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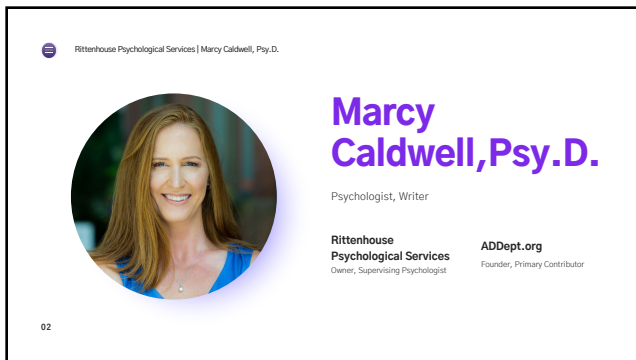
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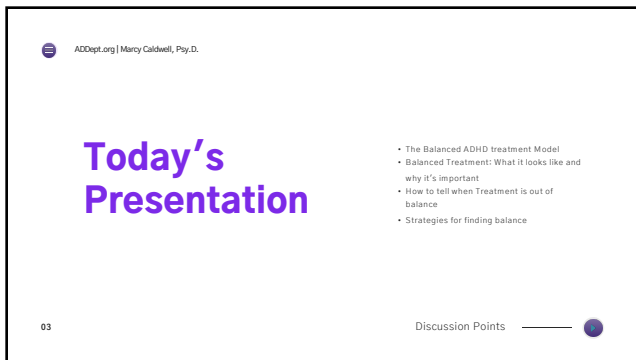
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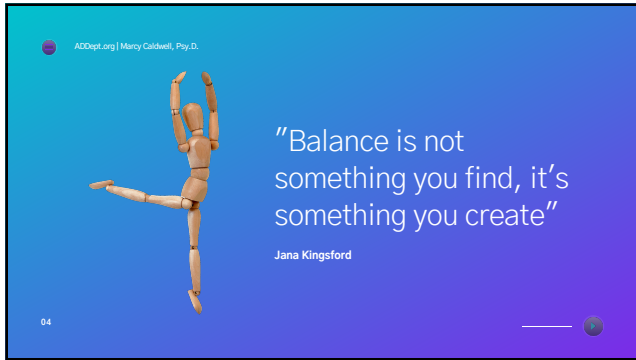
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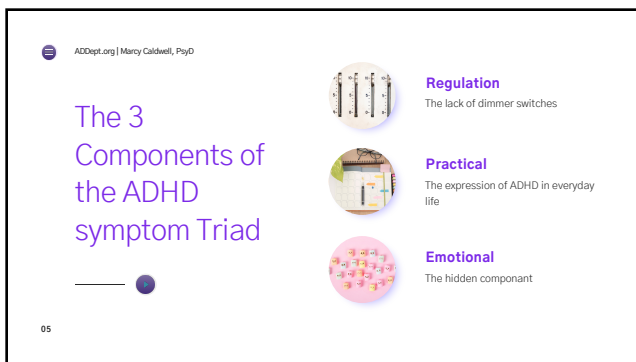
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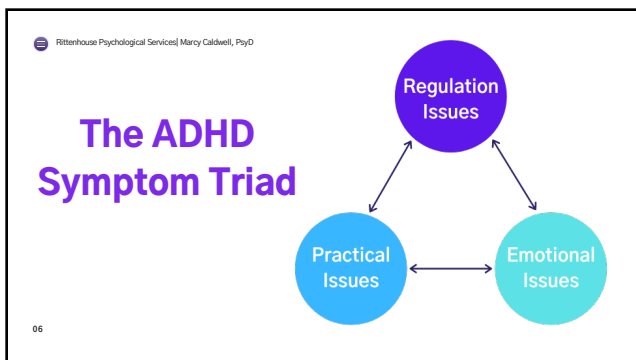
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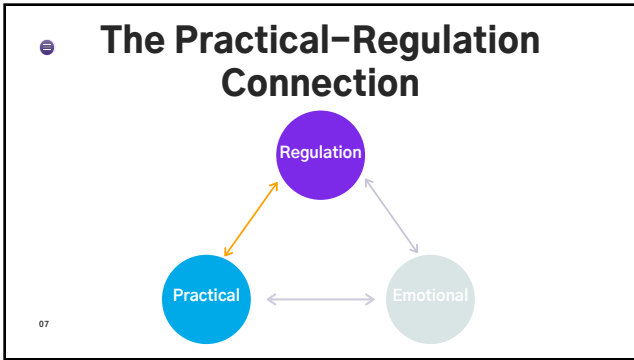
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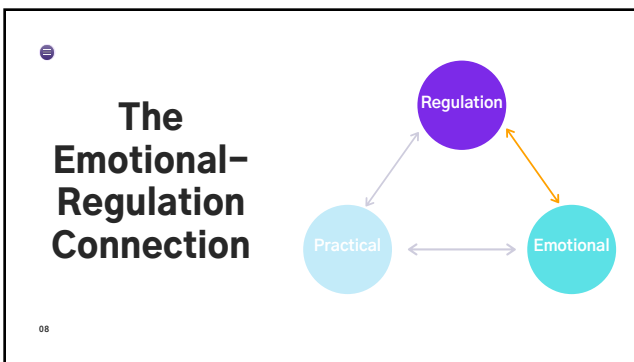
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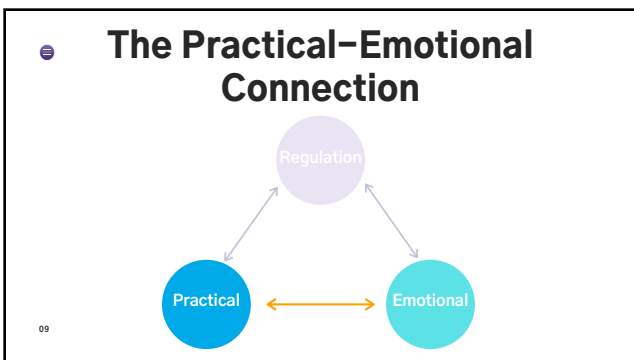
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ADDept.org | Marcy Caldwell



## Optimal ADHD treatment addresses all sides of the ADHD symptom triangle

- Regulation
- Practical
- Emotional

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Rittenhouse Psychological Services | Marcy Caldwell, Psy.D.

## Maintaining a Balance

- Balance is created not found.
- Balance does not need to be created in every session, but over the course of treatment



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## Factors of Imbalance

What pushes a treatment out of balance

- Client Factors
- Therapist Factors
- Relational Factors

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Rittenhouse Psychological Services | Mary Caldwell, Psy.D.

## How to tell when a treatment gets out of balance

- Stalls/ Nothing to say
- Feeling the need to "fix"
- Feeling better but life "looks" the same

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## How to tell when a treatment gets out of balance

- Can't get a word in
- Strategies aren't working
- Better focus/ control/ etc. but still showing up late etc.

14 Continued

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Fun Hacks | Marcoline Anderson



## Case Examples:

Hearing our client's subtle pleas for balance

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**Dave:**  
When treatment gets too regulatory



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**Susan:**  
Making space for change

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Case Example

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Ritterhouse Psychological Services | Marcy Caldwell, Psy.D.



**Sophie:**  
Unearthing the Emotional

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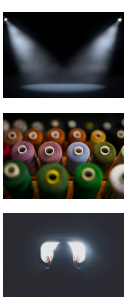
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# Restoring Balance



- Setting the Stage
- Following the thread
- Naming the stuck

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Fun Hacks | Marceline Anderson

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Barkley, R., Murphy, K., Fischer, M. 2010. ADHD in Adults: What the Science Says. New York, NY: The Guilford Press.

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Tuckman, A. (2007). Integrative treatment for adult ADHD: A practical, easy-to-use guide for clinicians. Oakland, CA: New Harbinger Publications.

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Materials, Articles, and Books

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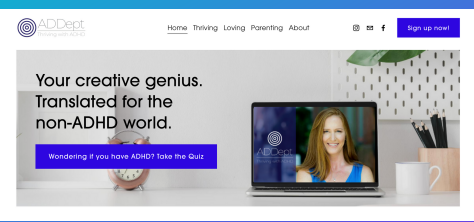
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Marcy Caldwell, Psy.D.



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www.ADDept.org

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