

## **Attention Deficit Hyperactivity Disorder Often Improperly Diagnosed and Treated**

Professionals at ATTENTION DEFICIT SPECIALISTS provide a comprehensive evaluation of your child or young person to get at the root of the problem. Rather than relying exclusively on medication, we provide alternative non-drug approaches that boost self-esteem and teach young people to control symptoms on their own.

### **Misdiagnosis**

Has a young person whom you know been diagnosed with ADHD, Aspergers, Bipolar Disorder, Pervasive Development Disorder, Oppositional Defiant Disorder, Anxiety Disorder, Learning Disorder or a Learning Disability by different professionals at different times? Is your child taking stimulant medication without having been thoroughly evaluated? Are you confused, upset and frustrated by conflicting opinions? Are you at the end of your rope because you have tried everything and still see no positive results? The fact is that many ADHD children are often improperly diagnosed without a comprehensive evaluation by an ADHD specialist.

### **Effects of Stimulant Medication**

Stimulants can be helpful in severe cases of ADHD but should not be used as a first resort. At Attention Deficit Specialists, we see children and adults who have been placed on stimulant medication without first undergoing a comprehensive evaluation. Typically, many of these children are not responding to medication or complain of side effects. Many are also non-compliant in taking medication. Our non-drug approach includes two major treatment modalities – Neurofeedback and Interactive Metronome® Attention Training.

### **Neurofeedback or EEG Biofeedback**

Neurofeedback is a treatment process that teaches children to manage their symptoms. It is a process in which a person learns to alter and control brain wave activity through real-time continuous information about brain wave activity. Unlike medication, neurofeedback enhances self-esteem. Children are able to focus their attention and behavior on their own. They can be successful without dependence on medication.

### **Interactive Metronome (IM)®**

Interactive Metronome (IM)® is a program that offers a non-evasive method to improve attention, coordination and timing. This system uses computer-generated auditory tones to systematically exercise and, thereby, improve timing and capacity to plan activities. Research has identified significant relationships between timing and rhythm and student improvements in math and reading. The IM Approach to conditioning the brain provides for optimal learning by developing a basic foundation essential for development.

### **Success of a Multimodal Approach**

A Multimodal Treatment Approach offers the greatest possibility for long-term success and the prevention of additional problems. In addition to Neurofeedback and Interactive Metronome®, Attention Deficit Specialists offer a treatment approach that includes: **psychoeducational evaluation, parent training in effective discipline, cognitive behavior therapy, family counseling, anxiety reduction training and school advocacy.**

### **What Our Parents and Clients Are Saying**

“I just wanted to extend my thanks to you for all your energy and expertise in helping my son Michael using EEG Biofeedback to treat his ADD and two learning disabilities. Michael is more settled and calm as a result.....Michael feels great about himself - and all of this without drugs. WOW! That says it all.”

“My son is an ADHD child and also has a learning disability. He had been on Ritalin but developed side effects after a period of time. The biofeedback has greatly improved his concentration. He is able to keep up with his assignments at school and the battles of doing homework has declined. Thanks to all.”

“Our child has been going for neurofeedback for five months. His grades are steadily improving and his teacher has no problems with him. At home, he is much calmer.....Everyone that knows our son and spends time with him can see a big change for the best.”

### **How to Contact Attention Deficit Specialists**

Attention Deficit Specialists is located in the Floral Vale Professional Center in Yardley. Its professionals have been treating children and adults for ADD and ADHD since 1972.

**For more information, call 215-497-0240 or visit our web site at [www.addsolutions.com](http://www.addsolutions.com).**