

## **Rethinking ADHD**

### *A New Treatment Approach*

EDWARD HALLOWELL

As ubiquitous as it is, the condition we misleadingly call ADHD is too often misunderstood, even by professionals. Rather than treating it as a deficit or a disorder, the best outcomes derive from a new strengths-based model that reconceives ADHD as VAST (Variable Attention Stimulus Trait). Discover cutting-edge interventions based on the VAST approach that can change the lives of clients of all ages. You'll learn:

- How to explain the VAST model to clients in plain language, so they start seeing and using their unique brain traits as an asset rather than a curse
- The role of medication vs. nonmedication interventions for children and adults
- How to help clients avoid the major pitfalls of VAST, such as chronic self-attack, rumination, underachievement, substance abuse and other addictions, poor relationship choices, and the consequences of disorganization

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### **Learning Objectives:**

1. Evaluate several treatment interventions based on a VAST approach to ADHD that improve clinical outcomes.
2. Assess how to explain the VAST model to clients in a way that helps them view their unique brain traits as assets.
3. Investigate the major pitfalls of treatment and how to avoid them.
4. Evaluate the role of medication and nonmedication interventions for children and adults.

### **Outline:**

1. **Describe several treatment interventions based on a VAST approach to ADHD that improve clinical outcomes.**
  - Learn how to understand and implement a strength-based approach to treating ADHD
  - How to take a strength-based history to develop the talents and strengths of a person who has ADHD.
2. **Assess how to explain the VAST model to clients in a way that helps them view their unique brain traits as assets.**
  - Learn how to see ADHD not as a disorder but as a trait.
  - Learn how to reframe the challenges of ADHD in terms of Mirror Traits
3. **List the major pitfalls of treatment and how to avoid them.**
  - How to Understand the Role of Medication in the Treatment of ADHD
  - How to Find the Right Dose of the Right Medication.

**3. Explain the role of medication and nonmedication interventions for children and adults.**

- Learn to appreciate ways of treating ADHD without medication
- How to examine the benefits of exercise, nutrition, and other non-medication approaches that promote a healthier mental and physical life.

**References:**

*Spiritual Evolution: How We Are Wired for Faith, Hope, and Love*; Vaillant, George M.D.; Harmony; 2008

*Connected: The Surprising Power of Our Social Networks*; Nicholas Christakis and James Fowler; Little, Brown Spark; 2011

*The Rabbit Effect: Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness*; Kelli Harding, M.D.; Atria; 2019