

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurological condition involving inattention, restlessness, and impulsivity. It affects millions of children, adolescents, and adults in the United States. ADHD diminishes self-confidence, hinders academic and work performance, and interferes with family and social functioning. Untreated ADHD can have devastating effects on an individual and his or her family, and often generates symptoms of anxiety and depression, increases risk for substance abuse and other addictive disorders, promotes a pattern of chronic underachievement in school and/or work settings, and places considerable stress on important relationships.

How do adults describe the disorder?

I am... easily distracted.
so disorganized.
unsure of myself.
bored easily.
always late.
very forgetful.

I don't... multitask well.
plan ahead.

I can't... stand waiting.
concentrate.

I often... lose things.



How can the Clinic for Adult Attention Problems, P.A., help?

Although many individuals with ADHD are restless, frustrated, and have emotional outbursts, others with the disorder seem too passive and appear "spacey" much of the time. Due to these differences, no single treatment is suitable for everyone with attention problems. However, virtually all adults with ADHD benefit from developing foundational organizational and time management skills. Our treatments often initially focus on helping individuals develop these skills. Thereafter, we tailor the treatment plan to an individual's unique needs. While ADHD cannot be cured, a proper combination of therapy, coaching, and medication can help patients effectively balance life demands through improved symptom management.

Other Issues or Problems Treated at the Clinic

Our clinic staff has significant experience and expertise in treating all the problems mentioned above and:

- ♦ depression
- ♦ bipolar disorder
- ♦ anxiety disorders
- ♦ cognitive disorders
- ♦ personality disturbances
- ♦ relationship troubles
- ♦ obsessive disorders
- ♦ memory disorders
- ♦ learning disorders
- ♦ work problems

What services does the clinic offer?

- ♦ Comprehensive psychological assessment
- ♦ Combined behavioral and medication treatments for ADD/ADHD and other disorders
- ♦ Adjunct liaison for academic or work place accommodations
- ♦ Testing to determine if one qualifies for accommodations on entrance exams (SAT, GRE, LSAT, MCAT, GMAT, etc.) or licensing exams (State Bar, CPA, Medical Boards, FE, EE, etc.) and documentation to support accommodations requests.

Types of Therapy Offered at the Clinic

We offer many types of therapy in order to address problem areas that may exist in interpersonal relationships.

- ♦ individual
- ♦ couples
- ♦ marriage
- ♦ family
- ♦ group (when available)

