

Coaching ADD with Sharon

Newsletter #14

Medication and the Next Step

June 1, 2007

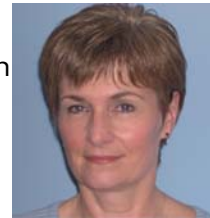
in this issue

- [Medication and the Next Step](#)
- [Getting Help](#)
- [I'm Interested in Hearing From You!](#)

Dear Friend,

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

Many people with ADD take **Medications** to help them with focus. When you determine that you need to be taking one or more types of medication in dealing with your attention deficit, understand that everyone reacts differently to these medications. That is one of the reasons why there are several to choose from. But, are you totally aware of what each medication does and the side effects they may cause?



Medication and the Next Step



Medications for attention deficit help you focus better. This allows you to pay better attention to what you need to pay attention to during the day. You are more able to grasp the information in a lecture, speech or personal conversation, follow directions better and maintain attention for longer periods of time.

The Next Step - But, a popular expression among those in the ADD field is **"The pill does not give you the skill."** This means that medication can't help you develop the skills that you are missing because you are ADD. Medication can't help you be more organized, keep you from being late, manage your time better, stop you from procrastinating, eliminate the anger issues, etc. This is where coaching or other forms of therapy come in. Once you can focus better you can work with someone who can help you get your life on track and end the constant feelings of overwhelm and low self-esteem.

Monitoring is crucial - Keep in mind that when you are choosing a prescribing doctor for ADD medication, it is very important to work with someone who is regularly monitoring you. If your doctor is going to help you, he or she should be regularly monitoring how you feel, what the medication is doing to help and what side effects you may or may not be experiencing. If your doctor is not, you may want to look for another doctor. You do not need to stay on a medication that is making you feel bad or one that does not seem to be helping you focus. One important thing to be aware of is

that approximately 20% of ADD people are not helped by medication. I know, I am one of them. So if you do not feel that your medication is helping you, talk to your doctor. If you feel you are not being listened to, change doctors.

Medication is usually the first step. Coaching is the next and equally important step. If you have any questions about coaching and how it can help you, contact me. I will be happy to discuss the coaching process with you.

"Don't Let What You Can't Do Get In The Way Of What You Can"

Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

If you have missed any of my newsletters or want to refer back to them, they are now on my website.

I'm Interested in Hearing From You!

As part of my bi-weekly newsletter, I would like to know if you have questions or experiences to share. Other readers can benefit from answers to the questions or situations you have successfully dealt with. Please e-mail me at sharonh75@optonline.net and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell



Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

my e-mail: sharonh75@optonline.net

You can call me at: 203-374-6109

Visit my website at: <http://coachingaddwithsharon.com>