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Copies of today's presentation



- Go to www.donbakerma.com to download the Powerpoint from today's presentation
- Email don at donbakerma@gmail.com

Thanks to the panel for their help with the breakout



- Brett
- Arthur
- Brandon

Thanks to these authors for their contribution
to the content of this breakout:

Sari Solden/ *Journeys Through Adulthood*

Don Kerson, MD/ *Getting Unstuck*

Tom Brown, PhD / *Attention Deficit
Disorder: The Unfocused Mind in
Children and Adults*

Gabor Mate, MD / *Scattered*

Perspective



- We (those diagnosed ADHD) live with a variety of similar experiences even though we may have very different outwardly appearing lives.
- There is a common experience: The “Tribe”
- I’ve learned that there is power in hearing the others’ personal stories and experiences with ADHD treatment and so I’ve invited 3 individuals living with ADHD to share their experience with you.
- There is a developmental process to treatment
- Significant change is possible

Perspective



- There is more to the treatment of ADHD than taking medication
- Having a roadmap that gives you an idea of next steps in the treatment of ADHD is valuable
- Identification of, acceptance, and growth of “self” is your objective

“Once you’ve been diagnosed and symptoms are stabilized, a new challenge emerges: to reclaim your life, find a new purpose, identify and own strengths, and reshape/ reconnect with the dreams you may have buried. It’s often helpful to have a roadmap to aid in knowing what your next steps might be, what choices to make, and to recognize the sign(s) that show that you’re moving in the right direction.” Sari Solden/ Journeys Through Adulthood

Question for the panel:

When did you first realize you had differences?

The View from 50,000' A Developmental Roadmap

The 3 Journeys of ADD

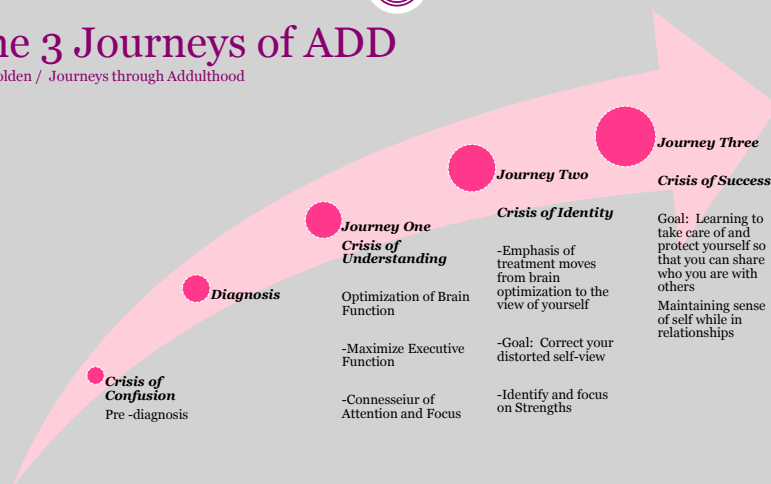
Sari Solden / *Journeys through Adulthood*

- Pre-diagnosis
- Diagnosis
- Journey One: Crisis of Understanding
- Journey Two: Crisis of Identity
- Journey Three: Crisis of Success

The View from 50,000 feet: A Developmental Roadmap

The 3 Journeys of ADD


Sari Solden / *Journeys through Adulthood*



The 3 "Journeys" of AD/HD
 Sari Solden, *Journeys Through ADDulthood*

| | Journey One Focus: The Brain <i>Crisis of Understanding</i> | Journey Two Focus: The Self <i>Crisis of Identity</i> | Journey Three Focus: Your Self in the World <i>Crisis of Belonging</i> |
|--|--|---|---|
| Organizing | <ul style="list-style-type: none"> <input type="checkbox"/> Uses external measures <input type="checkbox"/> Organizes alone with no outside support <input type="checkbox"/> Uses exclusively external aids such as beepers and planners <input type="checkbox"/> Support just beginning to be considered but is often resisted | <ul style="list-style-type: none"> <input type="checkbox"/> Better able to utilize physical support like professional organizers <input type="checkbox"/> Asks for help more easily | <ul style="list-style-type: none"> <input type="checkbox"/> Begins to learn to organize life from within based on meaning and value <input type="checkbox"/> Learns how to operate brain well in order to organize life more effectively <input type="checkbox"/> Inner voice becomes a signal that provides a strong organizing principle |
| Strategies Used for Control of Primary Symptoms | <ul style="list-style-type: none"> <input type="checkbox"/> Relies medication or takes medication as an exclusive approach <input type="checkbox"/> Embarks on education about the brain and ADHD <input type="checkbox"/> May attend conferences or presentations | <ul style="list-style-type: none"> <input type="checkbox"/> Takes medication as part of a comprehensive plan <input type="checkbox"/> May join a support group <input type="checkbox"/> Attends conferences <input type="checkbox"/> More willing to ask for accommodations | <ul style="list-style-type: none"> <input type="checkbox"/> Know personal optimal conditions for functioning <input type="checkbox"/> Continually adjusting variables to maximize effectiveness of strategies <input type="checkbox"/> Counseling or coaching can help ensure continual progress and overcome internal barriers |
| View of Differences and Self | <ul style="list-style-type: none"> <input type="checkbox"/> Begins to understand why they have felt different all their lives <input type="checkbox"/> Still hides difficulties and differences a great deal <input type="checkbox"/> Focuses on deficits <input type="checkbox"/> Overstates self because of deficits or distorts self-image <input type="checkbox"/> Stuck in negative feedback loop <input type="checkbox"/> Defines self by ADHD <input type="checkbox"/> Ashamed of differences <input type="checkbox"/> Sees self as defective | <ul style="list-style-type: none"> <input type="checkbox"/> Expands and corrects distorted self-view <input type="checkbox"/> Affiliates more with others with ADHD <input type="checkbox"/> Begins to let in new data about self <input type="checkbox"/> Reverses negative feedback loop to some extent and begins to value self <input type="checkbox"/> Begins to value differences <input type="checkbox"/> Develops differences <input type="checkbox"/> Core sense of self separates from ADHD <input type="checkbox"/> Counseling for self-image and expectations possible now <input type="checkbox"/> Lets self be seen by others more | <ul style="list-style-type: none"> <input type="checkbox"/> Able to give differences as gift to be really known—even with difficulties <input type="checkbox"/> Able to connect with others rather than hide <input type="checkbox"/> Sees self as unique rather than defective |
| Acceptance | <ul style="list-style-type: none"> <input type="checkbox"/> Judges success exclusively by external measures <input type="checkbox"/> Hope and relief at diagnosis <input type="checkbox"/> Grief cycle begins to be worked through <input type="checkbox"/> Pseudo-acceptance (assigned or intent on getting over ADHD) <input type="checkbox"/> Acceptance of the fact of ADHD but not the self with it—wants to get over who they are <input type="checkbox"/> Incomplete grief cycle <input type="checkbox"/> Will resist shift of original vision to something that fits better | <ul style="list-style-type: none"> <input type="checkbox"/> Learns to get on with life anyway—even with symptoms persisting <input type="checkbox"/> Reaches deeper acceptance of self and life with ADHD <input type="checkbox"/> Better able to shift energies into areas that are better fits | <ul style="list-style-type: none"> <input type="checkbox"/> Able to assess success from inside <input type="checkbox"/> Accepts that goal is to be more of self, not less <input type="checkbox"/> Can maintain sense of self in face of negative judgements |
| Balance in Life | <ul style="list-style-type: none"> <input type="checkbox"/> Spends most time and energy in areas of deficits <input type="checkbox"/> Overwhelmed by them | <ul style="list-style-type: none"> <input type="checkbox"/> Begins to be able to have more recreation, relaxation, relationships—even when difficulties persist <input type="checkbox"/> Focuses on strengths and deficits more equally | <ul style="list-style-type: none"> <input type="checkbox"/> Overwhelmed by choices that are created by working in areas of strengths <input type="checkbox"/> Needs to develop criteria for choices |
| Identity, Meaning, and Authenticity | <ul style="list-style-type: none"> <input type="checkbox"/> Afraid to examine pain of old dreams <input type="checkbox"/> Afraid to dream again | <ul style="list-style-type: none"> <input type="checkbox"/> Examines pain of lost dreams <input type="checkbox"/> Faces an identity crisis <input type="checkbox"/> Sense of vitality and authenticity returns <input type="checkbox"/> Begins to live in unique zone, showing more fully who they really are <input type="checkbox"/> Crisis of "Who am I now?" <input type="checkbox"/> Examines pain and forms a new vision; a new identity solidifying <input type="checkbox"/> Growing sense of authenticity, meaning, energy, and vitality | <ul style="list-style-type: none"> <input type="checkbox"/> Able to maintain new sense of self in relationships—even when feeling different |
| Relationships, Communication, Intimacy | <ul style="list-style-type: none"> <input type="checkbox"/> Withdraws when ADHD embarrasses <input type="checkbox"/> Won't communicate needs <input type="checkbox"/> Overprotects or overconnects <input type="checkbox"/> Stays in inferior positions in relationships and toxic relationships because of ADHD | <ul style="list-style-type: none"> <input type="checkbox"/> Spends more time with people who can see and value all of them <input type="checkbox"/> Able to ask for help without sacrificing self-respect | <ul style="list-style-type: none"> <input type="checkbox"/> Begins to be able to confront psychological and family barriers to restructuring their life <input type="checkbox"/> Learns to communicate to both connect and protect <input type="checkbox"/> Begins to be able to let self be known <input type="checkbox"/> Rebalances power dynamics <input type="checkbox"/> Sets limits and boundaries <input type="checkbox"/> Able to validate the other person <input type="checkbox"/> Able to be assertive in communication about ADHD <input type="checkbox"/> Able to express needs and differences |

Journey One



Objective: Optimize Brain Function

Journey One Continued



Get to and operate from a level
neurochemical playing field

- Meds, Diet, Sleep, Non-medical interventions, movement/ exercise, education, Omega-3's
- Mind and body are connected

Question for the panel:

- When were you diagnosed?**
- Identify one brain optimization strategy that's worked well for you (for example: exercise, diet, meds)**

Journey One Objectives Continued



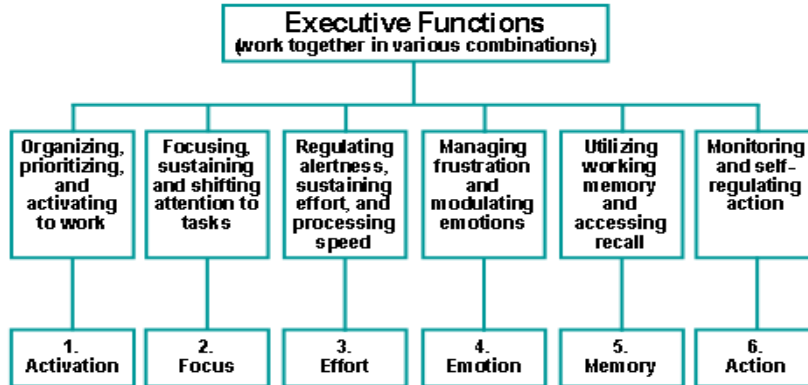
An Optimized Brain=
Improved Executive Function

Tom Brown, PhD/ Adult ADD Assessment



- **Six clusters of Executive Function**
 - **Activation**
 - **Focus**
 - **Effort**
 - **Managing Frustration and Modulate Emotion**
 - **Working memory**
 - **Accurately self-reflect**
 - **Connection with others / Unconditional acceptance and regard**

Executive Functions Impaired in ADD Syndrome



[TE Brown (2001) *Manual for Attention Deficit Disorder Scales for Children and Adolescents*]

Executive Function

Tom Brown, PhD / *Attention Deficit Disorder*



- 1. Activation: organizing tasks and materials, estimating time, prioritizing tasks, and getting started on work tasks.**

Patients with ADD describe chronic difficulty with excessive procrastination. Often they will put off getting started on a task, even a task they recognize as very important to them, until the very last minute. It is as though they cannot get themselves started until the point where they perceive the task as an acute emergency.

Executive Function



4. Emotion: managing frustration and modulating emotions.

Although DSM-IV does not recognize any symptoms related to the management of emotion as an aspect of ADHD, many with this disorder describe chronic difficulties managing frustration, anger, worry, disappointment, desire, and other emotions. They speak as though these emotions, when experienced, take over their thinking as a computer virus invades a computer, making it impossible for them give attention to anything else. They find it very difficult to get the emotion into perspective, to put it to the back of their mind, and to get on with what they need to do.

Executive Function



5. Memory: utilizing working memory and accessing recall.

Very often, people with ADHD will report that they have adequate or exceptional memory for things that happened long ago, but great difficulty in being able to remember where they just put something, what someone just said to them, or what they were about to say. They may describe difficulty holding one or several things "on line" while attending to other tasks. In addition, persons with ADHD often complain that they cannot pull out of memory information they have learned when they need it.

Executive Function



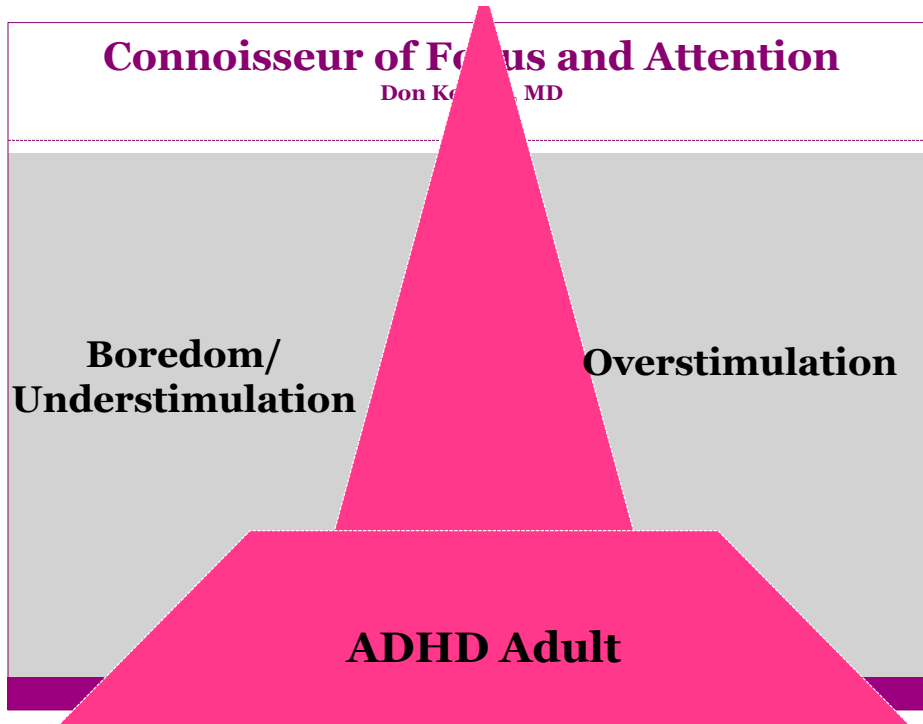
6. **Action: monitoring and regulating self-action.**

Many persons with ADHD, even those without problems of hyperactive behavior, report chronic problems in regulating their actions. They often are too impulsive in what they say or do, and in the way they think, jumping too quickly to inaccurate conclusions. Persons with ADHD also report problems in monitoring the context in which they are interacting. They fail to notice when other people are puzzled, or hurt or annoyed by what they have just said or done and thus fail to modify their behavior in response to specific circumstances. Often they also report chronic difficulty in regulating the pace of their actions, in slowing self and/or speeding up as needed for specific tasks

Journey One Objectives Continued



- Enhanced Executive Function allows you to better self regulate.
- With the increased ability to self-regulate, you can begin to make more accurate choices.
- Your objective is to become a connoisseur of attention and focus



As a connoisseur you....



- ***Learn to better self-regulate!***
 - Begin to anticipate and avoid situations that have led to disorganization and frustration in the past.
 - Gain the ability to choose to engage and stay engaged when you want to.
- - Choose to live a more balanced life

increasing ability to manage your level of
comfort and the amount and type of
stimulation in your life

Don Kerson/ Getting Unstuck



Journey Two: Crisis of Identity

**Goal: To correct your distorted
self-view**

Journey Two Continued



- Emphasis of treatment moves from brain optimization to the view of yourself
- Getting to know yourself
- Identification of and focus on strengths
 - Pattern recognition, intuitive, enhanced spatial abilities, etc.
- Maintain and grow relationships where ALL of you is “seen” and valued

Treatment is not just managing / mitigating ADHD behavior(s)



- A good treatment plan sets you up to grow a self, to begin to identify and live more in areas of strength
- Neuroscience / Brain Plasticity

Question for the panel:

**Where is the focus of your life
now? Before?**

Journey Three: Crisis of Success

**Goal: Learning to take care of
and protect yourself so that
you can share who you are
with others**

Journey Three Continued



- **Tender green shoot metaphor**
 - How much sunlight?
 - Quality of soil?
 - Fence needed to protect the shoot from deer?
- **Maintaining sense of self while in relationships**

Measuring success



- **Success is measured not just by observable, external progress but by internal positive feelings and internally driven motivation**
 - More feelings of satisfaction and freedom
 - Growing freedom to make your own choices

Question for the panel:

What power have you given up in relationships because of your differences?

Question for the panel:

**Can you operate in areas of strength?
Please give an example.**

Question for the panel:

**Do you have the freedom to
make new and better
choices?
One example please.**

Summary



- There is a roadmap
- ADHD treatment includes and is not limited to the use of medications.
- Optimizing brain function is your first objective
- Growing a “self” is your biggest objective
- Next step?