



SUSAN WELTNER-BRUNTON, PH.D. & ASSOCIATES, INC.

PSYCHOLOGICAL, COUNSELING & TESTING SERVICES

Spring 2020 Newsletter

DIAGNOSING ADULTS

ADHD Adults:

- Usually come in with work or relationship problems
- Sometimes come in for depression or anxiety
- Typically does not have recent onset of ADHD symptoms
- Often have a family history of ADHD
- Definitely have a childhood history of symptoms
- Often have multiple diagnoses
- Benefit greatly from psychoeducation
- Can benefit from medication

EVALUATING & TREATING ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by developmentally inappropriate weaknesses in the areas of attention, activity level, and impulse control that interfere with the person's functioning in multiple areas. Diagnosis of the disorder, at any age, requires a thorough history and input from multiple sources, ideally parents and teachers. This is especially important when diagnosing adults since there must be evidence of symptoms in early childhood. It is also essential to rule out other diagnoses which present with attention problems, such as anxiety and depression. There is a high co-occurrence of learning difficulties with ADHD. A neuropsychological evaluation will include assessment of cognitive and academic functioning to help with education and treatment planning. Neuropsychological testing is not always necessary to make the diagnosis but can be helpful in identifying weaknesses in memory, processing speed, executive functions, as well as common comorbid diagnoses (e.g., depression, learning disorder). Treatment for ADHD often, but not always, includes medication which may be prescribed by a psychiatrist, primary care doctor, or nurse practitioner. Psychological treatment includes parent counseling, behavior therapy, cognitive behavior therapy, and executive function coaching. Other forms of psychotherapy may be used when there is associated depression, anxiety, or relationship problems.

Neuropsychological testing can identify weaknesses in memory, processing speed or executive functions in addition to diagnosing ADHD.

Kerry Monahan, Psy.D., provides evaluations and recommendations for learning differences. She consults with parents, schools and physicians to help bridge understanding. Dr. Monahan received her doctoral degree in psychology from Indiana State University including a doctoral internship at Kennedy Krieger Institute/John Hopkins University





School of Medicine and postdoctoral fellowship at Nationwide Children's Hospital in neuropsychology.

She provides neuropsychological assessments for children through young adults with medical diagnoses and associated developmental or learning concerns. She also evaluates children and adults with learning, attention, and general development concerns. Learn more about Dr. Monahan at www.columbusneuropsychology.com

Contact Us

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NEUROPSYCHOLOGICAL EVALUATIONS FOR ADHD

Kerry Monahan, Psy.D.

- Availability for new referrals
- Children and adults to age 40
- Targeted or comprehensive batteries
- Professional speaking engagements available