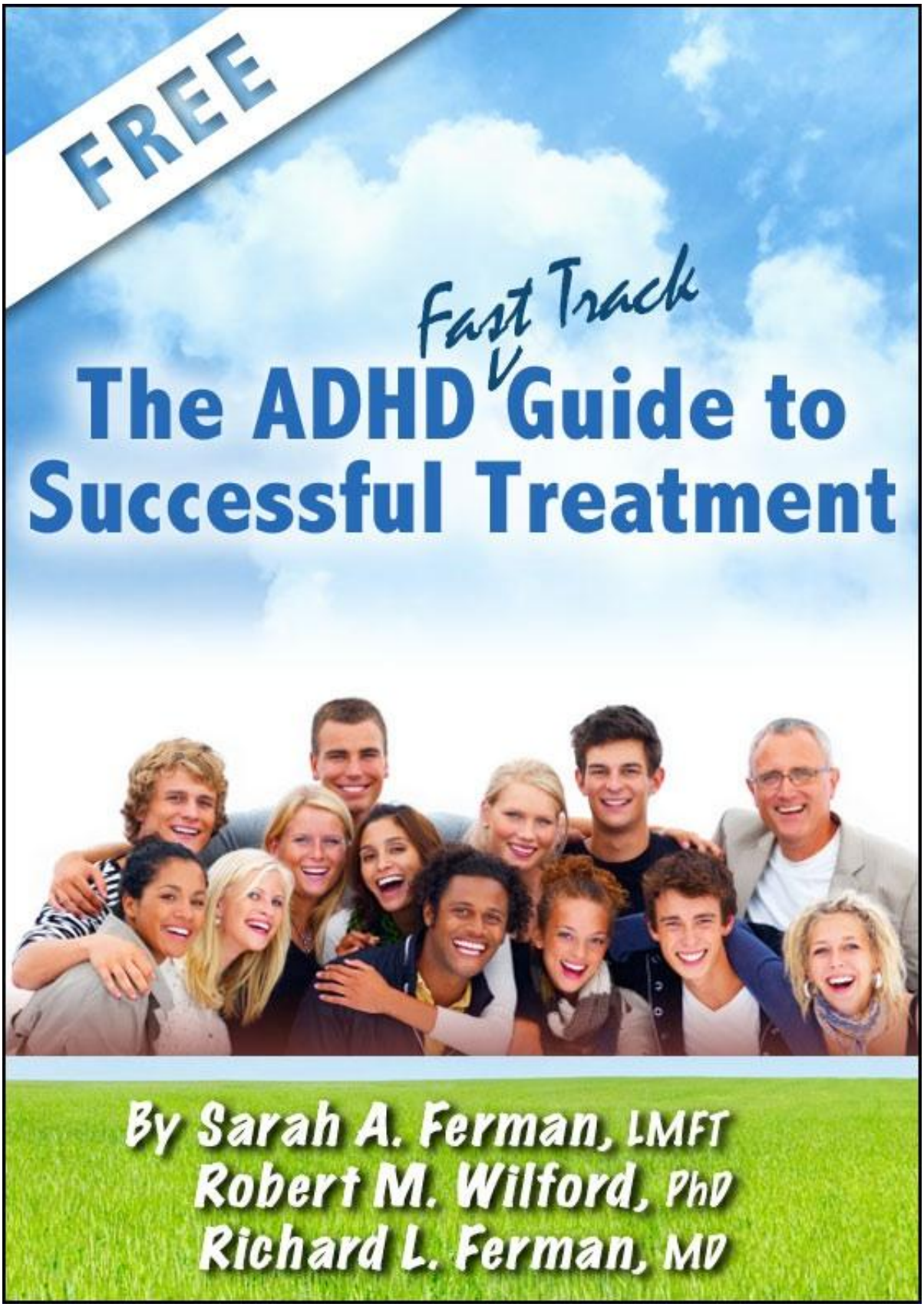
FREE
Fast Track
The ADHD Guide to
Successful Treatment
By Sarah A. Ferman, LMFT
Robert M. Wilford, PhD
Richard L. Ferman, MD

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The ADHD Guide to Successful Treatment

"How to get on the ADHD fast track to results"

"The only thing that is holding you back from the life you want is you."
– Dr. Robert Wilford

Introduction

"Thank you for giving us our family back. We have a new kind of peace in our home that we never knew was possible," said the mother of two sons who were each recently diagnosed with Attention Deficit Hyperactivity Disorder (ADHD).

"How could we have missed it, and why didn't anybody tell us that what we were doing was exactly the opposite of what our sons needed from us?" asked the father, clearly moved with both gratitude and regret over two decades of missed opportunities.

"We saw good doctors," they said, shaking their heads. "They told us our kids were just depressed and that they needed to pay more attention in class and stop daydreaming. One counselor even suggested that our younger son had a learning disability. We spent years trying to get our oldest son to live up to his potential and stay clear of trouble. Meanwhile, our other son was struggling so much in school that he was being evaluated for remedial classes, despite the fact that he tested as nearly gifted."

I explained that for the last 22 years, they had been using standard principles to parent their children, when in fact their children were anything but standard. These were outstanding kids, but they were held hostage by their ADHD. The oldest son is 22-years-old and home now, after failing his first year of college. He's had a history of social withdrawal and lethargy, so it was easy to see why the doctors had prescribed antidepressants for him.

He was unable to get motivated in his life; he just couldn't seem to follow through on the daily demands of life. Sleeping in until 3 PM and getting lost on the Internet for hours at a time, he battled the labels of "lazy" and "unmotivated" for nearly his entire life. He wasn't able to keep a steady job, and whenever he did start something, he just couldn't seem to stick with it. The only thing that seemed to be consistent in his life was his bad luck and the fact that trouble seemed to follow him everywhere. Much of his family's financial and emotional resources were taken up in bailing this young man out of one more troublesome situation.

His brother was just the opposite. He was eager, social, and despite years of trying his best to succeed in school, his efforts were inconsistent and his performance on tests baffled his parents. "Now we understand that it wasn't that our younger son didn't try; it was that we just didn't know what he needed to be successful."

"We could have never imagined that just by changing our attitudes and the way we talked to our son, we could see so much change so quickly." It was clear that both Mom and Dad were proud, but also concerned that the benefits of ADHD treatment would be short-lived. "It is just that we have tried so many different things over the years and nothing else has seemed to work. We are both actually hopeful now. This time, it is like we have our kids back."

They claimed to have found out more about ADHD in a single visit than they had learned in seven years of treatment with doctors and therapists who did not specialize in Attention Deficit Hyperactivity Disorder. On the second visit, they were nearly tearful at how much their lives had improved and what a miracle it had been in their family.

"Thanks to you guys, we finally have the family life we have been trying for so many years to have."

That is how this e-book was finally born.

Having successfully treated thousands of cases of ADHD, we asked ourselves, "What exact and concise concepts have the most successful patients seemed to utilize repeatedly over the course of their treatment, and what challenges and ways of thinking seem to get in the way of treatment success?"

Any one thing can be the difference between success and failure. It only takes one reason to opt out of being successful. Change is part of life, and some things make the journey toward success easier, while other things make it more difficult. For people with ADHD, opting out or never opting in can be equally as devastating. This book was written from a place of hope, a place of wishing that you could know what the successful people are doing and avoid the pitfalls of those who haven't yet found success.

In this short, easy-to-read report, we share with you what works and what doesn't work. We give you clear-cut, no-nonsense answers that you can use to steer clear of the most difficult and painful obstacles to successful ADHD treatment.

Getting Started – Successful First Steps

"The greatest amount of wasted time is the time not getting started."
– Dawson Trotman

"The way to get started is to quit talking and begin doing."
– Walt Disney

It is easy to get overwhelmed by the idea of that you or someone you love has ADHD. This chapter outlines the step-by-step attitudes and actions to take right now to get relief from your ADHD symptoms. If you are ready to find real relief and get out of the ADHD quicksand and back onto solid ground, then this chapter will give you the knowledge and insight to eliminate confusion and help you turn your ADHD around.

"What gets us into trouble is not what we don't know; it is what we know for sure that just ain't so."
– Mark Twain

1. ADHD is nothing new.

What we call Attention Deficit Hyperactivity Disorder (or just Attention Deficit Disorder) has been around for centuries. It is true that the name for these symptoms has changed over the years, but it has been referred to as ADHD in the medical literature since the 1600's.

2. The question is not really whether ADHD is real—instead, the question should be: "Do you really have ADHD and at what level is it impacting your life?"

It's tempting to dismiss ADHD as the latest excuse for poor behavior and performance. If you do that, you will have to change nothing and nothing will change. It is easy for people with ADHD to lose sight of their symptoms and focus instead on proving or disproving the validity of ADHD. People with ADHD can easily waste months and years trying to deny that ADHD is a real and

treatable condition. All the while, they are no closer to getting a handle on their own issues and problems.

3. ADHD is a medical condition caused by an imbalance of certain neurochemicals in the brain. It is *not* a disorder of will or willpower!

Probably the single most common form of sabotage to successful treatment is the harmful belief that ADHD is not a "real disorder."
It's the belief that somehow, a person's difficulties are really caused by "bad character" or "lack of motivation," and are somehow curable with an extra dose of willpower and/or self-determination.

When it comes to certain disorders, like ADHD, depression, or other neurological conditions, it is very easy to think that a person should be able to "just snap out of it," or "just try harder to be happier or more focused." It is easy to forget that ADHD is a neurological condition and its roots are in the brain, not in a person's character.

The sooner you can accept that ADHD is a real and treatable condition, the sooner you can be on your way to getting real relief from your ADHD symptoms. People who are truly successful in treating their ADHD learn early on to accept that ADHD is a brain-based disorder and that it is usually responsive to a variety of treatment strategies, depending on the type and severity of your ADHD. The good news is that, for the majority of people, ADHD is treatable.

4. Success starts with an accurate diagnosis.

Like most things in life, it is crucial to know what you are dealing with before you attempt to solve the problem. An accurate diagnosis may be the first and most powerful step you can take toward treating your ADHD.

An accurate diagnosis will help you explain the reasons why you struggle more with things like paying attention, following directions, listening closely, being on time, or having organizational skills—things that seem to come easily to your non-ADHD peers.

Getting a diagnosis can also make you feel a whole lot better. You may actually find a sense of relief, as you can finally put a name to the symptoms you have been suffering from. You will finally see that it wasn't laziness or a lack of

intelligence that has been holding you back. It can be empowering to know that this is a disorder that you can actually do something about.

You will need to get your diagnosis performed by a licensed professional such as a psychologist, psychiatrist, or medical doctor—and be sure to ask for your diagnosis in writing. Most people don't realize that this documentation can come in very handy when dealing with your insurance company, school, or if you have to change to another doctor. Ask for that written diagnosis early on in treatment; you will find it to be easier than going back and asking for it later.

5. Avoid self-diagnosis and rely on professionals who specialize in ADHD.

If you are like most people in today's "Information Age," you have probably already gone online, taken a test, or answered a questionnaire, and are feeling somewhat confident that you have ADHD.

You may even have had a "nearly-spiritual experience" as you read materials that answered questions about ADHD. It may have felt like for the first time, you were really understood. That is an awesome feeling, but don't be fooled into thinking that just because you answered all of the questions affirmatively, you have enough information to confirm a diagnosis of ADHD.

Everyone struggles at one time or another with paying attention, losing things, or staying focused on boring subjects. For people with ADHD, these problems are more the rule, not the exception. Real ADHD causes significant dysfunction in many areas of a person's life, and negatively impacts many different situations and environments.

6. There is no single test to prove or diagnose ADHD.

Please read that sentence again, because it is probably exactly the opposite of what you were hoping we would say. Like most diagnoses in mental health, there is no single physical, medical or psychological test that a person can take that proves an ADHD diagnosis.

There is some very promising genetic research indicating that certain genetic differences can predict ADHD. These tests are not readily available and would be quite costly to perform. An accurate diagnosis for ADHD is based on an extensive clinical interview with the patient, as well as the collection of collaborating

information from outside sources such as parents and partners. All of this is combined with various screening instruments and checklists. These screening instruments and symptom checklists are not proof of an ADHD diagnosis, but are very helpful in understanding which symptoms are present. It is the job of a highly skilled clinician to examine all of the evidence, and ultimately to make an accurate diagnosis.

7. ADHD has many imposters—beware of incomplete evidence.

"But I have every symptom on the list, Doctor! Doesn't that mean I have ADHD?" The answer is a definitive *maybe*. What you might not realize is that the test or quiz you took is not a test at all. It is just a screening instrument—nothing more than a list of questions that suggests that ADHD is something to consider clinically. It guides a patient or clinician understands of the likelihood of a particular diagnosis by highlighting the symptoms that the patient is experiencing.

Many things can cause problems with attention, focus, and hyperactivity. These symptoms alone are not sufficient to warrant a diagnosis of ADHD. Remember that part of the reason for getting a comprehensive ADHD evaluation is to make sure to identify and "rule out" the possibility of other health, psychological, medical, situational, and nutritional and lifestyle problems that may be the cause of these symptoms before jumping to a diagnosis of ADHD.

There are common causes of attention, memory, and motivation problems that are not caused by ADHD: allergies and sensitivities, problems with diet, poor sleep, dehydration, under-active or over-active thyroid function, and certain hormone imbalances. Trauma, depression, and some types of anxiety can also mimic ADHD. It is risky and not good medicine to overlook these vital systems and other considerations when making a proper diagnosis.

8. You can't cure ADHD. You can only successfully manage the symptoms.

There is no cure for ADHD. The fact is that you can learn to manage your symptoms and your life better, but ADHD does not go away. Treatments for ADHD include medication and non-medication strategies. Even the best medicine only helps relieve many of the most difficult symptoms. Unlike other conditions—such as depression—ADHD does not get better with time.

Don't be fooled into thinking that there is a non-medical alternative that is the secret miracle that will cure you of ADHD. **If money could buy you a cure for ADHD, then no rich people or their children would have ADHD!** Furthermore, if there were a cure, some drug company has probably already paid billions to keep it a secret, depending on your personal views.

The Internet is filled with different websites that will confirm or deny anything you can possibly think of, including every possible position on ADHD. If you have ADHD, then you probably have problems focusing on what you need to do, but can focus really well on stuff that is exciting or compelling, like finding the cure for ADHD on the internet. This can be a real diversion for people with ADHD, and may keep you from getting the real help that you need.

If there were a cure for ADHD, we would tell you. I would use it myself. Believe me, I have a full throttle case of ADHD and even though I feel fortunate that I have medication to help alleviate my symptoms, the fact is that I would love to never take medicine again—or undergo some process that would put an end to the parts of my ADHD that make life really hard.

If such a product or process existed, I would jump on it in a minute. I am here to tell you that I have spent years looking, and what I found is this: If you have ADHD, you have to still do all the usual stuff to manage your health, like taking supplements, eating right, avoiding foods that you are allergic to, and so on. On top of all that, you *still* have to take medication. The sooner you make peace with the medication issue, the sooner you will be on the road to successful management of your ADHD symptoms.

ADHD is not a disorder of poor willpower, and poor parenting does not cause it. The exact cause of ADHD is unknown, but research suggests that ADHD is caused by an imbalance of certain neurochemicals in the brain: dopamine and nor epinephrine.
Studies using MRI and fMRI also suggest that in addition to functional deficits, there may also be structural differences in how the ADHD brain is constructed.

Current treatments work primarily on regulating the functioning of these two neurochemicals in the brain.

9. A good ADHD evaluation is measured in time spent with the patient plus the experience of the clinician.

There is no substitute for good medical or psychiatric care. If your clinician gives you a diagnosis in less than one hour, be nervous and get a second opinion. The core symptoms of ADHD can mimic many other conditions. It is very easy to say to someone, "Look here, you have these symptoms, so therefore, you have ADHD." However, that is akin to saying, "Look, you have big eyes and fur, so therefore, you must be a wolf." The fact is, you could be a wolf or nearly any other mammal based on those few characteristics.

A good ADHD evaluation will be a minimum of one hour spent doing a clinical interview (this is still the gold standard of medical care), including:

- A thorough life history
- A review of how you sleep
- A look at your eating habits
- A consideration of other medical conditions
- A serious comparison to dyslexia and other learning disabilities

The ADHD evaluation will rule out other possible medical conditions, and it will include getting labs done to exclude any conditions that can be tested for. It will also examine your life from childhood through adulthood. Finally, it will attempt to rule out learning disabilities, as these can cause symptoms that are remarkably similar to ADHD.

10. Avoid a third-party diagnosis.

Believe it or not, I have heard of clinicians who will diagnose a child based solely on what a parent or set of parents might say about the child, and the clinician will have never seen the child in person or interviewed or observed this child. This is bad medicine, no matter how you slice it. While a parent's input is truly an invaluable source of information, there is no substitute for observing and interviewing the child personally.

You should know the process is going to be expensive. The nature of good care is time. Taking time costs money and that is just how it is. The amount of documentation required to make an accurate diagnosis is extensive, and extensive is expensive. You only get one mind, and a proper diagnosis is something that can affect you the rest of your life.

Maximizing the Process

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

– St. Francis of Assisi

1. **Successfully managing your ADHD takes time and effort.**

   If you're looking for the "magic pill," you'll be looking forever. It doesn't exist. People who try to do it "their way" or "on their own" typically don't succeed. Avoid the temptation to "do this on your own." Real ADHD is not something that you can will away or learn yourself out of. Seek out the advice of professionals early, and make the decision to take your symptoms seriously. You're going to need the help of others who are experts in the field of ADHD if you are going to be successful. Reaching out does not mean giving in; it means that you recognize that your ADHD is bigger than you are on your own.

2. **If you have ADHD, you most likely will benefit from both medication and non-medication supplementation.**

   This is tricky and often the most heated of any of the statements that come up in dealing with ADHD. Somehow, when it comes to ADHD, we stop relying on facts and let our often-misguided beliefs about medicine turn into frenzy about not taking drugs. Let me be clear: in my mind, medicine is what we give to our bodies to get better, while drugs are what we were told to "just say no" to, and are uncontrolled and illegal.

   Study after study shows that optimal treatment does include medication at least for the first year, and that the most effective treatment includes both medication and non-medication therapies.

3. **The majority of folks with ADHD start being successful when they correct the imbalances in their body.**

   If you or someone you love is accurately diagnosed with ADHD, please don't wait to start treatment. It makes sense that the earlier you begin treating your ADHD symptoms, the better and sooner you will feel better. Think of an accurate diagnosis of ADHD as a wake up call—it can provide you that extra little push

you might need to finally seek out help for the symptoms that stand between you and a happy and successful life. This means that if you have real, authentic ADHD, and it is anything other than the ultra-light kind, you are fooling yourself if you think you are going to find something as effective as medication to treat your ADHD.

4. Medication is only part of the solution!

While medication is the first line of defense in the treatment of ADHD, it is still only part of the overall treatment picture. The best way to effectively treat your ADHD is to tackle it from multiple sides. The more strategies and skills you have to work with, the better able you'll be in successfully managing your symptoms.

Be hopeful, but don't be fooled into thinking that medication is the cure-all for all of your ADHD symptoms. Studies show that about 70% of the people who take medication have a significant reduction in symptoms. That means that 30% of the time, medication doesn't provide sufficient relief from ADHD symptoms.

5. Keep an open mind—don't think you know ADHD and what it is or isn't, because you don't.

ADHD is a spectrum disorder. That means that it runs along a spectrum. It can look entirely different depending on the type of ADHD you have, as well as the severity and degree of symptom presentation. Just like an iceberg, ADHD can be deceptive. For every symptom that you do see, there is often a host of others that you can't see below the surface.

Become your own best advocate and teacher. Ask lots of questions. Unless you live in a larger city or near a major university, then you most likely will not have access to an ADHD specialist.

Staying on track, getting to the finish line—avoiding pitfalls, traps and distractions!

1. Pills don't teach skills!

Even with the best medication, supplements, and lifestyle changes, you are still going to need to learn a whole new set of coping skills in order to manage your ADHD. Be prepared to enlist the help of an ADHD coach, ADHD therapist and or an ADHD support group. Medication does not teach you how to live a better life with ADHD. Medication does help make sure what you learn "sticks" and makes it so you can actually apply what you learn.

2. If you want to think alternative treatment, think adjunctive treatment instead.

The good news is there are a lot of things that can look like or affect ADHD; the bad news is you have to manage them for the rest of your life. This includes sleep, hygiene, and proper diet—meaning one that is high in protein and low in sugars and empty calories. You will most likely need to take supplements to offset deficiencies in your diet, in addition to managing your medications.

Unverified alternative treatments for ADHD are a dime-a-dozen. The vast majority of "alternative" ADHD treatments simply don't work and have no real scientific evidence to back up the claims that they help. It is very alluring to think that there is a cure for ADHD. This is the oldest trick in the book. Many people are playing on your hope and fear, and are quick to take a lot of your money. Buyer beware: there have always been snake-oil salesmen ready to make a quick buck.

3. Is your pride preventing you from getting the proper care to succeed in this lifetime?

The purpose of an accurate diagnosis is to get yourself or someone you love "unstuck." If you are like most people with ADHD, the thought that life could be better is hard to imagine. It is far easier just to say that you don't believe in medication or that you "should just be able to try harder and things will get better." It is very easy to let your pride stand in the way of making the changes that will bring you success. Don't let it.

4. Getting stuck in the muck of regret.

The single complaint I hear over and over again is, "Why didn't my parents or doctors diagnose me sooner? Why did I have to struggle this long and where would my life be today if I'd only had a handle on my ADHD sooner?" I have yet to have someone complain that they should have put off handling their ADHD until a later date. If you or someone you love thinks they might have ADHD, and then get them properly evaluated immediately.

5. Managing ADHD takes work.

Finding the right solutions for your ADHD is a process—it requires time, persistence, and trial-and-error. This is not always easy for those of us with ADHD! It can be very helpful if you think of this as a journey toward becoming your best self. It's probably been something that you have been struggling with for a long time, and it will take some time before you have a handle on managing your ADHD.

It can be helpful to keep these concepts in your mind as you go on your journey into health and success:

- **ADD/ADHD is treatable.**

The treatment of ADHD has come a long way in the last decade. Please don't give up hope! There is a lot you can do to help treat your ADHD. Changes in diet, lifestyle, medication, and exercise all seem to help relieve the symptoms of ADHD. With the right treatment, support, and lifestyle changes, you or someone you love will be able to get the symptoms of ADHD under control—and you will finally be able build the life that you want!

- **Successful treatment is up to you.**

Successful ADHD'ers realize early on that ADHD is a call to action, and not just an excuse for their actions. Accept and own the responsibility to be a full participant in your own ADHD treatment. It's up to you to take action every day if you want to successfully manage your ADHD symptoms. Treatment professionals can help a tremendous amount, but ultimately, the responsibility for your success lies in your own hands.

- **Become your own ADHD Expert.**

But be careful with Dr. Google. Understanding your ADHD can be a great relief as you get to understand the lay of the land, and eventually, you won't have to rely as much on others for answers.

- **Support makes all the difference.**

While treatment is up to you, support from others can help you stay motivated and get you through tough times. It is critical that others close to you become educated about the facts about ADHD.

Resources to help you get things done:

In this e-book we have given you our take on getting on the fast-track to get better results while navigating the mighty world of ADHD treatment. We have shown how certain attitudes and actions can help or hinder your progress. In doing so, our approach has been holistic. That means that we have taken various elements from different disciplines, having assimilated them over time and adapted them based upon many years of experience in taking people through this journey successfully.

We urge you to become your own best advocate in defending your right to the best treatment you can access for your ADHD. Our approach is more of a philosophy taught to us by our patients, our practitioners, and from our direct experience. The world of ADHD information and misinformation has exploded over the last 5 years. There are now hundreds of websites, articles, and blogs that are eager to support you in whatever position you wish to take regarding your ADHD.

We have found that our patient's success is based largely on the attitudes and actions we outline in this e-book. They have found that the material that we have included here is worth devoting some time to working with a concept until you know it really well, then deciding whether you need to add to it.

If knowledge is power, then great knowledge is something well worth examining. The following are all resources we have used ourselves. Some are classics, and others are not as well known. If we have included them here, know that they have been included because of their usefulness, proven over time.

If you do nothing else:

Our favorite magazine for everything ADHD has got to be www.additudemag.com – A very complete site sponsored by the folks who publish "ADDitude" magazine. ADDitude magazine is full of user friendly straight talk and is actually a national monthly magazine for the ADD community. (One word of caution: make sure you either click on the link we provided or be sure you enter ADDitutde with two "D's"—if your browser spell corrects ADDitude to ATTidude, you will be directed to the suggestive men's magazine in England called "ATTITUDES magazine"!)

Books about ADHD (could the blue links take the reader to our site to buy the books?)

Delivered from Distraction (book) and Driven to Distraction (book), both published by Dr. Ned Hallowell and Dr. John Ratey

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood. Edward M. Hallowell, MD and John J. Ratey, MD, 1994.

This book provides an excellent overview of ADHD, discusses the strengths of people with ADHD and shows how positive outcomes can be achieved. It helps the readers recognize some of the difficulties posed by the educational and social environments.

You Mean I'm Not Lazy, Stupid or Crazy?! A Self-Help Book for Adults with Attention Deficit Disorder. Kate Kelly and Peggy Ramundo. 1993 with paperback in 2003.

This book was written with the adult population in mind. It addresses all aspects of ADHD and how it affects daily life. It is especially refreshing for adults who see that they have had the condition their whole lives.

Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD. Daniel G. Amen, MD, 2001.

Dr. Amen discusses the subtypes of ADD, their characteristics, how the types vary, and treatment strategies. The book is based on his extensive clinical practice.

BUZZ: A Year of Paying Attention by Kathy Elison. It's a lovely little book that was written by Katherine Elison, a mom who gives a first person account of what it is like to be a mom is raising a child who also has ADHD. One of Los Angeles best family court attorneys *** turned me on to it. Written by Pulitzer-Prize winning author, Katherine Ellison, she is a gifted and lovely writer, and the book is memorable all on its own. I hope you will not only read the book, but help this new contribution alive and visible and if you like it talk it up amongst your friends.

Nadeau, Kathleen, Quinn, Patricia "Understanding Women With ADD"
If you are a woman with AD/HD, this is the book that can help you take charge of your life! Understanding Women is a practical and readable guide for women at any age, with

chapters focus on different stages of life and address many of life's challenges including motherhood, romance, the single life, sexuality, getting organized, and taking charge.

Solden, Sari. (1995) Women with Attention Deficit Disorder. Underwood Books.
Every year, millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don't fit the stereotypical profile: they're not fast-talking, hyperactive, or inattentive, and they are not male. Sari Solden's groundbreaking study reveals that ADD affects just as many women as men, and that the resulting depression, disorganization, anxiety, and underachievement are also symptoms of ADD. Newly revised and updated to reflect the latest clinical research, the book explores treatment and counseling options, and uses real-life case histories to examine the special challenges women with ADD and ADHD (Attention Deficit Hyperactivity Disorder) face, such as the shame of not fulfilling societal expectations. Included is a brand new chapter on friendship for women with ADHD. Three empowering steps — restructuring one's life, renegotiating relationships, and redefining self-image — help women take control of their lives and enjoy success on their own terms.

Internet Sources

These are the best comprehensive ADD/ADHD resources we've found online:

ADDA : The website for the Attention Deficit Disorder Association, this is aimed at the adult ADHD audience

ADD on About.com : A regularly updated and comprehensive resource

CHADD : The website for the non-profit organization Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

ADD on WebMD : Another comprehensive resource, updated regularly

Everyday Health Spotlight on Dr. Hallowell: Find out what inspired Dr. Hallowell's work on ADHD and mental health and who are his personal health heroes.

www.addresources.org : Provides over 100 articles written by national ADHD authorities and adults with ADD, 100 links to ADHD related websites, a free monthly eNews letter and a national ADHD directory.

Television Programs available Online

"ADD and Loving it"

Conclusion:

People who are successful in diagnosing, treating, and managing their ADHD do certain things, and don't do other things. We hope that you have taken away few things from reading this report. It is our wish that you will be able to seek out a better diagnosis, avoid some of the harmful pitfalls that others had to learn from the hard way, and that you have a jump on your own successful treatment of ADHD.

Bonus Information:

What To Ask a Qualified ADHD Specialist

7 ESSENTIAL QUESTIONS EVERYONE SHOULD ASK!

When seeking out a qualified ADHD specialist, ask a lot of questions. Here are some good ones to ask:

- 1) How long have you been treating and working with ADHD?
- What percent of your practice is composed of ADHD patients?
- Who will be performing the evaluation and what are their credentials?
- How long does it take to be evaluated?
- Does the evaluation only look for ADHD? What if the diagnosis is something else?

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- How much time will you spend to understand the problem? How much does the evaluation cost?
- What is the fee for follow-up visits and how often will I need to come?

Getting an Evaluation

HOW TO FIND HELP IN YOUR AREA

Now you're ready to get an evaluation—how do you begin? You might start with where you live. If you live in a big city, you can usually type "ADHD + the name of your city" OR "ADHD + EVALUATION + YOUR CITY"into a search engine and get the names of people who specialize in ADHD. If you live close to a university, you can check to see if they have a department or program that is dedicated to ADHD. If not, try putting "ADHD + Psychiatrist" into your search engine and see what results you find.

Getting Your Diagnosis in Writing

When it comes time to get an evaluation, be sure yours comes from a licensed professional, such as a psychologist, psychiatrist, or medical doctor. After they've given their diagnosis, be sure to ask for the diagnosis in writing.

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The diagnosis letter should include: the name of the licensed psychologist, psychiatrist, or medical doctor; the date you were diagnosed; and a clearly listed diagnosis, including the diagnosis DSM IV-TR code number.

Note: As of the writing of this report, school psychologists are not able to diagnose ADHD.

Knowing who is on your ADHD Treatment Team and how to get a hold of them is a critical piece of the ADHD puzzle. Quality care requires coordination, and in today's medical climate, that means you get to become your own best Case Manager. We have put together a chart that we recommend that you print and fill out completely. This seems like a little thing, but this little list tucked away in a wallet, put up on a fridge or even saved as a picture on your smart phone can mean the difference between smooth sailing and pulling your hair out.

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1. Easy Distraction During Intimacy for ADHD Couples
2. ADHD Patients Sensitive to Touch During Intimacy
3. Smell and Intimacy in ADHD Relationships
4. Noise and Intimacy for ADHD Couples
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