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Strategies and Support *for* ADHD & LD

The Flip Side of Rejection Sensitive Dysphoria:

How to Tap Into ADHD Energy and Motivation

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meet today's expert speakers:

Edward Hallowell, M.D., and John Ratey, M.D.



- Edward (Ned) Hallowell, M.D., is a child and adult psychiatrist, leading authority in the field of ADHD, the host of "Distraction" – a weekly podcast for thriving in this CrazyBusy world, *NY Times* best-selling author, world-renowned speaker and the founder of The Hallowell Centers in Boston MetroWest, NYC, San Francisco and Seattle. Learn more at www.drhallowell.com. Dr. Hallowell does not have any financial affiliations.
- John J. Ratey, M.D., is an associate clinical professor of psychiatry at Harvard Medical School and an internationally recognized expert in neuropsychiatry. He has published more than 60 peer-reviewed articles and 11 books, including the groundbreaking *Driven to Distraction* series with Ned Hallowell, M.D. With the publication of *Spark: The Revolutionary New Science of Exercise and the Brain*, Dr. Ratey has established himself as one of the world's foremost authorities on the brain-fitness connection. Dr. Ratey is a consultant to GoNoodle and HS Performance of Beijing.

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VAST

- Variable Attention Stimulus Trait
- Can be a huge asset or a crippling trait
- Get away from the negativity of ADHD disease model
- Very sensitive to “rejection” and can thrive on “recognition”

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VAST

- VASTers are often embarrassed to ask for encouragement, so supporters have to offer it.
- Surround yourself with positive people
- Can ask parents, teachers, friends to be generous with their encouragement
- Your supporters may have to practice praise
- Realize how important it is

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REJECTION SENSITIVE DYSPHORIA

- Easily embarrassed
- Get very angry or have an emotional outburst when they feel like someone has hurt or rejected them
- Set high standards for themselves they often can't meet
- Have low self-esteem
- Feel anxious, especially in social settings
- Have problems with relationships
- Stay away from social situations and withdraw from other people
- Feel like a failure because they haven't lived up to other people's expectations
- Sometimes think about hurting themselves

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RSD Treatment

- Recognition of the good is an antidote to shame
- Not coddling, but genuine encouragement
- Medication: Guanfacine and/or Clonidine
- Reduces responses to real or imagined rejections or failures
- Slows action of Default Mode Network (DMN)

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Recognition Responsive Euphoria

- Switch the tables to RRE
- ADHD people can become super-charged when receiving positive recognition
- Used to receiving negative comments and leading to RSD
- "Recognition" does it
- For a project, the way they look, or their efforts of any sort

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Recognition Responsive Euphoria

- All about the Default Mode Network (DMN)
- Hold onto praise or shame
- the DMN Demon or Master Motivator
- Criticism or praise can get in the DMN and get caught
- Need to find the right person and people to give needed encouragement
- Remove SHAME from needing encouragement
- Use strength-based model of VAST

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Praise Instills Hope

- A little kernel can build into a tsunami of hope and motivation
- Just as with RSD, a little negativity can tumble into anxiety, panic, going to the do-loop of shame and despair! The encouragement can lead to positivity and success!
- Key ADHD traits are resilience and an amazing ability to forget and move forward
- Chronic failures and inner failings and having ‘to get back on the horse’ hone resilience

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Upcoming Webinars

- **Wednesday, December 4th at 1pm ET**
  Get the School Year Back on Track: Strategies for Overcoming Your Student's Toughest Daily Challenges with Sharon Saline, Psy.D.
  https://www.additudemag.com/webinar/homework-schedule-strategies-for-students/
- **Tuesday, December 10th at 1pm ET**
  The ADHD-Anxiety Link: How Mindfulness Helps You Feel Less Overwhelmed and Be More Productive with Lidia Zylowska M.D.

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