

2017 Gold Award Winner



ADHD

Non-Medication Treatments & Skills For Children And Teens

162 Tools, Techniques, Activities & Handouts



Brilliant!

Practical, clearly written, a gem!

- Edward Hallowell, MD.

*Author, Psychiatrist, and
Internationally known ADHD*

A Workbook for Clinicians and Parents

Diagnosis • Mindfulness • Psychotherapy • Neurofeedback
Nutrition • Sleep • Social Skills • Organizational Skills • Parenting Skills
Emotional Regulation • Movement Techniques

Debra Burdick, LCSW, BCN,

Bestselling author of Mindfulness Skills for Kids & Teens

Debra Burdick

ADHD: Non-Medication Treatments and Skills for Children and Teens: A Workbook for Clinicians and Parents: 162 Tools, Techniques, Activities & Handouts



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CONGRATULATIONS TO DEBRA BURDICK AND ADHD ON WINNING GOLD IN THE PSYCHOLOGY CATEGORY AT THE 2017 BENJAMIN FRANKLIN AWARDS!The most comprehensive ADHD resource available!Step-by-step instructions on tailoring psychotherapy to ADHDADHD-friendly parenting skillsTechniques for emotional and behavioral regulationSkills for organizing period, space and activityMindfulness skillsDownloadable handouts, exercises, activities and assets This practical workbook gives you the very best, and proven, non-medication treatment approaches and skills.



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Good for public as well Arrived sooner than expected. This book is usually a must-have if you are handling ADHD dx clients. I highly recommend it to various other ADHD coaches. Five Stars My son has ADHD and the suggestions in this book are very helpful and exercises are very accessible. Great! Treating ADHD takes a comprehensive strategy that included proper medicine levels, healthy diet, and therapy treatments. Four Stars Great price, prompt shipping, as described. Her chapter on the subject reads like a long infomercial with anonymous success tales presented but no actual information on the primary analysis in the field or even where to find a reliable practitioner. Burdick does an excellent job of setting up each worksheet in a concise way. Five Stars Excellent collection of exercises easy to use with clients. I'm an LICSW and this was very beneficial item for my practice and for parenting my girl who's diagnosed ADHD. I want more was discussed regarding neurofeedback, though.. Five Stars Good resource I recommend it to various other ADHD coaches Filled with invaluable useful information! Good for general public aswell. Superb worksheets, but beware junk science discussions ADHD: Non-Medication Remedies and Skills for Kids and Teens by Debra Burdick is highly accessible device for parents and caregivers of children with ADHD when it remains on point. Wonderful book with great print capable resources which are useful! This workbook offers a valuable resource so far as mental exercises parents can employ with their children within their day-to-day time lives. The worksheets themselves are clear and simple to use.. Worksheets are useful and cover "real-world" scenarios that kids and teens can relate to. There are, however, a few places where Burdick's personal prejudices display through. As a practitioner of neurofeedback, she presents it as settled science that is a "magic wand" for a few patients with ADHD. I'm an LICSW and this was very beneficial product for .



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