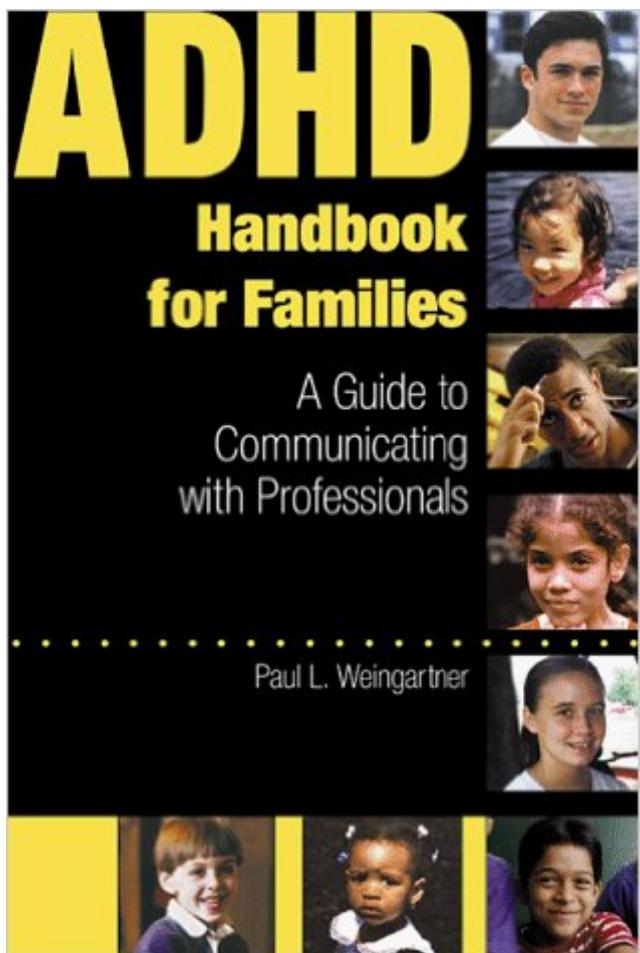


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# ADHD Handbook For Families: A Guide To Communicating With Professionals



## **Synopsis**

This empowering book gives families practical, concrete know-how. The ADHD Handbook is packed with proven, real-life strategies and techniques that can be put to use immediately, including how to develop behavior modification plans by accurately observing, recording, and reporting behavior; how to decide if and when to use medication; how to work with clinical and education professionals and other members of the family for effective interventions. The author, Paul Weingartner, brings a unique perspective to this book. He is an experienced clinician who has worked for years with children who have ADHD--and he has ADHD himself. He relates a personal account of how he applied his own strategies to change the way he interacted with family members and coworkers. The ADHD Handbook is an excellent resource for anyone who wants to understand what ADHD is, what it feels like, and how to help children live a full life.

## **Book Information**

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## **Customer Reviews**

This book is a nice introduction to ADHD for individuals, parents, or families that are dealing with the disorder for the first time. Throughout the book, concepts are explained using several, real-life examples that make them easier to comprehend. Weingartner's perspective is unique in that he is diagnosed with ADHD himself, and he often draws from his own experiences to help readers understand what it is like to struggle with hyperactivity and inattentive behaviors. Given that the author is speaking as both a person who has learned to be successful living with ADHD, as well as a professional who helps others deal with the disorder, readers have the sense that they are gaining

honest, "insider" information. Weingartner begins by describing what it feels like to have ADHD. He accomplishes this by having readers imagine themselves in different situations where they are struggling with distractions and becoming increasingly confused and frustrated. He details the various reactions that a person with ADHD elicits from the people he or she interacts with. Weingartner emphasizes the fact the ADHD is a neurobiological disorder that has inconsistent symptoms, can be difficult to diagnose, and is likely to remain evident throughout one's lifetime. Behavioral expectations can differ depending on the environment, therefore, these symptoms may not be evident in every situation. The next few chapters in the book describe the process of diagnosing ADHD. The author identifies the various individuals that would be part of a comprehensive assessment and the type of data each person would collect. He then offers tips for parents on how best to document the behaviors they observe. A sample form is provided that parents can use to communicate effectively with other professionals. Case examples are presented using these sample forms. Weingartner stresses that parent information is invaluable and he provides support in these chapters for parents to participate confidently in the evaluation process. The author then discusses medical and psychosocial interventions, as these methods have the most research support endorsing their effectiveness. Parents are encouraged to consider using both interventions as best practice. Common fears about medication and its side effects are discussed, as well as the variety of medications that are used today to treat ADHD. The author stresses that individuals will have unique, individual reactions to medical treatment. In the chapter on psychosocial interventions, the author explains the theory and effective practice of behavior modification. He includes excellent examples of how behavior modification is a natural part of all our lives. The importance of selecting appropriate, immediate, and consistent consequences for behavior is discussed. Weingartner also highlights several ways parents can ensure their behavior modification program will be successful, such as catching their child being good, identifying irritating behaviors that can be ignored, and giving their child some input into the program itself. Behavior modification is addressed more specifically in the next few chapters. Weingartner guides readers through a step-by-step process to set up a behavior contract. Parents are encouraged to commit to a plan, even if unwanted behaviors escalate at first, as an increase in undesirable behavior is a common occurrence. He then reminds readers that data collection does not end once ADHD is diagnosed, but instead, should be continued to help monitor target behaviors and evaluate the effectiveness of interventions. Two sample behavior contracts are also presented that address common complaints regarding the behavior of students with ADHD. Weingartner also dedicates an entire chapter to various strategies that can be used to gain immediate results in working with a

child with ADHD. While they can be part of a comprehensive behavior modification plan, these strategies can also be applied individually, allowing parents to gain some control while they work on developing a plan of action. Weingartner finishes the book with a detailed account of his own experience with ADHD. He leads readers through every step outlined in his chapters and how he applied each one to his own situation. His story helps assure parents that they are capable of being active, informed participants in the process of diagnosing and treating ADHD. Weingartner summarizes common myths about ADHD and reminds readers that their primary goal is to understand the feelings and experiences of children with ADHD, show their children that they care, and work towards helping them realize their full potential.

This book was informative and insightful; very down-to-earth with real-life examples that any parent, teacher or caregiver could relate to whether or not they were familiar with ADHD. This book is an excellent resource for anyone wanting to better understand ADHD in children or adults and the treatment processes involved. It truly is an excellent "guide for communicating with professionals".

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