

Book Fact Sheet

A Holistic Approach to Successful Children with
Attention Deficit/Hyperactivity Disorder
A Home Study System for Parents
Includes 11 CDs



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 success with ADHD to parents and professionals. This Home Study System provides a step-by-step guide to help children with ADHD thrive. How do I take care of myself as a parent? What does success look like? Am I sure I have an accurate diagnosis? What else could be causing or amplifying these symptoms. What treatment options work for ADHD? How can I be sure my child's diet is fully supporting them and not making things worse? Why should I care about exercise? How can I get my child to sleep? What behavior management techniques work best for ADHD? Can I help my child be better organized? What do I need to know to work with the school? Is TV making things worse? This easy to use book and eleven information packed CD's teaches parents how to solve all the pieces of the ADHD puzzle.

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