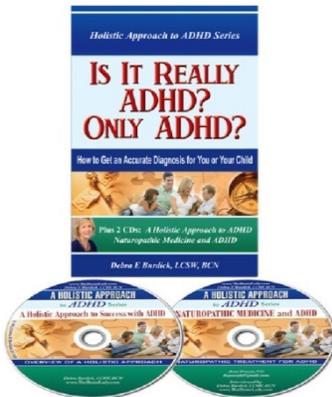


Book Fact Sheet

Is It Really ADHD? Only ADHD? How to Get an Accurate Diagnosis for You or Your Child



Author: **Debra Burdick, LCSWR, BCN** is a licensed clinical social worker, board certified Neurofeedback practitioner, and online expert at SelfGrowth.com, located in Washingtonville, Orange County, NY. She helps people improve their lives using psychotherapy, Neurofeedback and Mindfulness. She is a frequent speaker for CMI/PESI and other organizations, teaching workshops on ADHD as well as Mindfulness Skills to psychotherapists, teachers and other helping professionals, nationally. She also provides Mindfulness training to business leaders and executives to improve their leadership and business success.

Debra is the author of four books about her Holistic Approach to Success with ADHD. Her next book, to be published in 2013 by CMI/PESI, is titled 'Mindfulness Toolkit: 111 Therapeutic Options for Overcoming Life Stressors'. Her CDs help with ADHD, sleep, and mindfulness.

Book Synopsis: Seasoned clinician and mother of a daughter with ADHD, Debra Burdick draws on nearly 27 years of clinical and personal experience to offer a holistic approach for getting an accurate diagnosis for child and adult ADHD. This book and CD set provides a step-by-step process to determine if a child or adult has symptoms that meet the diagnostic criteria for ADHD. Are these symptoms truly symptoms of ADHD or some other issue that mimics ADHD such as head injury, allergy, or other causes often seen in clinical practice? Are the symptoms only ADHD or are there other contributors to the picture? What might be making the symptoms worse? How do you get the most accurate diagnosis for you or your child? This easy to use book and two hour-long CDs teach adults and parents how to get the right diagnosis. One hour-long CD describes a holistic approach to success with ADHD and why it's the best approach. The second hour-long CD contains a discussion about how Naturopathic medicine approaches ADHD and the many other issues that mimic it.

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