

WEBVTT

1 "" (0)

00:00:04.559 --> 00:00:09.839

Hello everybody and welcome and thank you for calling them to sickness.
20.

2 "" (0)

00:00:09.839 --> 00:00:19.469

23 children and families, so we're in a series. My name is Dana Anderson,
and I am a coaching and support case manager here at.

3 "" (0)

00:00:19.469 --> 00:00:32.220

Sigma and due to the format of this call, you will not be able to ask
questions during the teleconference. The conference will be opened up for
Q and a, at the completion of the presentation.

4 "" (0)

00:00:32.220 --> 00:00:42.090

And you may also follow along today with the handout for today's seminar
is it is available online at Cigna dot com.

5 "" (0)

00:00:42.090 --> 00:00:45.150

Forward slash children families.

6 "" (0)

00:00:45.150 --> 00:00:57.480

And we will be using a file for the question and answer and you can
participate that in that when you have the questions at the end of the
presentation.

7 "" (0)

00:00:57.480 --> 00:01:13.800

And also, please note that all policies covered topics today may not be
covered under your insurance. So, if there's anything that you would like
to clarify, as far as treatments or coverage, please call the number on
the back of your insurance card.

8 "" (0)

00:01:13.800 --> 00:01:33.800

And today we have the pleasure of introducing for us. We are going to be
talking about ADHD today. And the description for this presentation of
individuals with ADHD always have the best intentions at heart. And that
always.

9 "" (0)

00:01:33.800 --> 00:01:41.670

Work the way they want to learn what impacts motivation for an person and
how they can be supported.

10 "" (0)

00:01:41.670 --> 00:01:46.530

And we'll say tourist is an L. P. C. S.

11 "" (0)

00:01:46.530 --> 00:02:02.310

Bcc ACC, she is the founder and CEO of Avenue Cardi center and bright horizons group. Since 2008. admin garden center has specialized in providing innovative.

12 "" (0)

00:02:02.310 --> 00:02:09.690

Cutting edge research, based counseling and coaching for those with ADHD anxiety and depression.

13 "" (0)

00:02:09.690 --> 00:02:21.150

Do they started working with Kobe Center's at 998 since then she has endorsed mental health services as part of school district across Texas.

14 "" (0)

00:02:21.150 --> 00:02:36.990

In March, 2022, 2, they founded a school based mental health group specialized in closing the gap between school counseling, mental health services and outpatients cycle therapy.

15 "" (0)

00:02:36.990 --> 00:02:48.600

Utilizing a trauma informed approach PhD services is that with the schools create a continuum of integrated care that improves children's mental health.

16 "" (0)

00:02:48.600 --> 00:02:57.810

And educational attainment do say, believes that every student, every teacher, and every parent can live life beyond limitations.

17 "" (0)

00:02:57.810 --> 00:03:07.042

So, at this point, we would like to thank you for being here today and they'll say you are welcome to start your presentation.

18 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:03:07.042 --> 00:03:26.780

Thank you so much, Dana, I appreciate your introduction and I'm pleased to be here with all of you. This presentation is very dear to my heart. I work with a lot of ADHD besides being a pairing and an adult and a sister and, and with individuals with a runs in my family.

19 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:03:26.780 --> 00:03:33.150

Um, and this is really a big topic of conversation all the time about.

20 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:03:33.150 --> 00:03:51.690

How come they don't do what they say they're going to do and this is complaint that I hear from parents and other adults and different situations when they don't see themselves able and follow through for what they would like to offer. So.

21 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:03:51.690 --> 00:03:55.440

I want to start by briefly saying that.

22 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:03:55.440 --> 00:04:01.050

When we think about ADHD people immediately think of.

23 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:04:01.050 --> 00:04:21.050

Hyperactivity impulsivity in our in our ability to focus and ADHD is much more than just those descriptors an ABC is a performance and a motivation disorder means we don't do the things when people expect of us and.

24 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:04:21.050 --> 00:04:28.739

And not always, we have that natural motivation to do those things that are expected of us.

25 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:04:28.739 --> 00:04:40.949

Especially something that is expected is boring or difficult. Uh, and ADHD people have problems doing what they know. So, what.

26 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:04:40.949 --> 00:04:46.859

Do I mean by that people sometimes think it's like, they don't know how to do something.

27 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:04:46.859 --> 00:05:06.859

And that's not the truth is they have difficulty knowing how to get started, but they know how to do things but they have to get started. Where do I get started with? What part of the situation of problem solving or.

28 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:05:06.859 --> 00:05:18.479

Project that I have to do, how do I do it? And where do I start is the biggest challenge for them. Now there's a reason for this and.

29 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:05:18.479 --> 00:05:38.479

I always show these graphic because I have to demonstrate that a de, decent neural developmental disorder of the brain, and it's research based. There's a lot of information explaining how ADHD brain works, but I want to show this graphic.

30 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:05:38.479 --> 00:05:58.479

Because we get confused about if they know how to do something, how come they don't do it. So if you look at this graphic, you 1st, have the bring in the prefrontal cortex is going to be the, the front of the brain, that great area. The area with the color, that's the front of the brain.

31 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:05:58.479 --> 00:06:03.749

And that is where we have our executive skills.

32 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:06:03.749 --> 00:06:18.359

In how we, when we perform, it comes from the prefrontal cortex on the brain. If you look at the back of the brain, when we learn something when we study, when we gather new information, it gets.

33 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:06:18.359 --> 00:06:26.639

It goes to the knowledge of our brain and that's in the back of the brain. So when I learned something.

34 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:06:26.639 --> 00:06:41.849

It gets situated by their register in the back of my brain and my knowledge and information, but when I have to use that information and move it forward in order for me to perform and execute.

35 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:06:41.849 --> 00:07:01.849

That's where the challenge is, because the ADHD person is going to have challenges connecting their neurotransmitters and saying, oh, I'm supposed to do this. Now. I know how to clean the bathrooms. And how do I push that information forward?

36 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:07:01.849 --> 00:07:14.549

To the point that I can execute, and that means that I have to regulate my emotions I have to know exactly. Where do I start and where does it end.

37 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:07:14.549 --> 00:07:34.549

I have to know how much time something is going to take me. I have to know the information so I can retrieve it from my work in memory. All of those things that I'm mentioning and much more our executive skills. So, as this is moving through my brain information.

38 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:07:34.549 --> 00:07:49.529

My neurotransmitters are not always connecting 1 to the other 1 to the right 1 in order for me to execute. So, what happened is I know I'm going to get off because I am again gonna go and clean the bathroom, but in.

39 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:07:49.529 --> 00:07:54.539

As I walk in through in the middle of my way there I found that there is.

40 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:07:54.539 --> 00:08:07.169

Paris socks on the floor and that tells my brain. Hey, you can pick that up now and put it in the hamper. And I do that. And when I get to the laundry room, I might set.

41 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:08:07.169 --> 00:08:27.169

I am so behind him doing laundry that I need to get the lender started and I might do that immediately. And then I like wait a. 2nd. I was supposed to do something else. Oh, yes. I'm going to clean the bathroom. So, that means that our neurotransmitters had a thought, but they didn't connect with the next neurotransmitter.

42 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:08:27.169 --> 00:08:40.649

That is going to help me to execute. So, I, as the ADHD person, I have to learn what are the strategies? What are the things that I'm going to do to help myself?

43 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:08:40.649 --> 00:09:00.649

Now, they save that to the place of there is a difficult task to do. There's a project that I have to do for school, and the project has several parts of it and I need to break it down into different parts. I need to know how long everything is going to take.

44 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:00.649 --> 00:09:09.629

Do, and it might be a topic of my interest or not. So now it says they're expected that I will.

45 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:09.629 --> 00:09:19.919

Initiated that I will be motivated to do that project. Okay. So, then what happens to us what we don't know.

46 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:19.919 --> 00:09:26.609

Is that it takes 4 of this.

47 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:26.609 --> 00:09:38.759

I would like neurotransmitters chemicals that we normally create in our brains. So I want to show you this graphic because I want you to have this picture that all of us.

48 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:38.759 --> 00:09:42.329

Everybody ABC or not we.

49 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:42.329 --> 00:09:52.139

Have all of these hormones created by our body that is going to help us and inspire us and motivate us to do something.

50 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:09:52.139 --> 00:10:02.729

Okay, this is natural. The person with ADHD are going to have challenges with this neurotransmitters and this.

51 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:02.729 --> 00:10:10.289

Hormones that we normally create, so I'm going to start with the 2 in this stream that dopamine and serotonin.

52 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:10.289 --> 00:10:14.969

They built them in serotonin of both neurotransmitters.

53 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:14.969 --> 00:10:19.559

And meaning they are chemicals messengers in the brain.

54 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:19.559 --> 00:10:32.819

Which communicate via neurons what happened ADHD is a deficit in tension and says that we do not crew aid, serotonin and dopamine.

55 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:32.819 --> 00:10:42.149

Okay, so, from the get go as an, the person I'm going to have a challenge with my dopamine and serotonin.

56 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:42.149 --> 00:10:48.659

That's why individuals with ADHD sometimes are prescribed medication.

57 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:48.659 --> 00:10:54.119

To help them to create more neurotransmitters of the dopamine and serotonin.

58 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:10:54.119 --> 00:11:01.169

So, now I have a deficit, these are 2 of the neurotransmitters that ethnic motivation.

59 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:11:01.169 --> 00:11:10.199

On top of that, the other 2 hormones that we create normally are oxytocin and endorphins.

60 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:11:10.199 --> 00:11:19.079

How do we create these 2 other hormones? Well, endorphins is typically when I am exercise it and it.

61 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:11:19.079 --> 00:11:36.179

Uh, pace and I am creating a lot of endorphins in our body. This is the release when we're feeling that physical pain that we're working really, really hard and we get a little bit of Gloria and what we're doing and it's exciting and helps.

62 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:11:36.179 --> 00:11:47.399

The individual to be more focused. Okay. As well. So we create endorphins by really exercising and then this oxytocin.

63 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:11:47.399 --> 00:12:07.399

The oxytocin is the 1 that we release when we feel trust when we are connected to other humans, when we are, when we can touch another person or touch an animal touch is what creates a lot of oxytocin and it builds that's created by trust.

64 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:07.399 --> 00:12:13.199

Being the person, the animal somebody else that we have contact with.

65 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:13.199 --> 00:12:16.589
So these 4.

66 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:16.589 --> 00:12:25.469

Hormones are very important and played a big part in us being motivated.

67 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:25.469 --> 00:12:28.529

So, a person with.

68 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:28.529 --> 00:12:41.249

He's going to have deficits in creating, as I said, that dopamine and serotonin, and also is going to have difficulty, creating the endorphins and oxytocin. If they are not exercising.

69 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:41.249 --> 00:12:51.119

You're not creating that endorphin. If you're not moving in rigorous pace, you're not doing you're not creating that 1 and then the oxytocin if I am not connected with.

70 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:12:51.119 --> 00:13:01.919

Other individuals, if I don't have that trust, I'm not releasing and creating the hormones of oxytocin as well. So, from the get go now.

71 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:01.919 --> 00:13:09.029
There's 4 hormones here my body's not creating and I'm supposed to be motivated to do something.

72 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:09.029 --> 00:13:12.479
People might ask well.

73 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:12.479 --> 00:13:15.779
When they're playing games are very motivated to do that.

74 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:15.779 --> 00:13:19.139
So, I want to say something here very important as well.

75 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:19.139 --> 00:13:30.929
We create many of these neurotransmitters in our brains and hormones when we have our brain engaging and activity that is very stimulating to us.

76 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:30.929 --> 00:13:34.559
So that's why childrens are playing games.

77 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:34.559 --> 00:13:54.559
Because the activity that involvement and the engagement or their brain of doing something manipulation of the game that they're being part of, they're communicating with other people is the colors. It's all exciting. So, my brain is totally engaged and I am creating a lot.

78 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:13:54.559 --> 00:14:00.029
Oxytocin serotonin at that moment, when I'm playing the game.

79 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:00.029 --> 00:14:06.269
So, of course, I'm going to be highly motivated to do it because I am creating these.

80 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:06.269 --> 00:14:10.799
Delta means serotonin and OXY testing normally in our brain.

81 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:10.799 --> 00:14:25.109
So, when parents compare the case, not doing something with game, I said, not time out, not fair, because nothing else that we do will create that volume of.

82 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:14:25.109 --> 00:14:29.399
Hormones in our body, because we're not engaging in activity of that.

83 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:29.399 --> 00:14:35.879
Level with all those colors and exciting and movement and constantly change.

84 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:35.879 --> 00:14:40.259
So, it's not fair to compare to a kid that is.

85 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:40.259 --> 00:14:53.399
Playing games, we have to understand all of these neurotransmitters. The upcoming in the oxytocin is being created. Normally when they're playing games, when we move them to an activity, that is more.

86 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:14:53.399 --> 00:15:04.439
Sit and tearing, why did it just not going to create all of these hormones at the same time? So our interest, our motivation is not going to be there.

87 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:15:04.439 --> 00:15:09.629
Now, when we don't have this, and then we have the.

88 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:15:09.629 --> 00:15:17.939
Argument that you need to get started. You haven't done something the criticism that comes up from.

89 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:15:17.939 --> 00:15:37.939
Not following through not responding immediately. What happens is we starting to hear all these and I say child, I want I put this in a brick wall, because I want you to picture that every time. We hear something wrong that we're doing every time that we feel that.

90 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:15:37.939 --> 00:15:48.929
We have fears of failing this appointment. This is a break that we start creating. We just take a break. We put it up and.

91 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:15:48.929 --> 00:15:56.069
There's a moment that we have so many bricks that we just can see through. What are we going to do? How are we going to do it?

92 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:15:56.069 --> 00:16:01.259
So these are the messages that a person with ADHD is receiving.

93 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:01.259 --> 00:16:05.459
Our children are receiving, um.

94 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:05.459 --> 00:16:09.419
The studies says that they receive more than.

95 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:09.419 --> 00:16:14.099
Negative message a day.

96 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:14.099 --> 00:16:33.839
Oh, criticism of, like, sit up straight do you haven't done this? Do you haven't taken the materials that you need to complete the class? Like, stop bothering your sister? You know, sit down to have, do read, stay steal. It's just constant.

97 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:33.839 --> 00:16:37.949
The redirection and criticism that they received.

98 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:37.949 --> 00:16:42.059
So, how is their feeling? They're shame they're sad.

99 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:42.059 --> 00:16:48.959
Sometimes they, this can create a lot of anxiety worries. So all what we're thinking is.

100 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:16:48.959 --> 00:17:01.199
I can't do this. I'm overwhelmed with all of what is being thrown at me. So, if pairing is telling a child, it's time for you to start doing your homework and.

101 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:01.199 --> 00:17:11.129
What you're asking, it doesn't seem that difficult sit down and did your homework, or at the moment they can perceive like, homework.

102 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:11.129 --> 00:17:29.399
I don't know what we have to do. Oh, oh, there is so much that we have to do that. I don't even know where to start. So, when they becomes so all the well, they have no idea, literally, no idea or what is the 1st thing that they need to start with? They might sit.

103 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:29.399 --> 00:17:33.749
Would you ask them or what you have designed for them to do homework?

104 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:33.749 --> 00:17:36.779
They might take everything out of her backpack.

105 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:36.779 --> 00:17:41.519
Or did they know where to start? Do they know where to look.

106 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:41.519 --> 00:17:44.669
You know where to start no.

107 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:44.669 --> 00:17:48.089
So, when they delay, they might just.

108 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:48.089 --> 00:17:57.419
Take out something else that distracts them. And when we come back in 20 minutes, what have you done? Nothing yet.

109 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:17:57.419 --> 00:18:09.779
And what I do play, why are you drawing typically what I hear parents said they're start drawing or play with something else or making Here's with the papers. It's like, they're not doing their homework.

110 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:18:09.779 --> 00:18:18.239
And we get very reactive towards them, because we want you to start doing what you're supposed to be doing.

111 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:18:18.239 --> 00:18:21.449
Back to, like, hey, I just asked you to did you homework?

112 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:18:21.449 --> 00:18:25.439
You should be able to execute? No, we can't.

113 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:18:25.439 --> 00:18:32.099
You know, I might know that my homework might be just math, but you just asked me to do the homework.

114 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:18:32.099 --> 00:18:35.279
Of the class that I don't do. Well.

115 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:18:35.279 --> 00:18:41.399
The closet I don't like so no, I'm not interested in starting.

116 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:18:41.399 --> 00:18:45.449

I don't want to do that is painful is difficult.

117 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:18:45.449 --> 00:18:52.109

I don't have the skills, so all these negative self talk starts affecting that individual.

118 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:18:52.109 --> 00:18:56.489

And we have to figure out, why are we going to do here different?

119 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:18:56.489 --> 00:19:05.189

How are we supporting our children and our lessons to move forward with school? What they need to do?

120 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:05.189 --> 00:19:10.649

Okay, so let's talk about strategies here.

121 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:10.649 --> 00:19:18.989

I want to start talking strategies and we're going to talk about different strategies from here and please understand that.

122 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:18.989 --> 00:19:22.979

Not every strategy work with every person.

123 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:22.979 --> 00:19:30.629

So, you know, your child, you need to develop the strategies that are going to work for your child.

124 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:30.629 --> 00:19:35.069

Don't solve the problem by yourself.

125 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:35.069 --> 00:19:42.929

You need to talk to your child, you do want to know what's going to help them what's going to work for them.

126 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:19:42.929 --> 00:20:00.389

I might be the expert of my child, but I, that does not mean that my experience, my strategies, my tactics on how I tackle a situation is are the same struggles that are going to work for them.

127 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:20:00.389 --> 00:20:04.079

So that's what communication with them is very important.

128 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:20:04.079 --> 00:20:21.299
So, where do we start point of performance? This is very important. This is a term from Dr. Russell Barkley 1 of the researches. Well, known researches about ADHD.

129 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:20:21.299 --> 00:20:41.299
Uh, and executive functions. So if you're interested in learning a lot more about the Rosa Barclays, you can find them online in YouTube. You can look for information there, but this, this point of performance brought it back home. Very clearly. For me. This is about.

130 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:20:41.299 --> 00:20:48.989
When a situation happens, we need to address it at that moment.

131 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:20:48.989 --> 00:20:52.949
Because that is the opportunity that we have.

132 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:20:52.949 --> 00:20:57.149
To teach you guide a person what is happening.

133 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:20:57.149 --> 00:21:06.809
Okay, number 1, number 2 is that we need to make all the information for an ADHD person external.

134 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:06.809 --> 00:21:11.879
We also have to have everything that we need.

135 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:11.879 --> 00:21:16.049
Winning an arm rich visual for all of us.

136 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:16.049 --> 00:21:25.379
And the fewer steps that we have to what we're trying to do the better. So I put in here the example of it.

137 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:25.379 --> 00:21:31.439
Kitchen, I love to use the kitchen and cooking, as example, for.

138 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:31.439 --> 00:21:35.189
Executive functions and, um.

139 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:35.189 --> 00:21:48.119

Because is where we have to use all our executive scale. So we don't know how that we need to be able to train our children. And to show them.

140 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:48.119 --> 00:21:54.509

So, I want you to look at this picture and this picture on the top you have this white.

141 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:54.509 --> 00:21:59.039

Beautiful picture. Everything is in their place.

142 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:21:59.039 --> 00:22:05.039

And he's clean, and he's really nice. I don't know, you all with many of us would like to have a.

143 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:05.039 --> 00:22:08.159

Pitchers spot like this. Well.

144 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:08.159 --> 00:22:12.059

That type of kitchen does not work for an person.

145 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:12.059 --> 00:22:20.549

So, if you look at the picture underneath that 1, you have a kitchen where do you see the appliances outside?

146 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:20.549 --> 00:22:29.549

And if you look a little bit to the top of the appliances, you're going to see that the cabinet have the doesn't have any doors.

147 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:29.549 --> 00:22:34.529

And everything is very visual, they can see what they need.

148 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:34.529 --> 00:22:54.529

So, what does the point of performance means that if I have to get up in the morning as an adult with ADHD, and I need to make my coffee, I go to the coffee pot where it's sat and on the top of the cabinet on top of the coffee pot I can see. Okay, there is my coffee. There is the type of Shira that I.

149 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:22:54.529 --> 00:23:00.299

And there is the mode that I used easy access, taken down. I do it immediately.

150 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:23:00.299 --> 00:23:14.669

Okay, I have a an adult ADHD person who told me that what he and his wife, something that they did for themselves was put a sticky note in front of the coffee pot. So they knew.

151 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:23:14.669 --> 00:23:30.719

That when they, uh, wake up in the morning, they just have to press the button as you get ready and your coffee's brewing. So they leave it all done the night before. And in the morning there's a reminder about press the button and just keep going.

152 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:23:30.719 --> 00:23:43.499

Right so those are little things that we have to do for an person. So if you have a child and the child has some chores and expectations that you have for that child.

153 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:23:43.499 --> 00:23:48.329

And they just say that you want them to put their clothes in the hamper.

154 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:23:48.329 --> 00:23:54.389

So, they and they typically take their clothes off after school.

155 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:23:54.389 --> 00:24:00.269

In there in the bathroom or in the room, but the hamper is in the laundry area.

156 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:24:00.269 --> 00:24:08.279

Right now what happens then many parents tells me when they're in the bathroom. All of the clothes are right there in the floor in the bathroom.

157 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:24:08.279 --> 00:24:15.329

They don't, you could have tell them that they need to pick it up but because they don't have.

158 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:24:15.329 --> 00:24:21.749

The hamper, we're supposed to be close to their clothes close to where they are taking that close off.

159 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:24:21.749 --> 00:24:27.149

So, they forget, they get out of the bathroom, they're drug, and they just keep moving on. They really.

160 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:24:27.149 --> 00:24:33.689

Not intentionally they don't see it. It doesn't click with them at that moment.

161 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:24:33.689 --> 00:24:45.749

However, if you have a bathroom that you can have the hamper there close by to them and you have a little reminder there about.

162 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:24:45.749 --> 00:24:55.229

Close it goes in the hamper now they get out of the shower, they're getting ready, and they can pick it up and throw why they are in the hamper and then move on.

163 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:24:55.229 --> 00:25:12.839

So that's what it means with point of performance. So, again, if they take in the closing, the bedroom is there hamper in their bedroom? Please, don't hear me. Say that everything that I am talking about here is just a matter of just telling your kid once a mess.

164 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:25:12.839 --> 00:25:17.309

It no, this has to be taught and repeat it.

165 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:25:17.309 --> 00:25:25.979

All the time we have to repeat it over and over and over, and we need to tell ourselves to an adult.

166 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:25:25.979 --> 00:25:39.299

It's okay. It's not that they intentionally don't want to do something or they want to make me mad though. I have to stop my own thoughts and reactions and said it's okay. I just have to remind them.

167 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:25:39.299 --> 00:25:43.679

Instead of me going, it's like, how many times have I told you?

168 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:25:43.679 --> 00:25:58.499

That does not help, they just need a little reminder and eventually, as they do it on a with a consistent basis and the expectation is always there, they will develop the habit.

169 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:25:58.499 --> 00:26:08.189

Just going to add in here that for a person to create a new habit, they need to practice that habit for 30 consecutive days.

170 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:08.189 --> 00:26:14.189

You can read a lot about how to create a habit and people say it in.

171 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:14.189 --> 00:26:24.719
5 days you can do these in 15 days no. What happened that before the 30 day? Pretty much. Is they bring is getting a message like, huh?

172 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:24.719 --> 00:26:32.729
We are probably going to be putting in our closing the hamburger a daily basis, or apparently I'm brushing my teeth daily.

173 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:32.729 --> 00:26:41.249
Yeah, because it's expect it and he's reminded and we keep practicing daily and daily and day after 30 days.

174 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:41.249 --> 00:26:44.399
Then their brains start saying oh, okay.

175 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:44.399 --> 00:26:47.819
I got you, I'm brushing my teeth daily.

176 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:47.819 --> 00:26:52.229
Now, it will take 44 to 6 months.

177 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:26:52.229 --> 00:27:00.059
To develop that habit. So that's what I tell parents, patients and consistency.

178 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:00.059 --> 00:27:03.989
Because we're the 1st time, sometimes that we're so exhausted.

179 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:03.989 --> 00:27:12.149
That we just let a slide and that when we break that inconsistency in that structure, we're not helping our kids.

180 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:12.149 --> 00:27:15.269
Because their ADHD brain is like, oh.

181 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:15.269 --> 00:27:19.409
We're not doing this now. Okay now I can go back to the way it was.

182 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:19.409 --> 00:27:23.189
And that's not the message. So important.

183 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:23.189 --> 00:27:29.879
That we practice consistently that we put things at the level of point of performance for them to do.

184 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:29.879 --> 00:27:40.589
Now, it's important that we realize in here that we have to be really careful. We don't work and what we say and I think I painted at these already.

185 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:40.589 --> 00:27:45.239
But repeating things for our kids.

186 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:45.239 --> 00:27:48.749
That that they.

187 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:48.749 --> 00:27:51.839
No, they have done wrong.

188 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:27:51.839 --> 00:28:01.169
Is not helpful when I said that we have to reminder remind them. Excuse me for example hey, you close in the hamper.

189 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:28:01.169 --> 00:28:14.759
It's just a reminder that's it. Please because you close put it in the hamper and this is not a conversation. This is not about okay Thank you. Mom for reminding me that's not the appointment here at all.

190 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:28:14.759 --> 00:28:17.909
The pointing here is that.

191 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:28:17.909 --> 00:28:37.909
I just give them a little nudge a little reminder, so they can move forward and do what is expected and what we have already discussed, but telling them what they have done wrong. It just affects more their self esteem. It goes back to putting brakes in the brick walls that are not.

192 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:28:37.909 --> 00:28:57.359
Helpful we can be shaming them by accident and it's not our intention, but we're shaming them. We can be creating a lot of anxiety and concerns because they really want to please us to the best of their knowledge. And, and they want to follow through with things.

193 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:28:57.359 --> 00:29:05.129

But it's challenging and is difficult for them. So let's not tell them what they did wrong because they know it already.

194 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:05.129 --> 00:29:11.879

Okay, um, it's also to understand, and I said that we all make a mistake.

195 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:11.879 --> 00:29:16.499

And what we need to do is, how are we going to make it better?

196 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:16.499 --> 00:29:31.379

Instead of you failed your test because yesterday you didn't do your assignment. Like I told you, that you needed to study, you didn't do it. So you said, because you didn't study, you felt the test and now what you're going to do they know all of that.

197 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:31.379 --> 00:29:36.749

What we need to go is to, like, I noticed that, that you fail the test.

198 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:36.749 --> 00:29:40.529

What do you want to do different the next time? That's it.

199 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:40.529 --> 00:29:52.379

Tell them to think through what I need to do. That's the natural consequence is I really fail the test. You don't need to punish me anymore. I already know what happened.

200 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:52.379 --> 00:29:57.629

What I need to create is my next plan of action. What am I going to do differently?

201 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:29:57.629 --> 00:30:07.709

Here what you need to, and then we don't lecture.

202 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:30:07.709 --> 00:30:11.069

Mom and dad please, please, please.

203 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:30:11.069 --> 00:30:17.609

Don't let your kids sometimes we want to come with the great lessons that we know.

204 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:30:17.609 --> 00:30:37.609

But that's know what they want to hear and an ADHD person is just going to be staring at you, but thinking of something else thinking of what

they're going to do next, not listening to what we're lecturing about, or what we're giving them. So, when I was just charge your age, I was able to do this on my own. It just doesn't.

205 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:30:37.609 --> 00:30:41.999

Because your kids are not doing the things that you expect.

206 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:30:41.999 --> 00:30:53.729

Of them intentionally this is about I need to be trained. I need to be taught. I need to be shown consistently until my brain.

207 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:30:53.729 --> 00:31:02.549

Clicks and now please also understand that.

208 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:02.549 --> 00:31:19.229

I'd say every person in a different way, but affects children. Um, what I want to say is that every time that you create a plan of action children's grow, so, that plan of action of what you were doing, it was working doing the 1st, few grades of schools.

209 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:19.229 --> 00:31:23.549

Now that they are in 3rd and 4, you need to change a strategy.

210 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:23.549 --> 00:31:31.139

For now now that they are in high school, you need to change this strategy for them.

211 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:31.139 --> 00:31:40.979

And always remember that a child with ADHD and adult with ADHD are going to be 30.

212 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:40.979 --> 00:31:49.229

Um, behind their chronological age of their peers, until their brain is fully developed.

213 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:49.229 --> 00:31:53.939

And normally the brain is fully developed by the age of 2530.

214 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:31:53.939 --> 00:32:00.359

So, we keep that in mind when we're talking with our 10 year old, and we say you're 10.

215 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:00.359 --> 00:32:03.989

You're supposed to already know how to do this on your own.

216 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:03.989 --> 00:32:08.609

And you already diagnosed with ADHD and have challenges with executive functions.

217 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:08.609 --> 00:32:14.429

You know, okay, my child is acting more like a 5 or 7 year old.

218 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:14.429 --> 00:32:19.889

So, I have to have this strategies that are more appropriate for that.

219 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:19.889 --> 00:32:23.699

Age group that what his chronological age.

220 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:23.699 --> 00:32:33.569

Is 10 so important that we watch our vocabulary what we do here and that we start then reframing of words.

221 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:33.569 --> 00:32:39.329

Outcome you want to do better in school for the next.

222 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:39.329 --> 00:32:47.819

Test 1, do you want to turn in the project on time? The next time? What is it that we need to do?

223 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:47.819 --> 00:32:59.909

Why this is important to you and you can ask the right question about how come this is important to you. Instead of asking why necessarily some children.

224 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:32:59.909 --> 00:33:06.359

When we hear the word Y, it means implies that something is wrong.

225 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:06.359 --> 00:33:12.539

And I have to give you an explanation of why it's wrong. So, if you ask the question was.

226 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:12.539 --> 00:33:15.539

Wh, what would you like to do? Different.

227 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:15.539 --> 00:33:27.779

How come is a good way of also asking the question for them, but we need to reframe it. We need to change how we're saying things to them. And then.

228 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:27.779 --> 00:33:36.869

We still have to continue to look at strategies. So, what are the strategies before besides the point of performance?

229 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:36.869 --> 00:33:43.529

Um, so all those strategies that I want you to be aware of is knowing.

230 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:43.529 --> 00:33:50.759

That we need to create an awareness, we need to help them recognize what.

231 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:50.759 --> 00:33:54.779

You are doing and you are not doing.

232 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:33:54.779 --> 00:34:00.209

Going through your homework and I'm sitting on my desk and I'm coloring.

233 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:34:00.209 --> 00:34:14.039

That's what I'm doing. What I'm not doing is my homework. So, 1st is creating that awareness that they did. You notice that you coloring and you're not doing your homework.

234 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:34:14.039 --> 00:34:28.289

Got it okay. Create that awareness once they create the awareness, you need to figure it out. Okay so there's a little bit of avoidance. Here. They're coloring is that I'm doing the homework so it's like, okay.

235 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:34:28.289 --> 00:34:37.589

You now recognize it forgive you said that you are not doing what you're supposed to do is, okay, what is it that we need to do? How do we move then?

236 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:34:37.589 --> 00:34:44.459

Do that homework and at that time is asking the question what do you have for homework?

237 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:34:44.459 --> 00:34:48.659

If they just stare at, you said, okay.

238 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:34:48.659 --> 00:34:57.389

Let's take the things out of your backpack. Do you have any place that you wrote down the assignments? No. Do we look on line?

239 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:34:57.389 --> 00:35:05.699

In today's world technology is in all the schools that typically they have is, um.

240 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:35:05.699 --> 00:35:10.949

System in which they log on, and that's where they can see all the assignment is given to them.

241 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:35:10.949 --> 00:35:24.239

Okay, so there's no written that on paper. That's totally fine. Do we know how to log on? Do we know how to go and see what assignments I have and I'm doing that with them. Let's look at your assignments.

242 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:35:24.239 --> 00:35:27.989

I'm not doing things for them.

243 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:35:27.989 --> 00:35:34.799

I am there with them to teach me if I need to to help them to clarify, but they're doing them.

244 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:35:34.799 --> 00:35:41.399

They are logging on they're the ones looking to what class? What assignment I have to do.

245 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:35:41.399 --> 00:36:01.399

And this is, when you start develop those strategies with them and say, so what works for you right now I see that says, in here that you have math homework, and you need to do problem 1 to 10. did you remember that? Did you need to write it down here in a piece of paper and you map noble and right there do problems.

246 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:01.399 --> 00:36:07.559

10, do you know where the problems are, but you have those worksheets? What where is the information.

247 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:07.559 --> 00:36:11.819

And you asking the questions and helping them.

248 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:11.819 --> 00:36:20.519

To find it, where is that information for me to do? Once you look at all of the assignments that they have.

249 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:20.519 --> 00:36:23.669
And he's clear, then you ask.

250 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:23.669 --> 00:36:43.669
Where did you want to start with what assignment is important to you or what assignment is easier? Or do you want to start with the most difficult? I again they varies from person to person, but that's part of the struggle. You're creating that process that they.

251 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:43.669 --> 00:36:48.779
Understand that when we said, hey, it's time for you to go into your homework.

252 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:36:48.779 --> 00:37:00.029
They know what that means what is every step of the way what they have to do, but we have to do it with them. So we can train them. We can model for them.

253 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:37:00.029 --> 00:37:06.329
We need to make sure that they have everything that they need in that environment.

254 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:37:06.329 --> 00:37:14.579
Area where they're going to do their homework do I have all the materials? Do I have a.

255 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:37:14.579 --> 00:37:32.429
Timer do I have a calendar do what is it that I need around me? And how do I use those tools when I am providing when I'm doing my my homework, another strategy is teaching how to use a timer.

256 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:37:32.429 --> 00:37:52.429
This is very important, because it's very visual and kids needs to learn. That time is passing. So, what else can I do there? What other you know, if I'm going to have 15 minutes and I'm going to work for 15 minutes, I can see the timer. I can see the time passing. I can also learn.

257 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:37:52.429 --> 00:37:57.599
Okay.

258 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:37:57.599 --> 00:38:05.099
That's pretty good 50% of the time. So now I know that when I have Tim problems, I might need.

259 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:38:05.099 --> 00:38:08.819
25 minutes to 30 minutes to complete the whole thing.

260 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:38:08.819 --> 00:38:28.819
So, now, I'm starting to understand time passing. I'm starting I'm learning to estimate how long something is going to take. So, using a timer is really good for an ADHD person and there's many, many different kinds of timers that you can use the 1. that is that you just turn it around.

261 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:38:28.819 --> 00:38:45.390
They hear the, the, the noise of the timer, there's some that are visually in the sense that they have a red mark and when the red is disappearing, they know their time is off. There's many, many, many different type of timers that you can use. Also.

262 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:38:45.390 --> 00:39:00.750
Is do we need to have few cards reminder cards around me? Like, what's the process when you ask me to do homework? I have it all spelled out written by point that I can go and read it and I know exactly what I need to do.

263 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:39:00.750 --> 00:39:10.170
And then we are just there to support them. Also you need to know does my child needs someone.

264 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:39:10.170 --> 00:39:16.440
Close by of does my challenge is someone seating by them.

265 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:39:16.440 --> 00:39:27.090
There's a difference. So, is that supervision that it is then that I can see that they're working? Or do they need someone pressing physically sitting next to them?

266 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:39:27.090 --> 00:39:32.610
If the case is that I need to sit down next to my child to do homework.

267 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:39:32.610 --> 00:39:36.240
That's when I have to become very creative, it's like, wow.

268 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:39:36.240 --> 00:39:40.470
Many of us as parents have many different roles at home.

269 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:39:40.470 --> 00:40:00.470

So, if my child is going to sit down and do homework, and I need to be next to him, what else can I do sitting next to him? Where does he has to sit in order for me to be a close proximity? Do I want him to do the homework in the dining area? Because I'm starting to make dinner and I can.

270 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:40:00.470 --> 00:40:07.140

Be closer to him there or do I want him to do it in the living room?

271 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:40:07.140 --> 00:40:27.140

And I will sit there at the table, and I will do some other work that I need to do, pay my bills, do something else what they're doing their work. So we have to become very, very creative on what else to do. So this is some of the strategies that you can use ticket consideration as well that some kids do.

272 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:40:27.140 --> 00:40:39.360

Very, very well with music with other sounds around them. Sounds can help them to block all the destruction and be able to concentrate.

273 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:40:39.360 --> 00:40:46.140

This varies from person to person. I kept repeating that because it's important to know that parents will say.

274 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:40:46.140 --> 00:40:54.000

Oh, my God, I cannot do anything like that with other music in the background that's distracting to me. Well, that's to you.

275 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:40:54.000 --> 00:41:00.420

What works for your child? Sometimes their children that needs to really.

276 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:41:00.420 --> 00:41:08.820

Um, diffuse a lot of the noise background noise around them. So they were headphones that had no music. No, nothing.

277 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:41:08.820 --> 00:41:18.240

Just headphones that helps them to concentrate more and to listen to you their own inner voice as they're doing.

278 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:41:18.240 --> 00:41:29.640

The work, so again, it's fine. That is my Charlie's having problems in school.

279 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:41:29.640 --> 00:41:49.640

Is to look for the services for them what do they need in school and what are the strategies school can use for them while they're in school and which I can bring home and use at home if they are working in school. And vice versa is something works really well at home. What can we do to take it.

280 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:41:49.640 --> 00:41:54.870

School, so they can use the same strategy in the school kids with.

281 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:41:54.870 --> 00:42:08.280

Adhd, and that needs to be able to do what we expect them to do, have to be taught and train and part of doing this also is by teaching them study skills.

282 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:08.280 --> 00:42:16.500

Organizational skill how they manage their time, how they can really plan and prioritize.

283 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:16.500 --> 00:42:19.530

Those skills have to be taught.

284 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:19.530 --> 00:42:38.010

And he's yeah, and once we understand what takes all these hormones that takes for us to be able to feel motivated, we also can create a plan on.

285 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:38.010 --> 00:42:41.760

How much I'm going to help my kid on a daily basis.

286 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:41.760 --> 00:42:49.380

Because I talked about the oxytocin and the Charles and the physical touch, we need to be hard. We need to be touched daily.

287 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:49.380 --> 00:42:56.430

So, how much of that can I do? I don't think that you're not doing it, but hey, can we increase a little bit more? Yes.

288 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:42:56.430 --> 00:43:16.430

How much activity I can incorporate with my son, so they can really have some exercise and really build some of that endorphins in their body. What else can I do an extra curricular activities or what can I invite him? I am the responsible I creating the opportunities.

289 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:43:16.430 --> 00:43:21.030
For them so how would I do that? So if we.

290 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:43:21.030 --> 00:43:24.900
Are very clear on how.

291 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:43:24.900 --> 00:43:35.010
We can build the neurotransmitters that they need the hormones that they need. We can create activities and plan for them to do that. And that's going to include with.

292 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:43:35.010 --> 00:43:53.340
The motivation as well. So this is some of the strategies, some of the ideas that you can use in order to help you child develop the strategies develop the skills that they need and for them to be able to know that they can do what they intend to do. Because they know.

293 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:43:53.340 --> 00:44:01.080
What to do for themselves? I'm going to stop here and take all of your questions and things like that.

294 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:44:05.130 --> 00:44:14.940
Thank you so much. We are now open for questions in slide format. Please go ahead. And for your questions.

295 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:44:30.656 --> 00:44:37.320
So, I'm going to make a comment here, Dana, about this message that they put there.

296 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:44:37.320 --> 00:44:44.340
Yes, I am a licensed therapist, my specialties executive, functioning, um.

297 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:44:44.340 --> 00:44:54.960
Do you have my information in if we can be a provider for you? For some reason? Yeah. Please reach out to see where the best or not. Um.

298 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:44:54.960 --> 00:45:00.750
And you can either email us to either the 2 emails addresses that we have.

299 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:45:00.750 --> 00:45:05.100
Uh, in the slides that you have.

300 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:45:05.100 --> 00:45:20.640

And then also, as I mentioned earlier to check benefit information and that sort of thing, you can always get assistance by calling the number on the back of your insurance card.

301 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:45:20.640 --> 00:45:29.250

Yes, please, don't with insurance. Does that may have services? I think that you can talk and find out what your benefits are.

302 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:45:29.250 --> 00:45:34.320

And use your benefit. That's very important. Yes.

303 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:45:48.960 --> 00:46:08.960

And I do have a question about the recording being available for reference at a later date. You can always reference these presentations. They will be on my signature com, children and awareness series. I will put the link in the chat. So everybody knows.

304 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:46:08.960 --> 00:46:16.479

To go if they want to get the handout.

305 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:46:20.820 --> 00:46:25.950

And just the comment that was made here that this has been extremely helpful.

306 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:46:25.950 --> 00:46:42.240

Thank you and then there's also a question. What do you know about the relationship between ADHD and.

307 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:46:42.240 --> 00:46:50.730

In, uh, in your roosters I think I can I spell that. I don't think I pronounced it correctly. It's spelled E and.

308 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:46:50.730 --> 00:46:53.940

E. U. R. E. S.

309 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:46:58.538 --> 00:47:08.640

I'm not sure that I know what that is. Uh, not I'm trying to make sure.

310 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:47:08.640 --> 00:47:14.190

That I know what that is. If you give me a moment, I.

311 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:47:14.190 --> 00:47:17.190
Sometimes me just a reminder, but.

312 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:17.190 --> 00:47:23.670
Is that universe.

313 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:23.670 --> 00:47:27.750
You know, races I don't find and.

314 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:27.750 --> 00:47:35.503
You said, and you E. N. E. U. R. E. S. I. S.

315 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:35.503 --> 00:47:44.940
So, if his union raises that does the medical term utilize it if we got the correct.

316 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:44.940 --> 00:47:49.350
Term that that is when a person has problems, um.

317 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:49.350 --> 00:47:53.580
Um, been waiting and things like that. Um.

318 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:47:53.580 --> 00:48:04.380
And there there is a correlation, so maybe will do that but I will not say that that goes hand in hand. It it varies. There's different reasons why.

319 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:48:04.380 --> 00:48:07.950
An individual has is better wedding.

320 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:48:07.950 --> 00:48:21.990
In that sense, and there's a little bit more of an interview that has to happen with the clinician that he's working for them. And also, because it's a medical diagnosis with the medical team, the doctors, uh, specifically.

321 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:48:21.990 --> 00:48:27.900
I'm sure if I answer that question. Exactly. If I interpreted what they were trying to.

322 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:48:27.900 --> 00:48:34.350
Uh, specifically, but not all children's with ADHD have.

323 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:48:34.350 --> 00:48:45.098

Okay, thank you. And our next question is, how can I best support my older child with his ADHD, as he begins his 1st job.

324 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:48:45.098 --> 00:49:04.940

Wow, that's incredible. And let me say that everything that I talked in here before, uh, other, you know, even that I mentioned it to be for children and Allison's these many of these strategies and all that. Do you have you can incorporate also for an adult however, this when we have a.

325 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:49:04.940 --> 00:49:24.940

A doll, or not a lesson that came taking it off. This is when we more need to ask them, what did you understand about your and what is it that you need asking them? The question on how to support them as a parent myself when adult with ADHD and in the workforce.

326 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:49:24.940 --> 00:49:33.480

Many, I knew my worries. I know my child so I knew what worries I had when they started working, but then I was like, more asking.

327 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:49:33.480 --> 00:49:53.040

So, are you going to make it? Don't tell me, what's your plan to to be on time of work? Did you have a plan already in place for you? When I knew that there were some challenges, specific areas of challenges. I just ask, how can I support you? What do you need.

328 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:49:53.040 --> 00:49:57.210

Sometimes, it's about how to create relationships with the.

329 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:49:57.210 --> 00:50:04.260

Employer the CO workers, so that's our concern is really being honest with our kids and say, hey.

330 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:04.260 --> 00:50:09.060

You know, I worry about this. I know it's my worries, so I'm going to own it.

331 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:09.060 --> 00:50:12.780

But what is it that you need for me to support you?

332 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:12.780 --> 00:50:16.680

I think that the communication between our.

333 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:16.680 --> 00:50:30.840

Adult children and Austin needs to continue to improve, and we depend on what they need and see, and if they are not ready yet, we just have to give them the space.

334 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:30.840 --> 00:50:36.420

Do you know that they can come to us to ask us any questions that we can be supportive?

335 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:36.420 --> 00:50:48.840

And we need to allow them to experience sometimes spelling is okay, but we just have to ask the questions ahead of time and start by saying, hey, it's your 1st job.

336 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:50:48.840 --> 00:51:03.390

You know, how can we support you to start to job? Right you know, how can you be successful here? What did you want from us? You know, what questions did you have about going to your 1st job?

337 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:51:03.390 --> 00:51:06.450

Well, that helps a little bit there.

338 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:51:10.020 --> 00:51:28.096

Excellent, thank you. And somebody else that had addressed, uh, older children, having an overactive bladders. So we'll pull up that night. I think that's kind of correlated with the question that we did address earlier about the annual releases.

339 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:51:28.096 --> 00:51:36.090

Yeah, then I lost you a little bit there. I could not understand what your worst were. Not clear for me. Can you repeat that again?

340 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:51:36.090 --> 00:51:51.132

Oh, sure somebody had also mentioned about older children who have an overactive bladder and still we're pull ups at night. Did that. I think that's kind of a correlation to the question that you addressed about the.

341 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:51:51.132 --> 00:52:11.570

Yes, yeah, okay. And again, because that's a medical condition is really, really important to have the conversation with the doctor when you have an overactive bladder like that, then you also have to know when am I consuming drinks when my drinking and because if you know that.

342 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:52:11.570 --> 00:52:16.620

The 9, you're going to be waking up so much you might have to cut.

343 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:52:16.620 --> 00:52:23.220

Any intakes of drinks at a specific time so you can slip through the night. Um.

344 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:52:23.220 --> 00:52:30.480

But you also have to make sure that you hydrating yourself during the day appropriately. So I will have this conversation with.

345 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:52:30.480 --> 00:52:46.560

With the doctor, and make sure that we are putting in place all the strategies for that specific disorder. And if they see that is very connected with the ADHD, then whoever is.

346 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:52:46.560 --> 00:52:58.410

If there's just like Congress following up for their ADHD or mental health, professional that follows for the ADHD, then I will try to bring the whole team together and talk about what else can we do here?

347 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:52:58.410 --> 00:53:05.460

Um, because I don't care that much for adults. I'd see them as 2 different.

348 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:53:05.460 --> 00:53:09.810

Um, challenges, physical challenges that they have.

349 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:53:09.810 --> 00:53:27.550

Great, thank you. And our next question is, if a child does well, in school has healthy relationship, and behavior is not causing unsafe situations should I bother getting her evaluated diagnosed?

350 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:53:27.550 --> 00:53:32.580

Interesting I always believe that, um.

351 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:53:32.580 --> 00:53:40.410

I have my intervention is going to be about how is this job like, being affected.

352 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:53:40.410 --> 00:54:00.410

At this moment, so if they have challenges in school, then I want to manage that. I want to figure out what is that we need to do, because I look at things kind of like, from the behavioral perspective, if it's

emotional or how I'm acting out, you're saying that your child is non demonstrating.

353 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:54:00.410 --> 00:54:20.410

Any challenges at all in this in that environment of the school. So then I look am I having any challenges at home or in outside the home? Any extra curricular activities and in the social club that I belong to, or something? Is there something happening there?

354 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:54:20.410 --> 00:54:43.010

If there's nothing happening, and I'm not getting complaints from others, and let's make a difference that we parents can tolerate a lot. So, maybe I don't see a problem as a problem in my household. But no, l else outside. My household can tolerate my child. I can do so, if other people are making comments about their behavior, I.

355 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:54:43.010 --> 00:54:53.520

I need to put attention to that and see what's happening, but if there's nothing going on, there's no need to get a diagnosis. That's my own really personal opinion. I don't.

356 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:54:53.520 --> 00:55:00.360

See, what what I get a diagnosis if I understood the question correctly and everything is good.

357 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:00.360 --> 00:55:05.220

Then now, don't, don't look for it I notice is at all.

358 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:05.220 --> 00:55:15.150

Okay, we do have time for just maybe another question or 2. so, next 1 is.

359 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:15.150 --> 00:55:23.679

What is the best way to help a teenager with ADHD who isn't receptive to it?

360 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:23.679 --> 00:55:28.230

So Here's a heart, so I'm going to admit that very, very hard.

361 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:28.230 --> 00:55:33.000

And it starts 1st to see how can I create an awareness.

362 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:33.000 --> 00:55:39.420

Do there are really aware of the challenges that are being reported.

363 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:39.420 --> 00:55:46.410
Because this is the age where they want to be independent, they want to make their own decisions.

364 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:46.410 --> 00:55:53.670
And depending on how all this adolescent is, if you always remember what I mentioned about this.

365 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:55:53.670 --> 00:56:05.550
It's 30% behind the Chronicle logical age of the peers that means 3 to 5 years behind their current legal age. So, if you said 13.

366 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:05.550 --> 00:56:12.330
You're really working with a 10 year old. If you say 15, you're working with kind of like.

367 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:12.330 --> 00:56:18.870
12 year old, so, keep that in mind to know. Okay. They're not ready yet.

368 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:18.870 --> 00:56:22.500
To make those changes, adolescence takes a lot of.

369 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:22.500 --> 00:56:31.350
Compassion and providing information and me as the parents being very, very calm.

370 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:31.350 --> 00:56:42.990
Because we are the ones receiving that feedback from school from anybody that thinks that he's not doing at home or school and I'm the 1 getting very emotionally trigger.

371 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:42.990 --> 00:56:46.710
So, I have to know us in pairing. What do I need to do for me.

372 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:46.710 --> 00:56:51.870
To to remain calm and find out and then teach my child. 1st.

373 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:51.870 --> 00:56:54.900
Are you aware of this is happening?

374 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
00:56:54.900 --> 00:56:58.110

And I know the keys are going to say, I don't care. I don't care.

375 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:56:58.110 --> 00:57:05.400

Well, is because they don't see the connection 1st about between their behavior and the consequence.

376 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:57:05.400 --> 00:57:13.410

So, he's having that conversation, making sure they have a good therapist that they can talk to that they can trust.

377 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:57:13.410 --> 00:57:17.520

And I know that many kids that Alyssa don't want to go to therapy.

378 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:57:17.520 --> 00:57:31.260

It has to be someone that understand ADHD very well. So just baby steps is really providing information really creating some. Sometimes creating a reward system is really important.

379 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:57:31.260 --> 00:57:38.310

And we can do that, and that's not buying things for them. There's many many rewards that we can create with our kids.

380 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:57:38.310 --> 00:57:44.640

And let's remember that our children, including on a lesson they just like to spend time with parents and adults.

381 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:57:44.640 --> 00:58:04.640

And if we start incorporating that as a reward for them, and not as a condition, okay, I was going to lock my kid and be there for them. But if I know that they want to spend a little bit more time with me, playing a specific board game, or doing a puzzle, or listening to music, or going for a walk, I'm going to try to.

382 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:58:04.640 --> 00:58:08.610

Do that and incorporate as a reward system for that?

383 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:58:08.610 --> 00:58:23.352

Hopefully, that helps you. Great. Thank you. And I just have a question. We'll say we're not going to be able to get all the questions. Would the questions can they forward to your email to ask.

384 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:58:23.352 --> 00:58:36.360

Yes, please. Okay. Fantastic. All right. So I want to thank everyone so much for attending and thank you for providing such wonderful insights on this topic of ADHD.

385 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:58:36.360 --> 00:58:46.830

And if you would please complete our exit survey, this would be much appreciated. It will be in the final. And, uh, in the vital on the right hand side of the presentation.

386 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:58:46.830 --> 00:59:06.830

And if you have specific questions about any of the topics discussed today, or if there is insurance coverage for services, please call again, the number on the back of your insurance card, and our next presentation will take place in January of 2024. there will be information.

387 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:06.830 --> 00:59:11.490

Presentation, and who will be presenting at the.

388 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:11.490 --> 00:59:23.731

Dot com, children and awareness theories and you can find that information there. So just want to thank you all for attending and have a very great day. Thank you. Thank you.

389 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:23.731 --> 00:59:35.733

Thank you all okay. Anything else.

390 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:35.733 --> 00:59:50.656

No, I was just waiting he said, okay, we need to talk about what happens. Yeah, absolutely. I don't know if you saw it in the slide, but there were several comments about how helpful your information was.

391 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:50.656 --> 00:59:56.100

No, I wasn't they want to see it. I, so just the 1 that pop up that I.

392 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:56.100 --> 00:59:59.940

Responded but okay. Yeah.

393 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

00:59:59.940 --> 01:00:06.710

So, if you want me to just kind of go through those and let, you know what they said, I can do that. Um.

394 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

01:00:06.710 --> 01:00:13.350

Love to hear so yeah, so thank you for all the information. Very helpful.

395 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:00:13.350 --> 01:00:28.050
Great information. Just Thank you. That was a lot of good information.
This information is so helpful. Thank you very much. This has been
extremely helpful.

396 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:00:28.050 --> 01:00:32.010
Thank you so much very helpful.

397 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:00:32.010 --> 01:00:48.120
So, I just wanted to let, you know, that people were very receptive and
happy to have you share this information and the way you broke that down
into defining the way that the child perceive.

398 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:00:48.120 --> 01:00:55.050
Um, the failure and the brick wall, I think a lot of parents are
somewhat.

399 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:00:55.050 --> 01:01:15.050
Probably taken aback by that, because I worked, I'm in case management so
I work with parents all the time about children that are dealing with
ADHD. And a lot of the conversation is more about the child, not being
able to follow through and all the way you made the connection of why
that is.

400 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:01:15.050 --> 01:01:20.040
And how you can approach the strategy of, you know, letting them.

401 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:01:20.040 --> 01:01:25.020
You know, sitting down and giving them the place to start, because they
honestly do not know.

402 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:01:25.020 --> 01:01:32.088
Yes, so this was put together very, very well. I really thank you. I
learned a lot about the diagnosis.

403 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:01:32.088 --> 01:01:36.210
Thank you. Thank you. Thank you anytime. Yeah.

404 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)
01:01:36.210 --> 01:01:48.473
Yeah, so I will go ahead and let them the other question that we didn't
get a time for was just 1. so I'll private message them with the way that
they can contact you and get an answer for.

405 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

01:01:48.473 --> 01:02:03.030

Perfect that works. All right so feel free. We are open for presenters in 2024. you'll probably get an email from me sometime next year and we would love to have you back.

406 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

01:02:03.030 --> 01:02:21.013

Thank you anytime, you know, shoot me that email and I will look at what you have available and when I'm available, we'll work it out. Perfect. I will go ahead and contact you in the next year and have happy holidays and enjoy the seventies when they show up.

407 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

01:02:21.013 --> 01:02:28.260

Hello okay. Yes, thank to. You have a good 1 Thank you for being here today.

408 "Dulce Torres, LPC-S, BCC, ACC" (2892064000)

01:02:28.260 --> 01:02:43.224

Thank you. Bye. Bye.