Title: Disorganized, Overwhelmed, Anxious, Depressed: Using a relational, Focusing-oriented approach to treat adult ADHD

Format: Didactic/or Research Presentation

Equipment: Power point projector and screen

Description: Globally, Attention-Deficit/Hyperactivity Disorder (ADHD) afflicts 3-5 percent of adults worldwide. But because most adults and a large percentage of children with ADHD do not exhibit hyperactivity and impulsivity, it is misunderstood and frequently missed by clinicians. Yet it is at the heart of many chronic cases of dysthymia or generalized anxiety. In addition, there’s strong evidence that ADHD causes predictable emotional symptoms every bit as debilitating as the cognitive symptoms, if not more so. These include extreme sensitivity to rejection, a "devastating" reaction to even slight criticism or disapproval, and recurrent, painful feelings that one is “failing.” This workshop will address how to recognize "hidden" adult ADHD and use a relational focusing-oriented approach to treat the emotional and cognitive dysregulation it causes.

Summary: Many chronic, non-responsive cases of dysthymia or anxiety are in fact examples of "hidden" adult Attention-Deficit/Hyperactivity Disorder (ADHD). Learn how to recognize hidden adult ADHD and use a relational and Focusing-oriented approach to treat both the cognitive problems and the emotional dysregulation it causes.

Bio: Larry Letich, LCSW-C is an individual and marital therapist in Frederick and Rockville, Md, providing Focusing-oriented therapy and Emotionally Focused Couples Therapy (EFT). In addition to his general individual and couples work, he specializes in the comprehensive and Focusing-oriented treatment of adults with what he calls “hidden” ADHD.

Learning objectives:

Attendees will be able to:

1. Name at least five symptoms of adult ADHD (including two experiential symptoms of adult ADHD).

2. Explain how undiagnosed childhood-onset ADHD with minimal hyperactivity/impulsivity frequently manifests as emotional dysregulation and distress as well as “hidden” cognitive impairments in adult clients.

3. Name three aspects of a phenomenological, Focusing-oriented approach to treating adult ADHD.
Citations:


