



ADHD: What You Need to Know

- ◆ Also called ADD, ADHD is Attention Deficit/Hyperactivity disorder
- ◆ ADHD is not a deficit of attention, but a deficit in the ability to regulate attention
- ◆ A person could have ADHD Predominantly Inattentive type, ADHD Hyperactive/Impulsive type, or Combined type
- ◆ ADHD actually represents challenges within the brain's executive functioning
- ◆ Distractibility, inattention and disorganization are typical features of ADHD
- ◆ A true diagnosis of ADHD means symptoms appear in at least two settings
- ◆ Girls as well as boys can have ADHD; Girls with ADHD are usually more talkative or inattentive than classically hyperactive so it's harder to recognize ADHD in girls
- ◆ Not everyone with ADHD is hyperactive or impulsive
- ◆ ADHD is a lifelong condition, however, some individuals learn effective strategies that minimize the impact of the condition by learning helpful organizational skills
- ◆ ADHD often presents with learning challenges and also emotional issues
- ◆ Signs of ADHD are always present in childhood
- ◆ Brain differences do exist in the prefrontal cortex, basal ganglia and cerebellum
- ◆ Brain chemistry is different, as there is less dopamine circulating in the ADHD brain
- ◆ Effective treatment for ADHD includes Cognitive-Behavior Therapy or Behavior Therapy; medication might be necessary and can be profoundly helpful

Janie Feldman, PsyD, licensed psychologist in Warren, N.J., has over 20 years' experience providing psychotherapy, consultation, and assessment to adults, teenagers, and children. Dr. Feldman conducts Friendship Groups, a form of social skills training in a group therapy format. Utilizing Cognitive-Behavioral Therapy, Dr. Feldman offers effective treatment for anxiety, depression, OCD, ADHD, and other mental health challenges. Appearing live on the cable television show "Real Life with Mary Amorosa," she fielded callers' questions and discussed reactions to the 9/11 terrorist attack, surviving marital affairs, managing children's behavior, and exploring female aggression. Dr. Feldman has written numerous articles and blogs, and frequently posts informative and inspirational tweets on Twitter. Follow her at @DrJanieFeldman or visit her at www.drjanie.com.