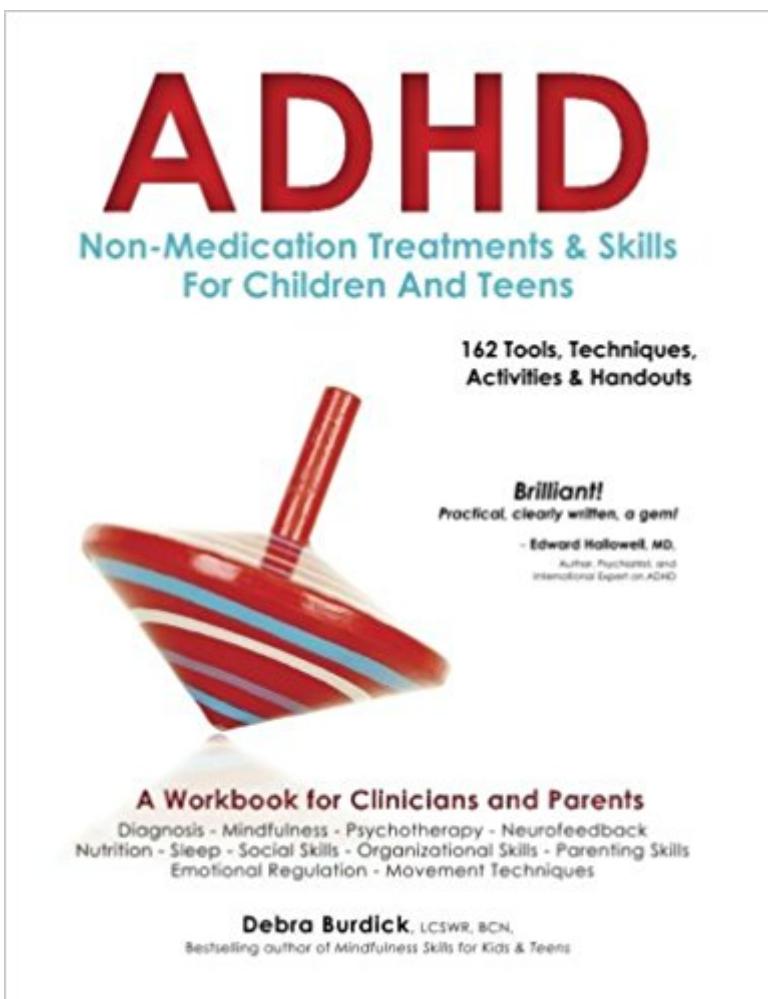


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# ADHD Non-Medication Treatments And Skills For Children And Teens: A Workbook For Clinicians And Parents With 162 Tools, Techniques, Activities & Handouts





## **Synopsis**

CONGRATULATIONS TO DEBRA BURDICK AND ADHD ON WINNING GOLD IN THE PSYCHOLOGY CATEGORY AT THE 2017 BENJAMIN FRANKLIN AWARDS! The most comprehensive ADHD resource available! This practical workbook gives you the most effective, and proven, non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD ADHD-friendly parenting skills Techniques for emotional and behavioral regulation Skills for organizing time, space and activity Mindfulness skills Downloadable handouts, exercises, activities and resources

## **Book Information**

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## **Customer Reviews**

"A brilliant, practical compendium of tools, resources, ideas and techniques to help children who have ADHD without using medication. Well-researched and clearly written, this book is a gem!" --Edward Hallowell, MD, author, psychiatrist and international expert on ADHD "Medication which should be a last resort for kids with ADHD, has become the first and often the only offered treatment. This speaks to the crucial importance of Debra Burdick's latest book, ADHD: Non-Medication Treatments and Skills for Children and Teens. The book offers 162 techniques, tips, activities and resources that can be used instead of medication to manage and moderate the worst ADHD symptoms. I highly recommend this book for parents, either dealing with a new ADHD diagnosis in a child or for those who wish to try another option other than medication." --Dale Archer, MD, psychiatrist and NY Times bestselling author of Better Than Normal and The ADHD

Advantage"Debra Burdick did it again! Following the success of her mindfulness book for kids and teens, she offers an array of non-medication treatment skills for ADHD. Anyone working with children and teens will find this a treasure chest of practical, hands-on, effective and engaging tools and activities that are easy for the clinician to use. Tips for identifying and diagnosing ADHD, treatment options, nutrition suggestions, valuable tools for social, organizational and mindfulness skills, along with tips for parents makes this book a one-stop for the practitioner's ADHD toolbox. An invaluable go-to resource and a true gold mine!" --Judith Belmont, MS, author of the T.I.P.S. and Tools for the Therapeutic Toolbox Series "Burdick provides a very accessible reading style and countless well thought-out strategies. This book covers a wide range of approaches to help these children, their teachers and parents, become more successful in managing ADHD. This is a great reference for anyone working with children or teens with ADHD." --Roger deBeus, PhD, Clinical Trial Principal Investigator, Neurofeedback for ADHD"An amazingly comprehensive book geared to mental health professionals, parents, teachers and children of ADHD from a holistic approach. Readers who are seeking a non-medication approach to ADHD have come to the best source! With over 162 tools, techniques, tips, activities, resources and worksheets, it is a perfect 'one-stop' book. As a parent of a child with ADD, now an adult, I wish this book was available years ago! But as a professional working with children and teens, it is invaluable now. ADHD: Non-Medication Treatments & Skills for Children and Teens is definitely a must-have book for one's professional or personal library." --Athena A Drewes, PsyD, RPT-S, Director of Clinical training, Astor Services for Children and Families, Editor of 9 books on play therapy

Debra Burdick, LCSWR, BCN, is the bestselling author of Mindfulness Skills Workbook and Mindfulness Skills for Kids & Teens. Also known as "The Brain Lady," she is an international speaker, and retired psychotherapist and neurotherapist, who has been helping children and teens with ADHD Thrive for over 25 years.

Arrived earlier than expected. This book is a must-have if you're handling ADHD dx clients. Good for general public as well.

My son has ADHD and the suggestions in this book are very helpful and exercises are very accessible.

Excellent collection of exercises easy to use with clients.

I'm an LICSW and this was very beneficial product for my practice and for parenting my daughter who is diagnosed ADHD. I wish more was discussed regarding neurofeedback, though.

Good resource

Filled with invaluable practical information! I highly recommend it to other ADHD coaches.

great

Ok

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