

# The Truth Behind ADHD

*Symptom Free Ezine*

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## A Note From Rory

Dear Reader,

I first want to welcome all of our new readers. We have seen a great response to the ADHD Strategy Series, and we are so honored you have joined us in this special mission. For those of you who might be asking the question, "**Who is Rory?**" - I'd like to share that with you.

I am a stay-at-home father who also just happens to work as a therapist and ADHD coach. I turned to the Internet to reach a wider audience at the suggestion of a former client's mother. Like many clients, she said that there just wasn't enough information being shared about ADHD, children, and parenting... "I don't get the answers I am looking for," she told me. Having been a part of the healthcare system, I felt the need to respond.

There's more to it of course, but I don't want to make this about me. This newsletter is about you - it's about the children, and it's about ensuring that this message reaches the right people. It's about parents and educators having a source to turn to who will respond with action and provide information that just doesn't seem to be getting out there in books, lectures, and other formats.

It's a hands-on approach where I invite you to share your stories, to express your experience with children, and a venue to ask your questions. (**See below**).

I'll "see you" next week when we kick off [The ADHD Strategy Series](#).

*Rory Stern, PsyD*

<http://www.theADHDparentsmovie.com>



## Featured Article

# One Boy Takes The Weekend Off A Case Study - Part I

By, Dr. Rory Stern

This week I want to take a different approach with our 'featured article.' I thought perhaps that together we could look at a boy who has so much potential, who shows so much promise and creative expression, yet he does not apply himself at all. I'll ask one question before we get started:

### **Is it ADHD or is it something else?**

Today is about an 11-year-old boy who came to my office with a diagnosis of ADHD. According to the referral, he was struggling in school and not following through on his work or commitments. He had been previously diagnosed with ADHD and was taking ritalin to treat his symptoms.

When I scheduled the first appointment, his mother suggested that I review his old chart (having been a previous patient at the clinic). I let her know that I would review the chart, but that I also like to get a fresh start with my patients - an unbiased perspective if you will.

When I sat down with his boy and his mother, I quickly learned why she had asked me to review the chart. The woman identified as "Mom" was actually not his mother at all. She was instead a distant relative whom he had grown to call "Mom" because his biological mother was "more like a sister to him." Without getting too much into detail, this boy's mother lost custody, but lived in the same home as where he was now being raised.

As the discussion continued, I soon learned that - let's call him Jim - was a very bright boy who did not apply himself in school. He did not like school, or I should his academic classes, but he did enjoy the socialization with his peers. According to both him and "Mom," he did very well on tests and quizzes, but he did not participate in class nor did he turn in his homework.

In talking specifically about his ADHD diagnosis, I learned that he only takes his medication M-F for the purposes of helping his focus and attention while at school. And yet despite taking his medication, he still appeared to be disconnected and distracted throughout the day. Oh - and I almost forgot - during the intake process, this boy was about as focused as I have ever seen. He was not fidgeting - he made excellent eye-contact, interacted freely, and was very well-mannered. About the worst I saw that day (and in subsequent visits) was a boy who liked to twirl his hat.

**Sidebar:** I don't know about you - but I found this to be a little odd.

Over the course of our work, very rarely did we talk about school. It was not for a lack of trying or an interest to explore what was going on. Instead, here was a boy who clearly stated - Saturday's are my time - I don't talk about school and I don't think about school.

What did he talk about then?

Most Saturday mornings started with a blow-by-blow account of the prior week's wrestling matches. I don't think I can recall ever getting such detailed and perfectly scripted accounts of an event. The storylines were meticulous, and I was even provided with historical references and data related to each character's plotline.

Even if I had time or the interest to watch professional wrestling - I wouldn't need to because of the passion this boy had for his favorite show.

### **Do you have thoughts about what is going on?**

[Let me know](#) - I'd like to involve you with this process. Perhaps you have ideas or additional questions about what is going on.

Next week I will share my thoughts and process with you...

## **News & Events**

### **Announcing the ADHD Strategy Series!**

You DON'T want to miss this event. Our speakers are going to get really personal here and give you information and strategies that you can begin using immediately. We are talking **strategies** here... Real strategies from real advocates in the ADHD community that will help you start to experience a difference in your child's life, your life, and in your family's life - starting today!

[Real strategies, real people, real solutions...](#)

PS - You are also the **first to know** - the first to find out - that our [ADHD Support Network](#) on Facebook is going to be an integral part of the ADHD Strategy Series. You are going to be able to interact with other attendees and some of our speakers a on Facebook is going to be an integral part of the ADHD Strategy Series. You are going to be able to interact with other attendees and some of our speakers as well.

## **Questions**

### **Do you have questions?**

If you are struggling to get the answers you need... the answers that will make a difference for your family and your child(ren), then **wait no more!** As a valued reader and subscriber, you can contact me and ask the questions you need answers for.

If I don't know the answer, I will find someone who does know it, and we'll learn together.

Send in your questions [here](#)... Just be sure to use "Question" in your subject line.

## **About The Truth**

[The Truth Behind ADHD](#) is managed by Dr. Rory Stern. Dr. Stern is an advocate, therapist, coach, and speaker on parenting children with ADHD. In managing "The Truth" and this newsletter, he offers a unique style of providing parents of children with ADHD both information and insight into what their child is experiencing. In addition, he connects with parents on a level that allows them to understand their own struggles along with how their children are struggling. His **main goal** is to provide parents with the support, encouragement, and resources to take action now - so they can start to experience change in their child's life, as well as in their own.

[Read more](#) about The Truth...

## Disclaimers

1. The material contained within this newsletter and any additional mailings are **only** for educational and informational purposes.
2. The Truth Behind ADHD does not guarantee or provide any warranty for the information presented.
3. You should continue to make **any and all** medical and mental health decisions with your licensed medical professionals.
4. The Truth Behind ADHD cannot make any specific diagnosis or recommended individualized treatment plans in this capacity.

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