

FAQ ADD/ADHD

How does NeuroCoach® work with ADHD?

We always start with the NeuroCodex® evaluation to determine if the individual has markers for ADD/ADHD or if it is a mimic. Mimics can exhibit with similar behaviors to ADD/ADHD, but when looking deeper into the root cause of those behaviors, it is often found to be other causes rather than the attention system. Often the mimic is a health issue, or an allergy issue, or an auditory processing issue or working memory issue. So, first we determine what is creating the behaviors. Then, we work with an appropriate NeuroCoach® program that targets the root cause issue/s that is creating the behaviors. The NeuroCoach® Training System has very specific Attention Builder activities that work those specific brain systems. The Attention Builder Series Program is designed to identify and remediate weak or dysfunctional areas of that brain system.

Are there specific ADD/ADHD markers that can be identified through the NeuroCodex® evaluation?

Yes. We can look at the attention system and measure its functional capacity. We are measuring not only the brain EEG at rest (eyes closed/ eyes open) but also measuring the brain EEG while undergoing specific tasks and activities to see interactions during those tasks. NeuroEval® measures processing speed, attention to task, memory, etc. It allows us to see if there is an attention system issue, and/or another supporting brain system issue that is adversely affecting the attention system.

Common ADD/ADHD issues stem from the insula complex in combination with the attention system. If the insula complex is not engaging appropriately or strongly enough, the attention system will still be running, but the two systems are out of sync or phase, which can exhibit as impulsivity or a delay in response to attending to immediate environmental demands. If there is also a processing speed issue, in which information coming into the brain (visual or auditory) is also delayed or out of sync, it will further compound the expression of “not paying attention” or ignoring what is being said or done. That is why it is very important to determine the root cause of the behavior. Based on those objective results, very targeted, and directed NeuroCoach® programs for repair can take place.

If a client is on ADD/ADHD medication, can the medication be reduced or possibly eliminated with remediation?

Our primary goal is to get the person’s brain strong and healthy. If during or after remediation there is limited or no need for medication, the individual can make a personal choice of whether to continue with the medications or not. This should always be done in conjunction with the primary care provider or other healthcare provider as to what is in the best interest of the individual’s medical health. Because the information is measurable, we can always provide that information to the healthcare provider so they can make a more informed decision with their client and determine what is in the best interest of the client.