

ADHD

ADHD is a condition that affects attention, often presenting both difficulties in maintaining focus and periods of hyper-focus. Many individuals with ADHD experience secondary challenges such as anxiety, depression, impulsivity, and disruptive behaviors, including substance use.

These symptoms can sometimes overshadow the underlying ADHD, making it essential to address the core condition itself. I work with individuals to help them harness the unique aspects of ADHD for their benefit, guiding them through evidence-based treatments like cognitive-behavioral therapy, lifestyle changes, and, when necessary, medication.

However, collaboration with schools, parents, or other relevant parties is not just a helpful addition, it's a crucial part of the process, especially for children, ensuring a comprehensive understanding of the individual's daily challenges.

Additionally, I strive to provide a holistic, non-judgmental approach, helping clients manage the emotional impact of ADHD, including anxiety, self-esteem, and rejection sensitivity.