

HELIOS NEWSLETTER



OCTOBER



WHAT IS ADHD?

ATTENTION DEFICIT HYPERACTIVITY
DISORDER HAS BEEN BOTH A
POPULAR AND
CONFUSING TOPIC IN RECENT YEARS.

WITH INCREASED AWARENESS OF THE DISORDER
HAS SEEMED TO COME
ALONG WITH MISUNDERSTANDING THE DISORDER.
IT CAN BE EASY TO THINK OF ADHD AS JUST A
LOW FOCUS OR LOW MOTIVATION DISORDER.



BUT WHY THE LOW FOCUS?

WHY THE LOW MOTIVATION?

**AND HOW CAN ONE EFFECTIVELY ADDRESS THESE POTENTIAL
CHALLENGES?**



THE BOOK, YOUR BRAIN'S NOT BROKEN, BY DR. TAMARA ROSIER, IS A PSYCHOEDUCATION SELF-HELP BOOK FOR PEOPLE WHO WANT TO LEARN ABOUT ADHD. DR. ROSIER IS A CLINICIAN WITH ADHD WHO FOUNDED THE ADHD CENTER IN WESTERN MICHIGAN.



DR. ROSIER ASKS THE ADHD READER TO CONSIDER, WHAT METAPHOR WOULD YOU USE TO DESCRIBE YOUR ADHD?

SHE THEN EXPLAINS HOW ONE CLIENT DESCRIBES THEIR ADHD LIKE A DIRTY CRYING BABY.



THEIR SYMPTOMS ARE ALWAYS PRESENT, ALWAYS DEMANDING, AND NEVER ENDING.



AND THINK ABOUT HOW MOTIVATED YOU CAN BE WHEN YOU ARE ALWAYS TAKING CARE OF A CRYING DIRTY BABY.



OVERALL, BY LEARNING ABOUT ADHD, PEOPLE CAN BETTER EXPLAIN THE DISORDER TO OTHERS AND ADVOCATE FOR THEIR NEEDS.

**ARTICLE BY EVA DUBOFF, LPC
ORIGINAL ARTICLE SHORTENED FOR
NEWSLETTER PURPOSES**



IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN ADHD TESTING OR TREATMENT OPTIONS, CONTACT OUR OFFICES AT 586-863-4000 TO SCHEDULE TODAY!