



The Myths & Realities of AD/HD

References used for presentation:

Barkley (2000). Taking charge of ADHD: The complete, authoritative guide for parents.
New York: NY, Guilford Press.

Brown, T. E. (2002). Complicated attention deficit disorders: Advanced assessment and treatment. A continuing education workshop at the 110th annual American Psychological Association Convention. Chicago, Illinois, August 25, 2002.

National Institute of Mental Health (NIMH). (1994). Attention Deficit Hyperactivity Disorder.
Washington, DC: U.S. Government Printing Office.

New York University Child Study Center. Website: <http://www.aboutourkids.org>

Helpful Websites:

<http://www.aboutourkids.org> - The New York University Child Study Center website

<http://www.chadd.org> - Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

<http://www.add.org> - Attention Deficit Disorder Association (ADDA)

<http://www.ldanatl.org> - Learning Disabilities Association of America (LDA)

<http://www.nimh.nih.gov> - National Institute of Mental Health (NIMH)

<http://www.apa.org> - American Psychological Association (APA)

<http://www.addhelpline.org> - This is a well-developed website by parents who have a child with AD/HD that provides resources for parents and teachers.

Helpful References:

NOTE: The following reference lists are compiled from a number of different sources. For those that have a summarization statement immediately following the citation, that explanation was taken directly from:

Barkley (2000). Taking charge of ADHD: The complete, authoritative guide for parents. New York: NY, Guilford Press.

Books for Children and Teens:

Corman, C., & Trevino, E. (1995). Eulcee the jumpy jumpy elephant. Plantation, FL: Specialty Press.

An imaginative story conveying information on ADHD for young children.

Galvin, M. (1995). Otto learns about his medicine: A story about medication for children (rev. ed.). Washington, DC: American Psychological Association. (for young children)
A great illustrated book for kids with ADHD on the subject of taking medication for the management of hyperactivity.

Gehret, J. (1990). Learning disabilities and the don't give up kid. Fairport, New York: Verbal Images Press. (for classmates and children with learning disabilities and attention difficulties, ages 7-12)

Gordon, M. (1991). Jumpin' johnny, get back to work! A child's guide to ADHD/hyperactivity. DeWitt, New York: GSI Publications. (for ages 7-12)

Gordon, M. (1992). I would if I could. DeWitt, New York: Gordon Systems.

A fine, brief book about ADHD written from a child's perspective, showing both humor and sensitivity.

Gordon, M. (1992). My brother's a world class pain. DeWitt, New York: Gordon Systems.

The only book of which I am aware that addresses the issues of being a sibling of a child with ADHD. A fine contribution to the children's literature on ADHD.

Meyer, D., Vadasy, P., & Fewell, R. (1985). Living with a brother or sister with special needs: A book for sibs. Seattle: University of Washington Press.

Moss, D. (1989). Shelly the hyperactive turtle. Rockville, MD: Woodbine House. (for young children)

This short illustrated story was one of the first to explain ADHD (hyperactivity) to children. It remains useful in this regard, despite the change in terminology from hyperactivity to ADHD.

Nadeau, K., & Dixon, E. (1993). Learning to slow down and pay attention. Annandale, VA: Chesapeake Psychological Publications.

Nadeau, K. G. (1994). Survival guide for college students with ADD or LD. Washington, DC: American Psychological Association.

A highly useful manual for young adults with ADHD or learning disabilities who are heading off to college, as well as for their parents. Filled with lots of tips for success in the college setting, which can often prove daunting to those with ADHD.

Parker, R. (1992). Making the grade. Plantation, FL: Specialty Press.

A brief, warm, sensitive story about the impact of ADHD on school success and self-esteem, told from an older child's perspective.

Quinn, P. (1994). ADD and the college student. Washington, DC: American Psychological Association.

A most informative text for parents of college students with ADHD, and for the students themselves, on surviving in the university environment with ADHD.

Quinn, P. (2001). Putting on the brakes: Young people's guide to understanding attention deficit hyperactivity disorder (Revised). Washington, DC: American Psychological Association. (for ages 8-12)

Written expressly for children entering adolescence (or older); renders the information about ADHD in a thoughtful, caring, and upbeat manner.

Thompson, M. (1991). My brother Matthew. Rockville, MD: Woodbine House.

Books for Parents and Teachers:

Anderson, W., Chitwood, S., & Hayden, D. (1990). Negotiating the Special Education Maze: A Guide for Parents and Teachers. 2nd ed. Rockville, MD: Woodbine House.

Bain, L. (1991). A parent's guide to attention deficit disorders. New York: Dell Publishing.
An informative book for parents on ADHD and its management.

Barkley, R. (1987). Defiant children. New York: Guilford Press.

Barkley, R. (2000). Taking charge of ADHD: The complete, authoritative guide for parents. New York: NY, Guilford Press.

Barkley, R. A., & Benton, C.M. (1998). Your defiant child: Eight steps to better behavior. New York: Guilford Press.

An adaptation for parents of the widely used professional textbook *Defiant Children*. It describes a highly useful eight-step program for improving child behavior and reducing family conflicts.

Beyer, W. & Hunt, R. D. (1999). Born to be wild: Attention deficit hyperactivity disorder, alcoholism, and addiction. Midlothian, VA: Judy Wood.

A guide to parents on ADHD and the potential relationship between ADHD and substance abuse/addictions. Includes instructions on educational, medical, and family management.

Child Psychopharmacy Center, University of Wisconsin. (1990). Stimulants and hyperactive children. Madison: (Order by calling (608) 263-6171.)

Children and Adults with Attention Deficit Disorder (CHADD). (1996). ADD and adolescence: strategies for success. Landover, MD: Author.

An edited compilation of excellent essays on a variety of essays related to teens with ADHD.

Cohen, M. W. (1998). The attention zone: A parent's guide to attention deficit/hyperactivity disorder. Philadelphia: Brunner/Mazel.

Addresses some of the most commonly asked questions by parents concerning the nature of ADHD, its causes, and the best approaches to its management.

Copeland, E., & Love, V. (1991). Attention, please!: A comprehensive guide for successfully parenting children with attention disorders and hyperactivity. Atlanta, GA: SPI Press.

Crutinger, C. & Moore, D. (1998). ADD quick tips: Practical ways to manage attention deficit disorder successfully. Carrollton, TX: Brainworks.

A quick and ready reference guide to over 300 "golden nuggets" of management tips for ADHD children and adults.

Dendy, C. (1995). Teenagers with ADD: A parent's guide. Woodbine Press.

Forgatch, M. & Patterson, G. R. (1989). Parents and adolescents living together. Eugene, OR: Castalia.

A superb set of books for parents on strategies for managing conflicts with adolescents. Good not only for parents of teens with ADHD but also for families experiences the normal stresses and conflicts that often arise in adolescents. The authors are widely recognized clinical experts on defiant and aggressive child and adolescent behavior.

Fowler, M. (1999). Maybe you know my kid: A parent's guide to identifying, understanding, and helping your child with attention deficit hyperactivity disorder (3rd ed.). Secaucus, NJ: Birch Lane Press.

One of the few books for parents on the subject of ADHD written by a parent, and one of the best. The author has become a lay expert on the subject of ADHD through her extensive work on the national level with CHADD.

Goldstein, S., & Goldstein, M. (1992). Hyperactivity: Why won't my child pay attention? Salt Lake City, Utah: Neurology, Learning, and Behavior Center.

A well-written, informative book for parents on hyperactivity (i.e., ADHD) and its management by two clinical experts on the subject.

- Gordon, M. (1991). ADHD/hyperactivity: A consumer's guide. DeWitt, NY: Gordon Systems.
A witty, often humorous review of ADHD and its management, written by a recognized clinical expert on ADHD. Covers many of the questions parents most often ask professionals, and provides informative answers.
- Greenberg, G., Horn, S., & Wade F. (1991). Attention deficit hyperactivity disorder: Questions & answers for parents. Champaign, IL: Research Press.
- Ingersoll, B. (1988). Your hyperactive child. New York: Doubleday.
One of the first books for parents on ADHD and its management prepared by a skilled clinical professional; still quite informative despite its date of publication.
- Ingersoll, B., & Goldstein, S. (1993). Attention deficit disorder and learning disabilities: Realities, myths, and controversial treatments. New York: Doubleday.
The best book for parents reviewing the unproven and disproven remedies offered to parents for treatment of children with ADHD; very helpful in sorting out the shams, fakeries, and other quack remedies for ADHD. Also provides a short review of the most useful and scientifically substantiated treatments for ADHD.
- Johnson, D. (1992). I can't sit still: Educating and affirming inattentive and hyperactive children. Santa Cruz, CA: ETR Associates.
A fine book for parents and teachers about ADHD and its management, with lots of good ideas for taking positive approaches to often difficult children.
- Kabat-Zinn, J. (1991). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness. New York: Delta.
A guide to relaxation and meditation for people facing unusual stress-who certainly include parents of children with ADHD!
- Kennedy, P., Terdal, L.; & Fusetti, L. (1993). The hyperactive child book. New York: St. Martin's Press.
A very helpful book for parents prepared by a parent, a psychologist, and a pediatrician (respectively). It instructs parents not only about ADHD, but also about how best to deal with professionals in seeking treatment.
- Koplewicz, H. S. (1996). It's nobody's fault: New hope for difficult children and their parents. Random House, Inc.
- Latham, P., & Latham, P. (1993). ADD and the law. Washington, DC: JKL.
The only book that summarizes the rights of those with ADHD, as well as legal rulings pertaining to these rights, but two of the best disability-rights attorneys in the business.
- Moss, R., & Dunlap, H. (1990). Why Johnny can't concentrate: Coping with attention deficit problems. New York: Bantam Books.
- Parker, H. (1988). The ADD hyperactivity workbook for parents, teachers, and kids (2nd ed.)

Plantation, FL: Specialty Press.

The founding professional of CHADD and one of the strongest and most vigorous advocates for those with ADHD has prepared this highly useful workbook containing numerous strategies for working with children with ADHD at home and at school.

Parker, H. (1991). The ADD hyperactivity handbook for schools. Plantation, FL: Specialty Press. Dr. Parker provides a richly detailed book for psychologists, administrators, and educators on useful approaches to the recognition, evaluation, and management of ADHD within the school setting.

Parker, H. (1992). ADAPT: Attention deficit accommodation plan for teaching. Plantation, FL: Specialty Press.

A veritable cookbook of techniques for helping children with ADHD succeed in school settings, from one of the most knowledgeable clinicians specializing in ADHD today.

Parker, H. C. (1999). Put yourself in their shoes: Understanding teenagers with attention deficit hyperactivity disorder. Plantation, FL: Specialty Press.

Among the most up-to-date guides for parents on issues pertaining to the raising of teens with ADHD, from an expert clinician.

Richards, K., & Lester, J. (1993). Turning the tide. Kansas City, MO: Milgard Press.

A guide to the legal rights of individuals with ADHD, particularly in regard to education.

Silver, L. (1993). Dr. Silver's advice to parents on attention-deficit hyperactivity disorder. Washington, DC: American Psychiatric Press.

A nicely written book for parents covering most of the major issues related to ADHD on which parents need information. It provides accurate, timely, sensitive, and practical information on ADHD.

Vail, P. (1987). Smart kids with school problems. New York: EP Dutton.

Wender, P. H. (1987). The hyperactive child, adolescent, and adult. New York: Oxford University Press.

Somewhat dated now, this was one of the first books for parents on hyperactivity in children. It was also the first containing a chapter on ADHD in adults, and for this reason adults with ADHD will also find the book useful. Still informative despite its date of publication.

Wilens, T. E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford Press.

Clearly the best book written for parents on this topic, with the most up-to-date information on psychiatric medications most likely to be used in the treatment of

children's psychological and psychiatric disorders. The author is a nationally known expert in this field.

Wilson, N. (1992). Optimizing special education: How parents can make a difference. New York: Insight Books.

Windell, J. (1991). Discipline: A sourcebook of 50 failsafe techniques for parents. New York: Collier Books.

Wodrich, D. (1994). What every parent wants to know: Attention deficit hyperactivity disorder. Baltimore: Brookes.

A fine overview of current information on ADHD and its treatment for parents.

Zentall, S. S., & Goldstein, S. (1999). Seven steps to homework success. Plantation, FL: Specialty Press.

A wonderfully written, detailed guide to a variety of strategies proven to improve homework time at home. Truly a family guide to solving common homework problems.

Books for Adults With Attention Disorders:

Adelman, P., & Wren, C. (1990). Learning disabilities, graduate school, and careers: The student's perspective. Lake Forest, IL: Learning Opportunities Program, Barat College.

Hallowell, E., & Ratey, J. (1994). Driven to distraction. New York: Pantheon Books.

A bestseller on ADHD in adults, written by two psychiatrists who profess to have ADHD themselves. Well-written, thoughtful, and filled with numerous informative case vignettes from their adult clients with ADHD, as well as with many useful tips on coping with the disorder.

Hartmann, T. (1993). Attention deficit disorder: A new perception. Lancaster, PA: Underwood-Miller.

Kelly, K., & Ramundo, P. (1993). You mean I'm not lazy, stupid, or crazy?! Cincinnati, OH: Tyrell and Jeremy Press.

A nice addition to the literature on adult ADHD, providing numerous helpful suggestions for recognizing and dealing with the disorder.

Murphy, K., & Levert, S. (1995). Out of the fog. New York: Hyperion.

The most recent book for adults with ADHD by the chief of the adult ADHD clinic at the University of Massachusetts Medical School and a respected journalist. One of the most up to date and detailed books on the subject of ADHD in adults.

Nadeau, K. G. (1997). ADD in the workplace: Choices, changes, and challenges. Philadelphia: Brunner/Mazel.

A book loaded with helpful advice on the day to day problems adults with ADHD are likely to encounter in the workplace and how best to deal with them.

Weiss, G., & Hechtman, L. (eds). (1992). Hyperactive children grown up. 2nd ed. New York: Guilford Press.

Weiss, L. (1992). Attention deficit disorder in adults. Dallas, TX: Taylor Publishing Company.
This is an informative, compassionate, and supportive text for adults with ADHD, written by a skilled therapist who treats many such adults, and loaded with tips for coping with ADHD in daily life.

Wender, P. (1987). The hyperactive child, adolescence, and adult: Attention deficit disorder through the lifespan. New York: Oxford University Press.