

ADD

Attention Defecit Disorder

What is ADD?

ADD is an internalizing attention deficit disorder. The environment is not aware. It is estimated that between five and ten percent of the population has enough symptoms to be given diagnosis AD(H)D.

The Brain

Roughly speaking the brain consists of two parts: the left and right hemispheres. These brain halves have different functions, which have different characteristics and capacities.

Left hemisphere

Logic Smart

- Analyzing
- Mathematics
- Problem solving
- Reasoning

Word Smart

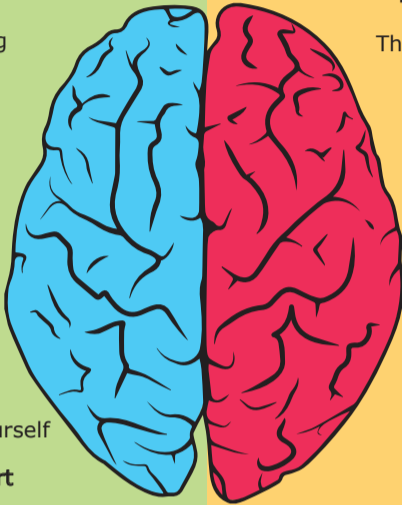
- Reading
- Talking
- Listening
- Language understanding
- Writing

Self Smart

- Being an individual
- Self-management
- Concentration
- Thinking about yourself

Nature Smart

- Nature
- Recognizing patterns
- Observing



Right hemisphere

Picture Smart

- Spatial awareness
- Visual design
- Thinking in images
- Overview
- Watching

Body Smart

- Dexterity
- Learning by doing
- Being active

Music Smart

- (Making) music
- Rhythm
- Hearing

People Smart

- Being together
- Empathy
- Learning from others

In ADD there are problems in the communication between the two brain halves. There is a chemical imbalance in the brain. This makes the filter function less effective. All stimuli are registered equally intense. This gives complaints and has both advantages and disadvantages.

Symptoms

- Difficulty in focusing attention
- Difficulty in concentrating on a task
- Difficulty in maintaining a task
- Dreaminess
- Easily distracted
- Seemingly disorganized
- Difficulty in following instructions
- Inactivity
- Continuous stream of thoughts
- Short-term memory problems
- Slow processing of information

Benefits

- Creativity
- Problem-solving way of thinking
- Ability to combine quickly
- Empathy
- Good spatial insight
- Hyperfocus
- Versatility

Cons

- Problems with planning
- Chaotic brain
- Hypersensitive to stimuli
- Forgetfulness
- Slowness
- Not being able to relax properly
- Lack of motivation
- Sleeping problems
- Mood fluctuations
- Being too late
- Doing important things at the last minute
- Procrastination
- Not getting work done
- Misplacing things
- Being untidy
- Feeling insecure

Diagnosis & Therapy

Examination

- Questionnaire about youth and adulthood
- Personal interview with psychologist
- Parents interview with psychologist
- Personal interview with psychiatrist

Diagnosis ADD

Medication

- Making the filters in the brain work as well as possible
- Finding the right medication with the proper dosage
- Checking the results of the above interventions

Psychoeducation

- As individual with psychologist: How to deal with complaints?
- As part of an ADD group: recognizing complaints, tips and tricks.