



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

## STOMMP

Getting Started  
Time management  
Organizing your materials  
Becoming More motivated  
Memory skills  
Completing Projects



FALL SERIES BEGINS:

**SEPTEMBER**

**26TH**

**4:30-5:30 PM**

**\$300 FOR 6-SESSION SERIES**

SWBPHD & Associates is now offering STOMMP! STOMMP is a six session program for college students to help improve executive functioning skills. Participants will learn skills to help them manage time, organize materials, assist in motivation to complete tasks, teach strategies for memorization and skills in project completion. Dr. Carol Skinner will be leading the sessions on Thursdays at 4:30 pm until 5:30 pm. The fall series will begin September 26th.

## What are Executive Functions?

The brain's executive functions are the mechanisms by which we prioritize and manage our thoughts, emotions and behaviors. They include: planning, organization, time management, working memory, task initiation, attention, self-monitoring and emotional control. Executive functions can be disrupted by neurodevelopmental conditions such as ADHD and autism as well as emotional disorders such as depression and anxiety. While "executive function disorder" is not a diagnostic category in and of itself, individuals can have identified weaknesses in one or more of these areas that affect their real-world functioning. The development of executive functioning is tied to the growth of the frontal lobe of the brain which continues well into the second decade of life. The demands of college life including academic, social, and self-care, are especially difficult for those with executive function weaknesses.

NOW AVAILABLE testing for executive functions, learning difficulties, attention, and autism.

KERRY MONAHAN, PSY. D. is available for referrals for neuropsychological and ADHD evaluations for those under age 18.

CAROL SKINNER, PH.D. is now available for referrals for autism evaluation, ADHD & learning disorder testing, and executive function counseling.

SUSAN WELTNER-BRUNTON, PH.D. sees older adolescents and young adults for psychotherapy.

SABRINA CHOW, PH.D. works with children with behavioral, and emotional difficulties.



**Contact Us**  
Susan Weltner-Brunton,  
Ph.D & Associates, Inc.  
921 Chatham Lane, Suite 112  
Columbus, OH 43221

PH: 614-754-7648  
Fax: 614-754-7965

[swbphd@swbphd.com](mailto:swbphd@swbphd.com)  
[www.swbphd.com](http://www.swbphd.com)

#### CIN PROVIDERS

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

921 Chatham Lane, Suite 112  
Columbus, OH 43221