

AAPT “BOARD BLAST”—Members Only!

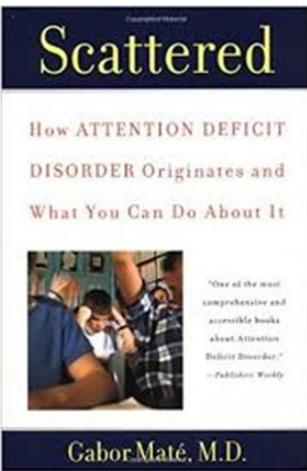
FEATURING COMMENTS FROM: Amanda Jones, Graduate Student at the University of Montevallo, Student board Member Alabama Association for Play Therapy, Counseling Intern at Samford University

BOOK RECOMMENDATION

FOR: Counselors/Therapists and Supervisors

TITLE: : *Scattered: How Attention Deficit Disorder Originates and What you can do about it*

AUTHOR: Gabor Maté, M.D.



BRIEF DESCRIPTION: by Amazon.com

Attention Deficit Disorder (ADD) has quickly become a controversial topic in recent years. Whereas other books on the subject describe the condition as inherited, Dr. Maté believes that our social and emotional environments play a key role in both the cause of and cure for this condition. In *Scattered*, he describes the painful realities of ADD and its effect on children as well as on career and social paths in adults. While acknowledging that genetics may indeed play a part in predisposing a person toward ADD, Dr. Maté moves beyond that to focus on the things we can control: changes in environment, family dynamics, and parenting choices. He draws heavily on his own experience with the disorder, as both an ADD sufferer and the parent of three

diagnosed children. Providing a thorough overview of ADD and its treatments, *Scattered* is essential and life-changing reading for the millions of ADD sufferers in North America today.

IMPACT ON MY PRACTICE: This book is written for individuals,



parents and clinicians on the subject of Attention Deficit Disorder. The text is helpful in explaining the effects environment has on symptoms of ADD and what it means for the individual and the family. I believe ADD originates from both genetic and environmental factors. While much literature is based on genetic factors, it is difficult to find another perspective like the one described in this text. This book combines tools and techniques both clinicians, parents and individuals can use for a healthy and flourishing environment for an individual living with this

diagnosis and its symptoms. In my current position as a counseling intern at Samford University, I have found many students as freshmen discovering the symptoms of ADD as well as learning of its impact in their lives as students. Having an understanding of what this means and tools for potential benefit for them, I think this book is a great read.

FAVORITE QUOTE:

“Be somebody who makes everyone feel like a somebody” --- Kid President

FAVORITE ACTIVITY

An activity that I use consistently in groups is called “Fear in a hat.” I co-lead two groups at Samford University. A group for time management and another discussion group on anxiety are weekly groups we have available to students. I have found that fear is a big component on an individual's behavior, feelings, and thoughts. I also love incorporating creative therapies and group activities that prompt meaningful discussion.

First, you pass around small slips of paper to the group. Each member lists a fear, folds up the slip of paper and places it in a hat. The hat is passed around among group members. The fears put in the hat are anonymous. After everyone has placed his or her fear in the hat, the hat is passed around again. This time, members draw out a fear and discuss/share what the fear means to them and how they can relate. At the end of the discussion you can have each member “pick a fear” from ones that were discussed and illustrate it. The “Fear in a hat” activity can be used for any age, and I have found it is particularly useful in groups of college students to allow discussion and empathy.

Registration Now Open!!!

AAPT 25th Anniversary

Workshop

With Dr. Karla Carmichael

April 20th, 2018

Learn more about the workshop on AAPT's website at:

<https://alabamaplaytherapy.org/play-therapy-training/>

See you there!!!