

ADHD Focus: Tools and Techniques

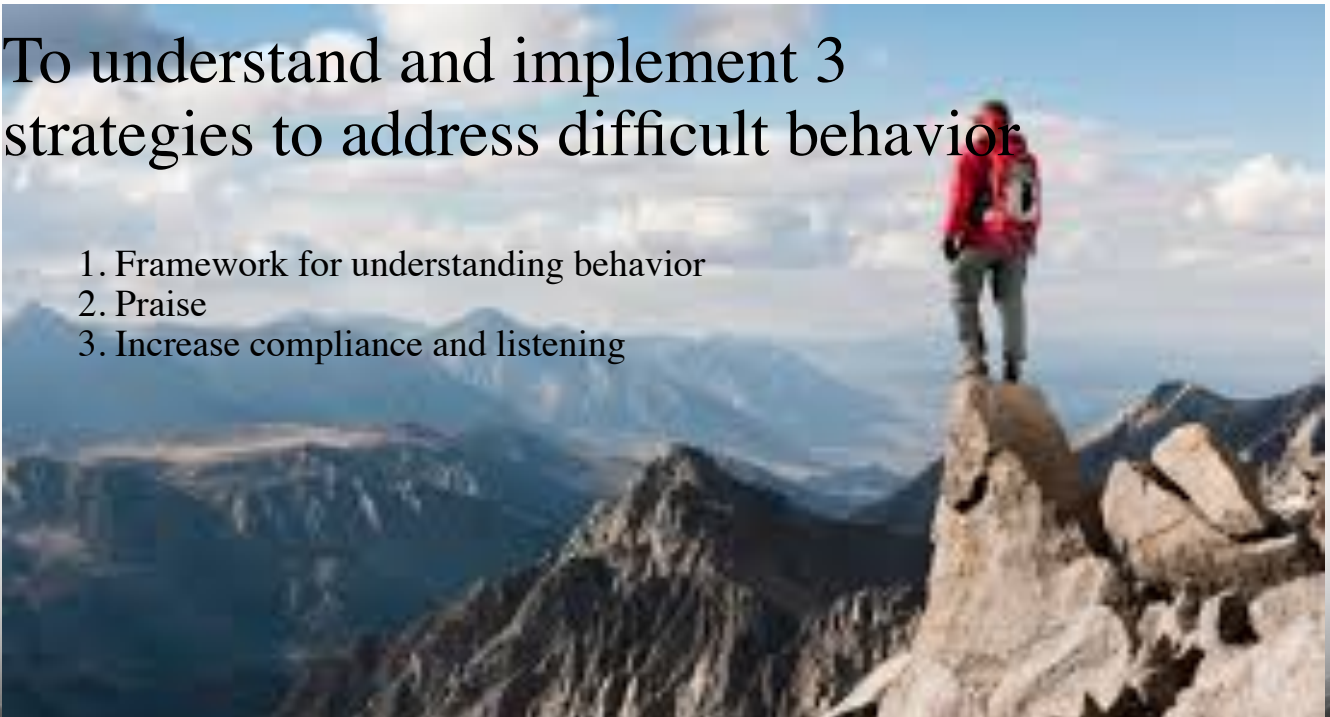
Yitzchak Goldberg, Ph.D.

April 28, 2015

OBJECTIVES

To understand and implement 3 strategies to address difficult behavior

1. Framework for understanding behavior
2. Praise
3. Increase compliance and listening



UNDERSTANDING THE DANCE



**BECOME A
DIAGNOSTICIAN**



FUNDAMENTAL ATTRIBUTION ERROR



FRAMEWORK

C: CHILD CHARACTERISTICS

A: ATMOSPHERE

M: MANAGER'S
CHARACTERISTICS

P: PARENTING

CHILD CHARACTERISTICS

- IMPULSIVITY
- ANXIETY
- ATTENTION
- MOOD
- SOCIAL COMPREHENSION



ATMOSPHERE

- FINANCIAL STRESS
- SIBLINGS WITH DISABILITIES
- ILLNESS
- MARITAL DISCORD
- OCCASIONS

MANAGER'S CHARACTERISTICS



PARENTING

- POSITIVE REINFORCEMENT
- NEGATIVE REINFORCEMENT
- INTERMITTENT REINFORCEMENT



REINFORCEMENT

POSITIVE REINFORCEMENT



NEGATIVE REINFORCEMENT



INTERMITTENT REINFORCEMENT





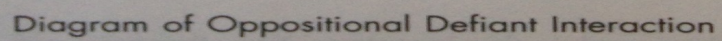


Diagram of Oppositional Defiant Interaction

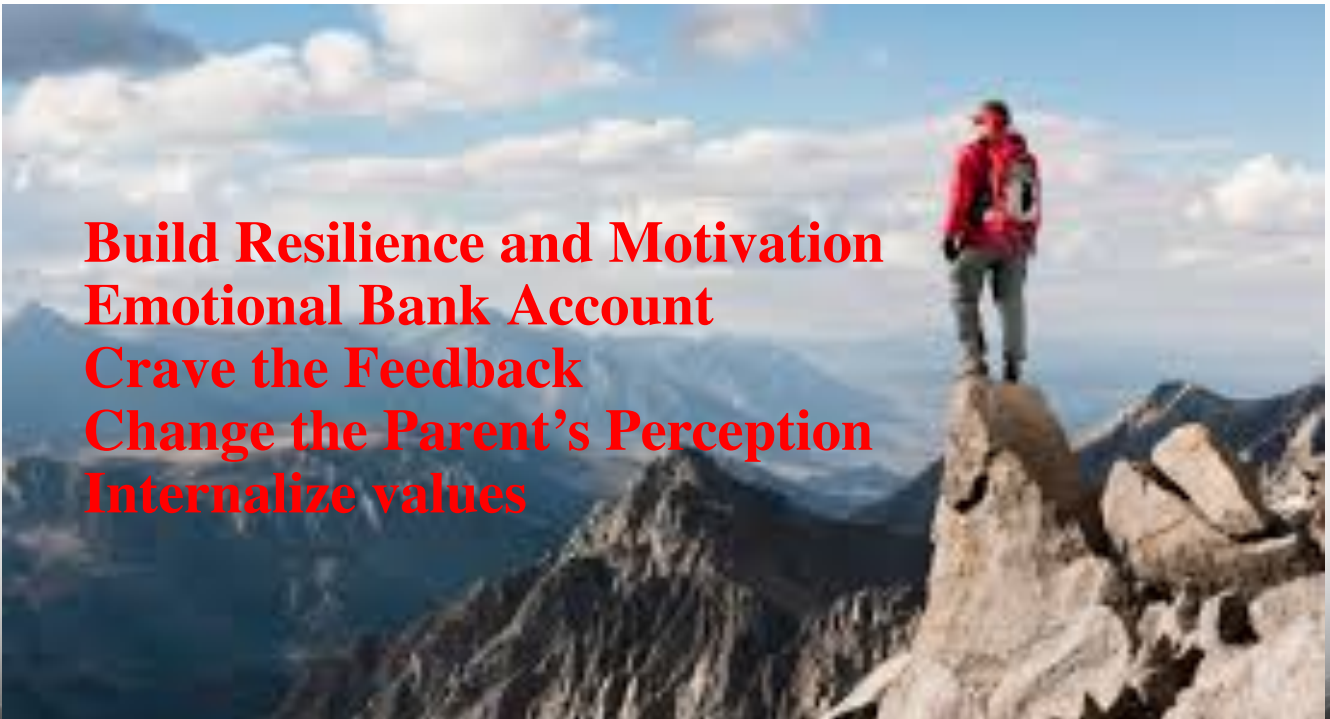
SUMMARY

The background of the slide features a landscape with a range of mountains under a clear blue sky. The foreground is dominated by dark, layered, wavy shapes that create a sense of depth and movement, possibly representing water or a stylized ground surface.

Why is Praise important?

Goals of Praise

- **Build Resilience and Motivation**
- **Emotional Bank Account**
- **Crave the Feedback**
- **Change the Parent's Perception**
- **Internalize values**



IDEAL FORMULA FOR PRAISE

**SPECIFIC BEHAVIOR + EMOTION + VALUES =
EFFECTIVE PRAISE**

PRAISE DRILL

- The child is the expert and you are the observer
- Arrange a specific time you will be playing together.
- Choose a time that you will be calm and emotionally available.
- Narrate the play like a broadcaster (better for younger kids)
- Praise as the play goes on
- Be specific
- Body language: Proximity, tone of voice, smiling
- Ideal activity is something they teach you

BE CAREFUL

- Judgmental praise
- Having to go somewhere
- Competition
- Video games
- Commands or questions

OUTCOMES

1. Improve the skill of praising

- specific
- frequent
- positive

2. Higher quality praise

- Child will crave the praise
- Feel better about abilities



SUMMARY

GOALS OF EFFECTIVE COMMANDS

Increase compliance
2. Child's self-perception



DO'S & DONT'S

- Be firm, straight to the point and mean it
- Make sure you have your child's attention
- Stay present in the environment
- Control for selective attention and working memory
- Give one command at a time.
- Do not say please or thank you
- Do not make it personal.

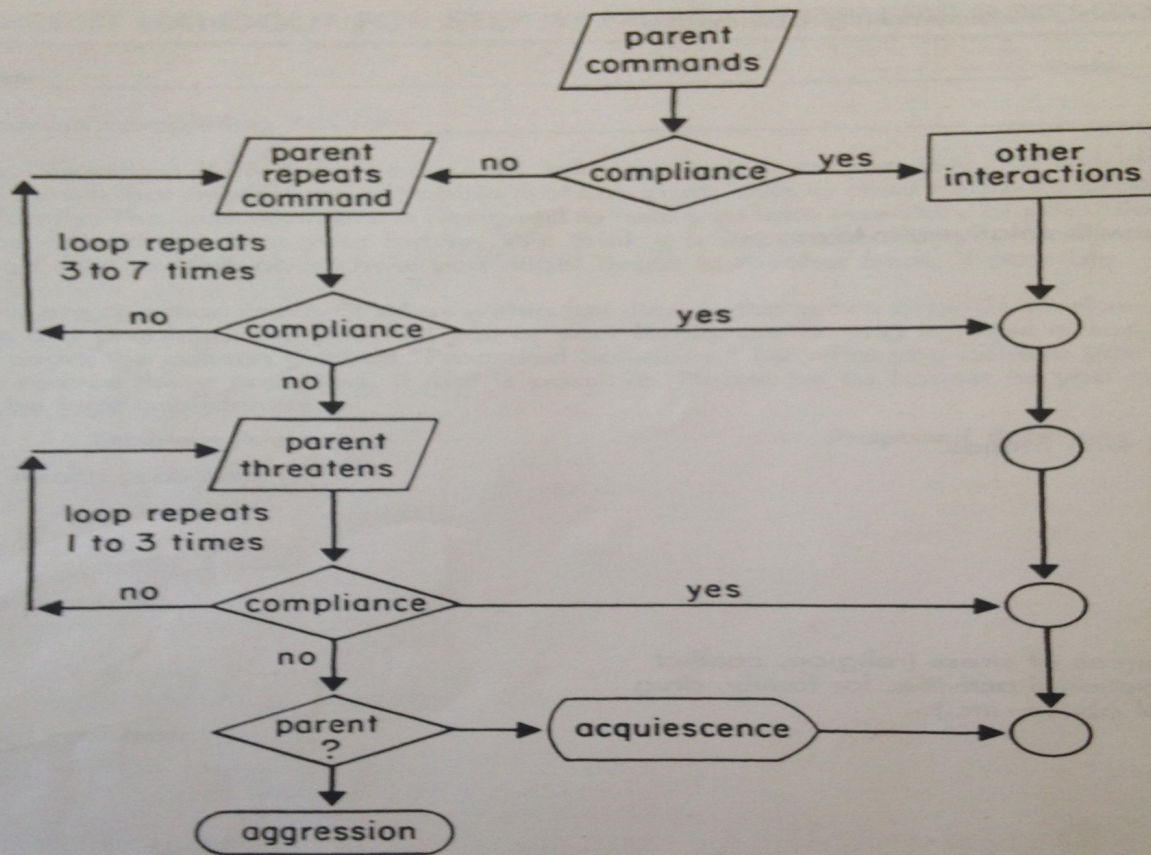


Diagram of Oppositional Defiant Interaction

CWC TECHNIQUE

Command 5-4-3-2-1

Warning 5-4-3-2-1

Consequence

SUMMARY