

working with
SIGNIFICANT OTHERS

- Understand ADD
- Address TRANSACT Profile
- Promote acceptance
- Focus/debrief observations
- Refine communication
- Refine reflective listening
- Diminish enabling/co-dependency
- Brainstorm effective, consistent consequences
- Support problem-solving

7

maintain SUCCESS

debrief new problems, develop new strategies, reinforce medication and HDR, promote acceptance

6

improve

SOCIAL/PRAGMATIC/RELATIONSHIP SKILLS

problem-solving, communication/listening skills, self-advocacy skills, friendships

5

improve INDEPENDENCE

SCHOOL

homework
study skills
project mgmt

WORK

time mgmt
task mgmt
organization

HOME

chores
money mgmt
hygiene/bowel habits

4

improve

EMOTIONAL/BEHAVIORAL REGULATION

debrief problems, adjust expectations, understand consequences, recognize warning signals, teach self-control

3

establish & refine a HEALTHY DAILY ROUTINE

Get Balance: Eat Well, Stay Active, Be Centered, Get Rest, and Take Responsibility

2

review UNIQUE TRANSACT PROFILE

Prioritize areas for change

set APPROPRIATE EXPECTATIONS in all life spheres

1

establish ALL-DAY MEDICATION REGIME

understand impact of TEMPERAMENTAL PROFILE



The Being Well Center

Multimodal Treatment Path
for Success with ADD

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