

## Characteristics of Attention Deficit Disorder

### *Negative*

- Easily distracted
- Hyper focused & unreachable
- Impulsive
- Inattentive
- Hyperactive
- Memory Problems
- Chronic lateness
- Over commitment
- Procrastination
- Disorganization
- Poor long-term follow through
- Poor social skills
- Time myopia

### *Positive*

- High energy
- Creativity
- Trusting attitude
- Sensitivity
- Flexibility
- Loyalty
- Tenacity
- Sense of humor
- Warm heartedness
- Forgiving attitude
- Ability to take risks
- Hard working, never say die

Lawrence J. Mandt, Ph.D.

Dr. Mandt is the founder of Elkhart Psychological Services and has been in private practice in the Madison area for over 15 years.

A licensed psychologist for over twenty years, Dr. Mandt specializes in the evaluation and treatment of ADD/ADHD in both children and adults.

Catherine Mandt, M.S., M.A.

Catherine Mandt holds an M.S. degree in Curriculum and Instruction and an M.A. in Counseling Psychology. She has also trained as an AD/HD coach and is a member of the American Coaching Association.

Catherine has been married to an adult with AD/HD for 30+ years and is the mother of four children, two of whom also have AD/HD.

She combines her academic training with a deep understanding of how AD/HD plays out in the developing child, the family, and in the spousal relationship. She has developed very successful strategies for managing AD/HD through the lifespan as it impacts the various areas of life, including home, school, and the workplace.

## Elkhart Psychological Services

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**Elkhart Psychological Services**

**INTEGRATIVE  
AD/HD COACHING**

Helping Solve the Problems  
Associated with  
Attention Deficit/Hyperactivity  
Disorder



## Elkhart Psychological Services

We are a professional resource supporting the health and well-being of the whole person and the whole family, dedicated to helping solve the problems created by Attention Deficit /Hyperactivity Disorder.

*“Catherine has helped me identify the various ways AD/HD presents itself in my life and has provided me with critical strategies for managing its effects. Coaching has dramatically improved my work and my marriage.”*

- Patrick

## What is Integrative AD/HD Coaching?

Integrative AD/HD coaching is a specific set of interventions that help people set and achieve their goals in life. It helps develop structure and skills that reduce the problems created by AD/HD.

The goal of coaching is to help someone with AD/HD to:

- ✓ Understand and accept the ways in which AD/HD affects all areas of life.
- ✓ Develop skills and strategies that compensate for the deficits and difficulties caused by AD/HD.
- ✓ Create and maintain a structure for managing time, space, and tasks.
- ✓ Establish effective strategies for maintaining focus and concentration.
- ✓ Identify and practice interpersonal skills.
- ✓ Learn methods which help reduce over-reactive emotional responses.
- ✓ Stay focused on specific goals.

## How Does the Coaching Process Work?

Living with AD/HD can be difficult and frustrating. Coaching provides tools and practices to create positive and lasting changes.

As a supportive partner, the coaches' role is to provide feedback and ongoing support as well as tools and structures that help maintain focus, assist with planning, and improve one's ability to follow through.

One valuable tool in this process is Emotional Freedom Techniques, a brief and highly effective approach based on acupuncture.

Regular meetings and check-ins are an essential part of the coaching process. Usually, these meetings are in person; however, coaching sessions can also be done by phone or e-mail.

Although you should expect to see changes in the first few weeks of coaching, understanding and accepting AD/HD takes time. Setting aside old habits and ways of thinking, as well as developing more lasting, internalized improvements, typically takes longer.