

Overview of Attention Deficit and Hyperactivity Disorder (ADHD)

Today we hear a lot about ADHD (Attention Deficit and Hyperactivity Disorder), in the media and from our schools. It's helpful to know what ADHD is and to be aware that there are treatment options available.

People with ADHD struggle with inattentiveness, as well as hyperactivity or impulsivity, or both. People with ADHD might describe it as "the channels constantly flipping in [my] brain," feeling constantly distracted, forgetful, or feeling the need to talk or fidget constantly.

Oftentimes, people with ADHD aren't aware of the problem, and ADHD behaviors are usually recognized by others such as family members or teachers. ADHD can affect children, adolescents, and adults. ADHD is usually diagnosed in childhood but many adults have never been diagnosed.

There is help for those struggling with ADHD.

Testing and an in-person psychological assessment can determine the presence of ADHD. If needed, a referral can be made to a physician for medication management and follow-up. A behavioral plan can be very useful for people with ADHD as this helps them to stay on task with daily activities. Individual and family therapy can also provide the needed support to all those who are affected by ADHD.

A list of symptoms includes:

- Difficulty maintaining attention or feeling easily distracted
- Difficulty staying on task or completing projects
- Trouble with organization or misplacing important items
- Difficulty remembering appointments
- Inability to sit still/quietly for long periods of time, feeling restless or fidgety
- Feeling as if driven by a motor
- Talking excessively in social situations
- Difficulty waiting for a turn

If you feel you or a loved one may be struggling with ADHD, call today for an assessment so that we may assist you in developing a treatment plan that is right for you.

GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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