

Practical Strategies for ADHD

A must workshop for counselors, teachers, special-education specialists, social workers, juvenile detention workers and parents.

- Gain an insight into the world of ADHD
- Learn practical strategies for diagnosing and treating ADHD.
- Develop a plan for academic and social success for the individual with ADHD.

Even if you have attended numerous seminars on ADHD, you will need to attend this one. ADHD is the most common learning and behavioral disorder in childhood and affects for 4 to 12 percent of all American children but understanding the disorder is only the first step. Without early identification and proper treatment, ADHD can have serious consequences, including school failure, depression, conduct disorder, failed relationships and substance abuse. ***This does not have to happen.*** There are practical, easy strategies that can be employed to make life more successful for the ADDer and less stressful for those who work with him/her. This seminar will provide you with insight, information, and practical strategies to assist the ADDer in avoiding most of the negative effects of ADHD and becoming the successful person they are capable of being.

Esther Williams is a licensed professional counselor and has worked with individuals with ADHD for over 28 years. As a teacher she developed practical classroom strategies for working with ADHD students to improve their academic and behavioral difficulties. As a school counselor, she worked with parents, teachers and ADDers to address difficulties and develop special academic accommodations. Currently in private practice, Esther works with ADHD children, teens and adults, helping them develop practical strategies to deal with the varied problems resulting from their disability. Most importantly, her 23-year-old daughter has ADHD. Esther provides strategies to help the ADHD parent “keep their sanity.” These varied experiences give Esther a broad view of the ADHD problem, a view that she brings to her workshops.

Esther's approach is to identify the problems caused by ADHD and find a solution to the problem rather than trying to suppress and/or punish the behavior. She believes that behavior is a form of communication. When we can begin understanding and interpret behavior, we are on our way to identifying strategies that will be effective. This course will include strategies for education, career, time management, classroom management and personal management. Individuals with ADHD can learn to cope with their liabilities and develop their assets.

COURSE CONTENT

- What is ADHD?
- Research on the ADHD brain.
- Understanding the developmental delay in executive functioning skills.
- The special problems of teens with ADHD.
- What is life like for an ADDer?
- An historical explanation of ADHD.
- Diagnosis and treatment of ADHD.
- ADHD and co-morbidity and/or mis-diagnosis.
- Sensory Integration Disorders and poor social skills.
- ADHD and aggressiveness.
- Using learning styles information to help the ADHD students succeed.
- Classroom suggestions for helping an ADHD student learn.
- Classroom management strategies for coping with ADHD.
- Strategies for improving intrinsic motivation.
- Educational modifications for 504 plans and/or IEPs.
- Strategies for success at home.
- Careers for the ADDer.

WHAT YOU WILL LEARN

- A comprehensive understanding of ADHD as a disorder.
- Strategies to assist ADDers with:
 - Academic success
 - Career success
 - Social situations
 - Personal management