



## FACT SHEET

Tracey Bromley Goodwin, M.Ed., and Holly Oberacker, ATR, LMHC, have 20 years of combined experience working with children and families. Tracey, an educational consultant and learning coach, and Holly, an art therapist, joined forces in 2009, founding the consulting business Navigating ADHD, Inc. Navigating ADHD helps children, parents, and professionals struggling with an ADHD diagnosis. Navigating ADHD now offers seminars, workshops, support groups, and one-on-one counseling, serving around 300 clients per year. Tracey and Holly use their own experiences in counseling and education to create practical, realistic strategies that can truly help parents and children face the daily challenges of ADHD. Their first book, Navigating ADHD: Your Guide to the Flipside of ADHD will be published in early 2011.

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**Co-founders:** Holly Oberacker, ATR, LMHC and Tracey Bromley Goodwin, M. Ed.

**Book:** Navigating ADHD: Your Guide to the Flipside of ADHD, AuthorHouse; (2011)

**Services:** Seminars and Workshops: Navigating ADHD seminars and workshops are geared toward professionals in the fields of medicine, education and mental health as well as for families dealing with ADHD. These innovative and engaging programs are geared toward adult learners with the goal of equipping attendees with skills necessary for successfully managing the daily challenges of an ADHD diagnosis.

Navigating ADHD – A Parent Education Support Group: Parent education support groups are designed to guide families through any frustration or sense of isolation they may be experiencing. Participants gain support from others with similar experiences, while participating in an interactive, educational workshop.

One-on-One Sessions: Academic and life skill coaching and art therapy sessions are for families as well as anyone diagnosed with ADHD.

Speaking Engagements: Navigating ADHD speaking engagements are tailored to meet the specific needs of an organization's target audience. Topics may include, but are not limited to, *An ADHD Introduction, Communication, Social Skills, Bullying, and Teaching Strategies*.



## **BIOGRAPHIES**



**Holly Oberacker, ATR, LMHC**

Holly is a registered Art Therapist and Licensed Mental Health Counselor with more than twelve years experience working exclusively as an art therapist with children who have ADHD. She has worked with clients in public, special education and alternative learning schools, outpatient clinics, and in private practice. Holly's area of expertise is assisting her clients in creating visual strategies for managing the emotional, behavioral and communication needs of children diagnosed with ADHD, mood disorders, anxiety, eating disorders and other mental health issues. Holly's approach is solution-focused and proactive. Her seminars have been featured twice on the televised Parent Connection Series and her work has been featured on "The Sunday Journal" on WQRC. She holds a Master of Arts in Art Therapy from the University of Illinois at Chicago. Holly is married with two children and lives on Cape Cod.



**Tracey Bromley Goodwin, M. Ed.**

Tracey Bromley Goodwin has a Master of Education in Curriculum and Instruction with a Specialty in Conflict Resolution from Lesley University. Tracey is also a certified secondary education teacher, a certified coach, and is a trainer for the Anti-Defamation League where she facilitates anti-bullying workshops for students and educators. She has 20 years of experience as a teacher, tutor, learning coach, and public speaker and has been featured on Falmouth, Sandwich and Yarmouth Community Television on the "Parent Connection Series," "Conversations with Dr. Mary" and "From Frenzy to Focus." Tracey has also been on "The Sunday Journal" on WQRC. Tracey has worked in private practice with children who have ADHD along with their families and educators for the last 10 years and has given more than 200 talks on educating and raising children with ADHD. Through her practice, "The Power Within, Educational Consulting and Coaching," Tracey helps clients develop the self awareness skills necessary to manage the symptoms of ADHD. She is married with two children and lives on Cape Cod.



## NAVIGATING ADHD: YOUR GUIDE TO THE FLIPSIDE OF ADHD

When parents first hear that their child has ADHD, many feel as if they've been set adrift on an emotional sea of guilt, isolation, confusion and fear. To help these parents and their children navigate the challenges of home life, school, and ADHD treatment, Tracey Bromley Goodwin and Holly Oberacker have created *Navigating ADHD: Your Guide to the Flip Side of ADHD*. This solutions-based guide to living with ADHD is a beacon for parents and children alike. Holly, an art therapist, and Tracey, an educational consultant, have more than 20 years of combined experience working with children and families living with ADHD. The authors steer readers through an understanding of the ADHD diagnosis, communication strategies, social and organizational skills and ADHD treatments, among other subjects. Each chapter presents real-life scenarios, concrete strategies and proven solutions that give parents the confidence they need to help their child excel. Appendices in the back of the book provide additional resources for easy reference.

**Authors:** Holly Oberacker, ATR, LMHC and Tracey Bromley Goodwin, M. Ed.

**Price:** \$12.95 USD

**Published:** Early 2011

**Publisher:** AuthorHouse, Bloomington, IN

**Availability:** *Navigating ADHD: Your Guide to the Flip Side of ADHD* is available online for pre-order at [www.navigatingadhd.com](http://www.navigatingadhd.com) and will be found in bookstores in early 2011.

**Praise:** “Bromley Goodwin and Oberacker may sound like a law firm, but instead they are two women who *really get it*. I can't recommend this book more highly....because it achieves the unusual feat of being both loving and factual; appreciative and practical; heartfelt and head-fed. I haven't come across a book this practical but also warm and user-friendly on the topic of ADHD in a long while.” - *Edward Hallowell, M.D., author of Driven to Distraction*

“[Navigating ADHD is] a practical guide for parents and caregivers, a welcome addition to the literature on understanding and communicating effectively with ADHD children, from managing anger and oppositional behavior, through structuring routines, to homework management, to teaching organizational skills, written in clear, understandable language by two uniquely qualified and experienced professionals.” - *Generoso G. Gascon, MD, Pediatric Neurology, Massachusetts General Hospital*

“Tracey and Holly have created a real tool for parents journeying with a child with ADD/ADHD. Not only do they talk about the dynamics the parents deal with daily but give strategies that are



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realistic and give long term results in supporting their child.” - *Cindy Horgan, Cape Cod Children's Place Family Support Coordinator*

“I'm totally engrossed in your book! I feel like you are actually talking to me as I read it. The style and narrative have such a great flow- almost like the difference between reading lyrics and hearing a song.” - *Lori P., Parent*