**ADHD Overview of Resources and Special Topics**

**Overview**

Great quotes to explain experience:

\* “*Imagine trying to thread a needle, in low light, while sitting in a row boat in the ocean, the waves tossing and rolling all the time. The amount of concentration required to thread that needle makes us anxious, tense, and irritable – as if somebody were asking us questions while we were trying to thread that needle*.” – Joseph M. Carver Ph.D

\* “*To see it from the viewpoint of ….ADHD children*

*-Imagine trying to thread that needle for 30 minutes – then accidentally dropping the needle overboard.*” – Joseph M. Carver Ph.D

\*Causes of ADHD= Executive dysfunctions, Genetics, Brain Structure Differences, Neurotransmitter levels

\*ADHD= Too much present, not enough future

\*When assessing for impairments look at:

 \*Health, social, education, driving, financial, employment, relationships

\*Explored the type of accommodations the individual may need at school and/or work

**DSM Diagnostic Criteria**

[Diagnosing ADHD | Attention-Deficit / Hyperactivity Disorder (ADHD) | CDC](https://www.cdc.gov/adhd/diagnosis/index.html)

**Special Topics with ADHD**

**Motivation with ADHD**

Need to bring the Future into the Now

 Immediate – an adolescent cannot have their technology (i.e. games, TV, etc.) until homework is done

 Frequent – ask for more frequent check-ins with teacher, boss or spouse

 External – tell coworker you have to buy them a cup of coffee if you are late

[8 Reasons Why Opening Mail is Hard When You Have ADHD - Untapped Brilliance | Adult ADHD Coach | Jacqueline Sinfield](https://untappedbrilliance.com/adhd-mail/)

[ADHD and Effective Motivation Strategies | Psychology Today](https://www.psychologytoday.com/us/blog/on-your-way-with-adhd/202310/adhd-and-effective-motivation-strategies)

* Put the have-to task before the want-to task
* Create meaningful incentives to begin, sustain and finish something
* Break big tasks into smaller, more manageable ones
* Motivation benefits from encouragement so notice your progress and accomplishments

**ADHD Rejection Sensitivity -** [Rejection Sensitive Dysphoria (RSD): ADHD and Emotional Dysregulation](https://www.additudemag.com/rejection-sensitive-dysphoria-adhd-emotional-dysregulation/)

 Rejection sensitive dysphoria (RSD) is one manifestation of emotional dysregulation, a common but misunderstood and under-researched symptom of ADHD in adults. Individuals with RSD feel “unbearable” pain as a result of perceived or actual rejection, teasing, or criticism that is not alleviated with cognitive or dialectical behavior therapy.

|  |  |
| --- | --- |
| **Mood Disorder** | **RSD and ADHD** |
| Mood changes are untriggered; out of the blue | Mood changes always have a clear trigger |
| Moods are independent of what is going on in the person’s life | Moods match the perception of the trigger |
| Mood shift is gradual over weeks | Mood shift is instantaneous |
| Offset of mood episode is gradual over a period of weeks to months | Episodes end quickly in a matter of hours |
| Duration of episode must be > 2 weeks | Episodes rarely last more than a couple of hours. |

**Women and ADHD** - [ADHD in Women: Symptoms, Diagnosis & Treatment](https://my.clevelandclinic.org/health/diseases/24741-adhd-in-women)

[Why ADHD Is Missed in Women | Psychology Today](https://www.psychologytoday.com/us/blog/on-your-way-with-adhd/202303/why-adhd-is-missed-in-women?msockid=3f42dcf32fbe62b430fac9d22ee8631c)

* ADHD in women and girls is often misdiagnosed and misunderstood, with more focus on anxiety and depression.
* Most research about ADHD centers on externalizing symptoms seen more commonly in males instead of internalizing symptoms seen more in females.
* Many girls and women with ADHD struggle to make and keep friends. They often miss social cues and feel excluded.
* Hormonal shifts in the menstrual cycle affect the symptoms of ADHD, increasing distractibility, mood changes, and forgetfulness.

**ADHD and Narcissism**

[Know the Differences Between ADHD and Narcissism | Psychology Today](https://www.psychologytoday.com/us/blog/here-there-and-everywhere/202106/know-the-differences-between-adhd-and-narcissism)

[ADHD and Narcissism: Is There a Connection?](https://psychcentral.com/adhd/adhd-and-narcissism-similarities#symptoms)

[ADHD vs. narcissism: Similarities and differences](https://www.medicalnewstoday.com/articles/comparing-adhd-and-narcissism)

[ADHD, Narcissism & Empathy Research: Impact of Stimulant Medication](https://www.additudemag.com/adhd-narcissism-empathy-how-to-be-empathetic/)

**ADHD and Autism**

[ADHD vs. Autism: What’s the Difference?](https://health.clevelandclinic.org/adhd-vs-autism) – Between 50% and 70% of autistic people also have an attention-deficit/hyperactivity disorder diagnosis

**School Refusal**

[Fear of School: Refusal & Avoidance Supports for ADHD Students](https://www.additudemag.com/fear-of-school-refusal-avoidance/?ecd=wnl_additude_250115_cons_adhd_school&goal=0_d9446392d6-22220c465b-324818965)

**Additional Resources:**

Evergreen Certification program for ADHD

\*Ari Tucker, PsyD, CST

\* Joseph M. Carver Ph.D