

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: The ABCs of AD/HD</i>	7
Chapter 1: AD/HD Basics	9
Chapter 2: Exploring the Causes of AD/HD	17
Chapter 3: The Many Faces of AD/HD	31
<i>Part II: Diagnosing AD/HD</i>	45
Chapter 4: Finding the Right Professional for You	47
Chapter 5: Navigating the Evaluation Process	65
Chapter 6: Conditions That Look Like or Overlap with AD/HD	77
<i>Part III: Treating AD/HD</i>	91
Chapter 7: Choosing the Best Treatment Options for You	93
Chapter 8: Managing Medication	109
Chapter 9: Queuing Up Counseling, Coaching, and Training	125
Chapter 10: Managing Behavior	139
Chapter 11: Narrowing In on Nutrition, Vitamins, and Herbs	151
Chapter 12: Examining Repatterning Therapies	175
Chapter 13: Recognizing Rebalancing Therapies	189
<i>Part IV: Living with AD/HD</i>	199
Chapter 14: Creating Harmony at Home	201
Chapter 15: Creating Success at School	231
Chapter 16: Winning at Work	259
Chapter 17: Accentuating the Positive	279
<i>Part V: The Part of Tens</i>	289
Chapter 18: Ten (or So) Tips to Organize Your Life	291
Chapter 19: Ten (or So) Ways to Improve Your Family Relationships	301
Chapter 20: Ten Resources for Information and Support	307
<i>Appendix: Treatment Tracking Forms</i>	313
<i>Index</i>	319

Table of Contents

.....

<i>Introduction</i>	1
About This Book	1
Not So Foolish Assumptions	2
Conventions Used in This Book	2
How This Book Is Organized	3
Part I: The ABCs of AD/HD	3
Part II: Diagnosing AD/HD	3
Part III: Treating AD/HD	3
Part IV: Living with AD/HD	4
Part V: The Part of Tens	4
Icons Used in This Book	4
Where to Go from Here	5
<i>Part 1: The ABCs of AD/HD</i>	7
Chapter 1: AD/HD Basics	9
Identifying Symptoms of AD/HD	10
Peering into primary symptoms	10
Seeing a few secondary symptoms	11
Clueing in on AD/HD's Origins	11
Getting a Diagnosis of AD/HD	12
Choosing your professional	12
Preparing for the evaluation process	13
Viewing Various Treatment Approaches	14
Recognizing AD/HD's Role in Your Life	14
Dealing with daily life	15
Accentuating the positive	15
Chapter 2: Exploring the Causes of AD/HD	17
Reviewing Past Theories	17
Searching for a Plausible Theory	20
Examining the Core Issue in AD/HD	21
Recognizing the role of self-regulation	21
Exploring executive functions	22
Exploring Current AD/HD Research	24
Genetic	24
Anatomical	25
Functional	26
Chemical	27
Getting Down to the Bottom Line	29

Chapter 3: The Many Faces of AD/HD	31
Picturing the Primary Symptoms of AD/HD	31
Inattention/distractibility	32
Impulsivity	34
Restlessness/hyperactivity	36
Studying Some Secondary Symptoms	37
Anticipation of failure	37
Worry	38
Boredom	38
Loss of motivation/feelings of hopelessness	38
Frustration	39
Low self-esteem	39
Sleep disturbances	39
Substance abuse	40
Facing AD/HD in Different Populations	40
Children	41
Adolescents	41
Adults	42
Women	43

Part II: Diagnosing AD/HD

Chapter 4: Finding the Right Professional for You	47
Help Wanted: Searching for the Right Person(s)	47
Getting a diagnosis for legal purposes	48
Considering your professional options	48
Examining Your Values	55
Digging into your ideas about diagnosis	56
Tackling your thoughts on treatment	56
Evaluating Your AD/HD Professional	57
Selecting a diagnostician	57
Partnering up for treatment	58
Getting a Second Opinion	59
Managing Your Care	60
Being Eligible for Services	61
Examining your insurance coverage	62
Seeking out school services	62
Chapter 5: Navigating the Evaluation Process	65
Preparing for the Evaluation Process	65
Psychiatric/Psychological Evaluations	67
Medical Testing	68
Educational Testing	69

Skills Testing70
 Behavioral Assessment71
 Performance Testing71
 Physiological Testing72
 EEG72
 ERP72
 MRI73
 fMRI73
 PET73
 SPECT74
 Knowing What to Do after Diagnosis74

Chapter 6: Conditions That Look Like or Overlap with AD/HD77

Understanding Differential Diagnosis77
 Looking at Conditions with Symptoms Similar to AD/HD79
 Mental disorders79
 Medical conditions84
 Sensory processing disorders86
 Pseudo-AD/HD88

Part III: Treating AD/HD91

Chapter 7: Choosing the Best Treatment Options for You93

Understanding the Three Levels of Treatment93
 Biological treatments94
 Psychological treatments95
 Social treatments97
 Trying Multiple Treatments Together99
 Developing Your Plan for Success99
 Naming your challenges100
 Identifying your goals101
 Sifting through the options101
 Prioritizing your plan102
 Combining approaches safely102
 Following Your Progress103
 Keeping Up-to-Date on New Therapies104
 Attending conferences105
 Browsing the Internet106
 Reading professional journal articles106
 Attending support group meetings107

Chapter 8: Managing Medication109

Determining If Medication Is Right for You109
 Understanding How Medications Work110
 Recognizing medication’s impact on brain chemicals110
 Connecting symptoms and brain chemicals111

Exploring Medication Types	112
Stimulants	112
Non-stimulant AD/HD medication	113
Monoamine oxidase inhibitors (MAOIs)	113
Selective serotonin reuptake inhibitors (SSRIs)	113
Serotonin/norepinephrine reuptake inhibitors	114
Tricyclic antidepressants (TCAs)	115
Atypical antidepressant agents	116
Dopamine agonists	116
Antihypertensives	116
Anticonvulsants	117
One more for the road	117
Finding Success with Medication	118
Recognizing positive results	118
Singling out side effects	120
Charting your progress	122
Knowing when to call it quits	122
Chapter 9: Queuing Up Counseling, Coaching, and Training	125
Adding Counseling to Your Treatment Plan	125
Exploring Counseling and Therapy Options	127
Understanding yourself through insight-oriented therapy	127
Benefiting from supportive therapy	129
Considering cognitive-behavioral counseling	129
Exploring behavior modification	131
Expressing yourself through play therapy	131
Seeking psychoeducational counseling	131
Considering family therapy	132
Getting into group therapy	132
Using support groups	133
Considering Coaching	134
Taking a Look at Training	135
Examining awareness training	135
Taking parent training	135
Improving yourself through skills training	136
Finding a Counselor, Coach, or Trainer	136
Chapter 10: Managing Behavior	139
Taking Behavior 101	139
Association	140
Feed forward/feedback	140
The basics of behavioral therapies	141
Looking at Behavioral Treatments	142
Behavior modification	142
Cognitive-behavioral counseling	145
Awareness training	148

Chapter 11: Narrowing In on Nutrition, Vitamins, and Herbs151

Digging Into a Healthy Diet152
 Defining healthy eating habits152
 Figuring out the Feingold diet159
 Viewing Vitamin and Herb Supplements162
 Singling out supportive supplements163
 Surveying specific supplements166
 Knowing about Nutraceuticals168
 Protecting Your Environment168
 Allergens169
 Chemicals172

Chapter 12: Examining Repatterning Therapies175

Altering Brain Activity Through Neurofeedback176
 Getting some background176
 Exploring the process177
 Knowing what to expect178
 Finding a provider179
 Using Rhythm to Stimulate the Nervous System179
 Getting some background179
 Exploring the process180
 Knowing what to expect181
 Finding a provider182
 Changing the Way You Hear Sound182
 Getting some background182
 Exploring the process183
 Knowing what to expect184
 Finding a provider185
 Exercising Your Eyes186
 Getting some background186
 Exploring the process187
 Knowing what to expect187
 Finding a provider188

Chapter 13: Recognizing Rebalancing Therapies189

Balancing Energy Through Acupuncture189
 Getting some background190
 Exploring the process190
 Knowing what to expect191
 Finding a provider191
 Helping Your Body Heal Itself with Homeopathy192
 Getting some background192
 Exploring the process192
 Knowing what to expect193
 Finding a provider193

Using Manipulation Therapies	194
Getting some background	194
Exploring the process	195
Knowing what to expect	195
Finding a provider	196
Helping Your Brain Process Sensory Information	196
Getting some background	196
Exploring the process	197
Knowing what to expect	198
Finding a provider	198

***Part IV: Living with AD/HD* 199**

Chapter 14: Creating Harmony at Home 201

Laying the Foundation for Healthy Relationships	201
Exercising empathy	202
Expressing emotions	203
Commanding communication	204
Acknowledging appreciation	205
Canceling conflict	205
Healing the past	206
Being realistic	206
Improving Your Life with AD/HD	207
Managing moods	207
Taking responsibility	208
Parenting a Child with AD/HD	209
Preventing problems	209
Dealing with discipline	216
Raising more than one child	219
Enhancing self-esteem	221
Parenting as a team	222
Living with an Adult with AD/HD	223
Getting informed	223
Working together	223
Staying close	224
Taking time for yourself	224
Getting Into Good Habits	224
Becoming organized	225
Exercising regularly	226
Limiting TV and video games	227
Ensuring the best sleep possible	228
Providing play and fun	229

Chapter 15: Creating Success at School 231

Overcoming Challenges at Any Age	231
Addressing elementary school issues	232
Managing middle school difficulties	233

Handling high school challenges235
 Cluing into college challenges236
 Getting to Know Your Legal Rights237
 Having realistic expectations238
 Examining IDEA238
 Utilizing Section 504240
 Accessing an Educational Plan241
 Understanding what an educational plan is241
 Getting involved242
 Developing an accurate plan242
 Keeping tabs on the progress243
 Getting the Most from Your Child’s Teachers243
 Looking for the right teacher245
 Working with your child’s teacher246
 Documenting Your School Experiences247
 Exploring Schooling Alternatives249
 Dealing with Difficult Times in School251
 Lunchtime and recess251
 Transitions252
 Opportunities for socialization252
 Interactions with some teachers and administrators254
 Working with Your Child at Home255
 Helping with homework255
 Arranging for a private tutor256
 Supporting self-esteem257
 Helping your child stay organized258

Chapter 16: Winning at Work 259

Understanding the Challenges at Work259
 To Tell or Not to Tell260
 Legally speaking: Understanding your rights261
 Practically speaking: Making your decision262
 Managing Yourself263
 Working on Work Relationships264
 Having a hand on the pulse of office politics264
 Dealing with authority265
 Getting along with coworkers266
 Being the boss266
 Doing Day-to-Day Tasks268
 Getting organized268
 Managing your time269
 Handling projects270
 Staying focused271
 Dealing with details272
 Creating Overall Success272
 Finding the best career for you272
 Looking at long-term plans273
 Making do at your current job274

Understanding your value	274
Striking a balance	275
Going It Alone: Being Self-Employed	276

Chapter 17: Accentuating the Positive 279

Seeing the Positive in Your Symptoms	279
Examining Areas of Aptitude	280
Capitalizing on creativity	281
Capturing chaos	282
Accessing energy	282
Recognizing your risk-taking nature	283
Supporting your desire for independence	283
Exploring ambition	284
Involving intuition	284
Examining adaptability	285
Assessing athleticism	286
Finding and Nurturing the Areas Where You Excel	286

Part V: The Part of Tens 289

Chapter 18: Ten (or So) Tips to Organize Your Life 291

Getting Your Thoughts Organized	291
Recording information	292
Writing down ideas and appointments	292
Using a PDA	292
Organizing Your Time	293
Employing technology	293
Charting your schedule	294
Planning ahead	294
Completing Your Projects	295
Breaking things down	295
Making a plan	296
Taking one step at a time	296
Making Sense of Your Space	297
Cutting clutter off at the source	297
Putting things in their place	298
Creating a color-coding system	298
Deciding What's Really Important to You	299

Chapter 19: Ten (or So) Ways to Improve Your Family Relationships 301

Taking Responsibility	301
Focusing on the Positive	302

Releasing Anger and Resentment302
 Getting Rid of Guilt303
 Talking It Out303
 Working Together304
 Having Family Meetings304
 Being Realistic305
 Having Fun Together305
 Walking Away305
 Taking Care of Yourself306

Chapter 20: Ten Resources for Information and Support307

Internet Forums307
 Web Sites308
 Support Groups309
 Your Child’s School309
 Colleges and Universities309
 Your AD/HD Professional310
 Books310
 The Library311
 Family and Friends311
 Group Therapy311

Appendix: Treatment Tracking Forms313

Keeping Daily Tabs on Your Treatment313
 Performing Periodic Assessments314

Index.....319

