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ADHD Program in Long Island, New York Finds Success with Executive Skills Training Curriculum

PR Newswire

COMMACK, N.Y., Jan. 10, 2012

COMMACK, N.Y., Jan. 10, 2012 /PRNewswire/ -- The Child and Adult Diagnostic and Treatment Program for ADHD, a division of East End Psychological Services (<http://www.eepservices.org>), is successfully treating ADHD in children, adolescents and adults by teaching strategies that enhance executive skills.

"Many people with ADHD struggle with executive skill deficits which are based in the biology of their brain. Thus, effective ADHD intervention involves strengthening the individual's executive functions, which directly impact academic, career and social success. Executive skills permit individuals to manage or self-regulate themselves and guide behavior across time," explains Dr. Joseph Volpe, Clinical Psychologist and Coordinator of the Program. "The ADHD Program at East End Psychological Services provides comprehensive executive skills training as a way to improve academic functioning, enhance career success and nurture personal relationships. Our methods for evaluating and teaching executive strategies have become especially valuable to our clientele at this time as many popular ADHD medications have been in short supply, especially less expensive generic medications."

Before the training protocol is implemented, staff psychologists collect detailed background history about the individual. Next, clients are evaluated for baseline executive functions including attention span, behavioral inhibition, working memory, planning skills, and organizational abilities. Psychoeducational testing is provided when there is evidence for learning or other cognitive problems. Social-emotional and personality variables are tested as well. Direct consultation with school staff is part of the assessment process for school-aged children. Interviews with significant others are utilized when evaluating adults.

Through various interventions which include behavior modification techniques, cognitive therapy and behavioral counseling, clients learn how to improve impulse control, planning and organizational abilities, time management, emotional regulation, and working memory. These are skills that are necessary for success in the home, school, and/or employment settings. When assisting children, staff collaborate with parents and teachers so that these skills can be generalized between the home and school environments. With adults, the individual is trained to use these skills at college, at work and within their personal and social relationships.

About East End Psychological Services, P.C.

East End Psychological Services, P.C. (EEPS) is a professional psychology practice offering assessment and treatment for children, adolescents and adults since 2003 in the New York area. Offices are located in Commack, Roslyn Heights, Babylon and Miller Place, NY. The mailing address is 565 Route 25A, Suite 201, Miller Place, New York 11764. More information can be found at <http://www.eepservices.org>.

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