

Possible Treatment Options for Attention Deficit Disorder

When it comes to treating Attention Deficit Disorder (ADD), there are many different treatment options for parents, patients and doctors to discuss. Currently, a combination of varied therapies and medication has been making strides in controlling this frustrating condition. While there are numerous treatment options to consider, the public juggles the many heated debates concerning the hasty diagnosis, immediate medication and use of certain prescription drugs on children. Below, you will find information regarding the many types of therapy, prescriptions and experimental treatments for Attention Deficit Disorder.

Therapy Both children and adults with Attention Deficit Disorder find relief through some sort of counseling or behavior therapy. Often, this type of treatment will also ease the tension of coexisting personal issues, such as anxiety and depression. Through the help of a social worker, psychiatrist, psychologist or other mental health professional, an ADD patient may receive one or more of the following therapies:

- 1) **Psychotherapy:** Through this kind of therapy, older children and adults are able to express their feelings regarding some of the negative behavior habits they exhibit. With the help of others, they may reach goals on how to better deal with their Attention Deficit Disorder symptoms.
- 2) **Behavior Therapy:** This type of therapy assists parents and teachers in learning ways to manage a child's ADD tendencies. Rewarding good behavior and giving bad habits a "timeout" are some of the presented techniques.
- 3) **Family Therapy:** Sometimes parents, siblings and other relatives need to learn how to cope with a child that has Attention Deficit Disorder. This therapy helps them to deal with the stress involved, which in turn plays a positive role in the treatment of the ADD patient. Parenting skills training is also available for parents who wish to learn how to better guide their child through their treatment. Support groups allow families to better understand one another when one member suffers from Attention Deficit Disorder.
- 4) **Social Skills Training:** When a child can better distinguish between acceptable and unacceptable behavior, they are able to efficiently cope with, control and maintain their Attention Deficit Disorder.

Medication In some cases, treating Attention Deficit Disorder with prescription drugs is completely unavoidable. Since ADD symptoms first present themselves at a very young age, the issue of medicating children has always been at the forefront of debate. Some of the side effects associated with drug treatments are sometimes worse than the condition alone. In addition to usual medical approaches, a doctor may prescribe antidepressants and other drugs to treat associated complications from ADD. When treating Attention Deficit Disorder, drugs referred to as psychostimulants are known to provide the best results. The aim of this type of medication is to encourage and balance out chemicals (dopamine and serotonin) within the brain. The main type of drug prescribed for Attention Deficit Disorder is called methylphenidate with commercial brands seen in Ritalin and Concerta. Additional drug treatments include Adderall (a mixture of d- and l-amphetamine racemic), Dexedrine (dextroamphetamine and the nonstimulating option of Strattera (atomoxetine)). The main symptoms of inattentiveness and hyperactivity are often completely eradicated, but often do not conquer issues, such as poor academic achievement and social skills.

Experimental Treatments The most research conducted for the treatment of ADD is deposited into learning more about behavior therapies and medications. Not too far behind are additional considerations regarding ADD treatments that are still in the unproven and experimental stages. In the future, you may see ADD patients benefiting from biofeedback, brain wave feedback or specialized diets and dietary supplements.

About the Author

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