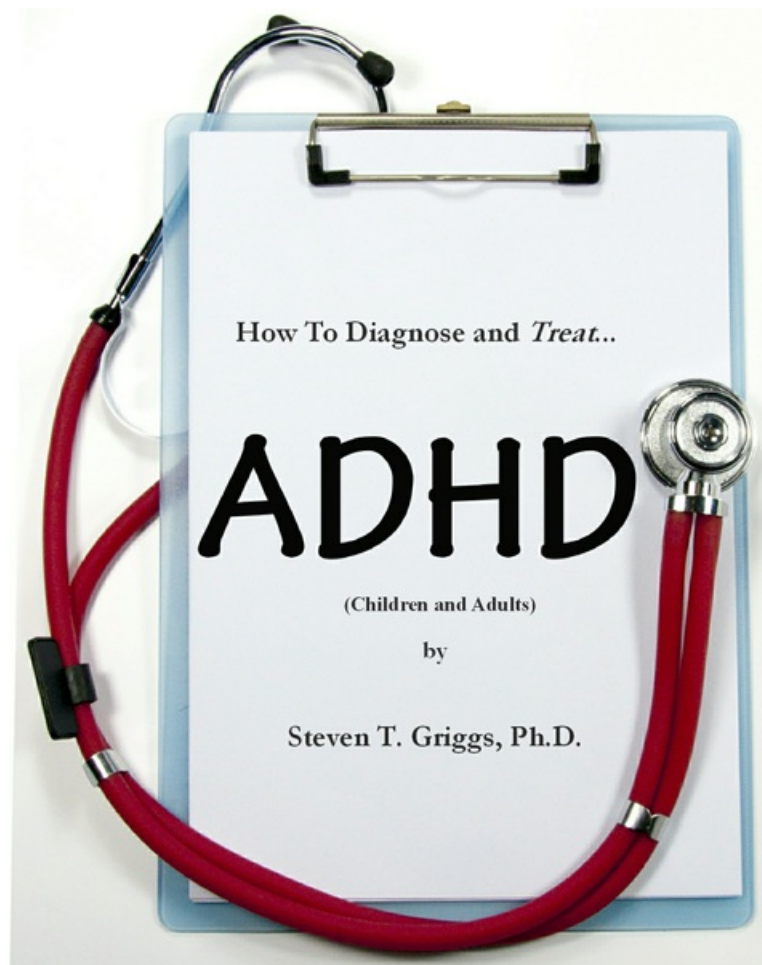


How to Assess and Treat ADHD (Children and Adults)



Author: Steven T. Griggs, Ph.D.

Download: How to Assess and Treat ADHD (Children and Adults) Ebook Free (PDF, ePub, Mobi) by Steven T. Griggs, Ph.D.

-Intro and ADHD test. -Definitions and symptoms--"Classic" ADHD: Inattention/Hyperactive-Impulsive. Hyperfocused subtype, Centre sensitization subtype, Temporal, Limbic and The Ring subtypes/phenomena. Other cognitive syndromes. -Hypoarousal states, neuron states (excitatory and inhibitory), self-stimulation seeking. -ADHD recognized by four official government agencies. Demographics: five percent of the population. Frequency of boys vs. girls, kids vs. adults. Genetic preponderance and geographic propensities. ADHD and gradeschool performance; retention rates. -ADHD and family composition. ADHD and acting out, substance use, medical bills, behavior problems. Boys vs. girls--different behaviors? -ADHD and differential diagnoses (ODD, OCD, moods and specifically, bipolar disorder). -ADHD--first appearance which symptoms. ADHD and the critical first three years of school (KG, first and second grade). Do kids outgrow this? ADHD vs. "Normal" behaviors. -Causes of ADHD--Seven categories.: -Five steps to diagnosing ADHD 1) Clinical Interview. Choosing the right professional Preparing for the interview. Physical Exam--What questions to prepare for. Eliminating other possible causes (other illnesses or conditions). -2) Behavior Rating Scale. Child version. Adult version. How to score and interpret the scores. -3) Differential Diagnostic Testing--Getting an Intelligence Test. A primer on differentiating learning disabilities. -4) Differential Diagnostic Testing--Getting an Achievement Test. Learning Disability diagnosed vs. simple ADHD. -5) Differential Diagnostic Testing--Neurological Test, Visual evaluation--acuity vs. tracking. ADHD or Bipolar Disorder? ADHD and intelligence--the myths. -Tying all the results together. "Workarounds" and the impact on test results. -Hyperfocused Type. -The rich and famous. Self-Esteem. -Treatments (four major ones, numerous minor ones): -Managing sleep, allergies and diet. Problem substances in foods--23 categories. Diet clean ups. The two-week plan. Diet suggestions. -1) Psychotherapy/Behavior therapy Externalizing strategies: 4:1 rule, three contingencies of reinforcement, cueing, modeling, shaping, reinforcement schedules, star charts, punishment vs. rewards, task reducing, self-talk, self-monitoring, mindfulness, journaling, cognitive re-framing. -2) Family therapy: symptom containment, scheduling behaviors, family rules, assertiveness, empathy, symptom mapping, stress management. Parenting Considerations: Breast feeding, sleep, morning routine management, team vs. one-on-one approaches, manipulation, strategic breaks. General considerations for psychotherapy and family therapy: slow down, uni-focusing, immediacy and here-and-now processing, managing expectations, identifying recurring problems, external ticklers, managing transitions, using props, creating routines, organizing, homework tips, homework tracking, clarity/consistency, garnering attention, praise/reward criteria, love, enjoyment, task immersion, safe environments, ambient sounds, exercise, inside vs. outside activities, non-labeling, maturity assessment, "screen" time policy, personal assistants, best kinds of teachers and schools, special services/grants/programs, cognitive mapping (two kinds), cognitive monitoring, creativity, structured thinking (12 kinds), structured movement. -Other proposed ADHD remedies--Things to think about and/or try before going further: Meditation/mindfulness, Brain Highways, Neurofeedback. -3) Herbs (ten) Homeopathic approaches (sample of two products but too many ingredients to count). Vitamins/supplements (forty plus...). -4) Medication Stimulants (six chemical classes with eleven variations/brand names). Non-stimulants (four chemical classes with six variations/brand names) - Appendix C: Further reading and related sources (19) and websites to search (13). -Appendix D: Quotes (funny and profound). -That's my quick outline. This ebook is stuffed...

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