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Navigating ADHD, Inc.

Expert Solutions and Innovative Approaches for Families

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The Art of Therapy in The Treatment of ADHD By Holly Oberacker

According to the National Center for Biotechnology Information, The History of Attention Deficit Hyperactivity Disorder, well-known artists including Dali, Van Gogh, and Picasso exhibited behaviors which today would be consistent with ADHD.



It is estimated today that approximately 5 million children have been diagnosed with ADHD. Treatment for ADHD can include support groups, family therapy, medication, and more.

While these artist's paintings hang on walls in museums across the world, the legacy they left behind is one of hope, and an alternative and creative approach to traditional treatment for ADHD with the goal to help others create and live a healthier and more fulfilling life.

In our practice, we use [ADHD ARTGuides™](#) daily with clients of all ages. The benefits of using art in coaching and therapy sessions are countless. We find that art is a nonthreatening way to address something that maybe be uncomfortable to talk about, and it is a way to foster engagement. Engagement is key in the treatment of ADHD, as it stimulates the brain and helps to boost memory. Also, another benefit is that art is boundless. Art accesses the imagination, has no boundaries and elicits self-expression. Everyone can define art how they want and according to their own perspective - there are no hard and fast rules, or right or wrong.

[Read More . . .](#)

Upcoming Events

September 13
[Girls Empowerment Group](#)

September 14
[Executive Functioning Group](#)

September 21
[Anxiety and Art](#)

September 28
[ADHDARTGuides™ Certified Webinar](#)

Book Us

A diagnosis of ADHD can be overwhelming at first. However, we are here to help each step of the way.

We provide a solutions-based approach for families and children to help address the behavioral, organizational, and executive functioning needs of those affected by ADHD . . .

- [Circles of Support](#)
- [Virtual Consults](#)
- [For Parents](#)

Register FREE For The 7th Annual Online ADHD Awareness Expo

Whether you've been recently diagnosed with ADHD, love someone affected by ADHD or simply want to learn more about ADHD it can be extremely daunting to discover the sheer volume of information that's out there and available to you.

That's why one of the voices of the ADHD population on the internet created the ADHD Awareness Expo - a virtual gathering of ADHD Experts, professional ADHD coaches, service providers and authors, gathered all in one virtual space to make your information gathering as easy as heading to a department store.

The 7th annual ADHD Awareness Expo is being held the week of October 2nd through October 8th and the best part about it is that there's no travel required. That's right - it's held virtually, so all you need to do is grab a comfortable seat at your computer, phone or tablet and explore all the ADHD products, services and options available to you.

We'll be there as featured speakers since it's such a great opportunity to gather information, find out more and simply interact with the ADHD community. Did we mention attendance is free? That's right, all of this information, at your fingertips, from the comfort of your own home - free.

We would love to "see" you there! Just follow this [link](#) to register and claim your free spot to attend.

About Us

Navigating ADHD Inc. is a solutions based approach to supporting families whose lives are affected by ADHD. Co-founders Tracey Bromley Goodwin, M.Ed., Life Coach Specializing in ADHD and Holly Oberacker, ATR, LMHC merged their unique expertise and ADHD focused experience to develop proven methods for managing the symptoms of ADHD. Tracey and Holly believe in discovering concrete solutions to help individuals reach their fullest potential.



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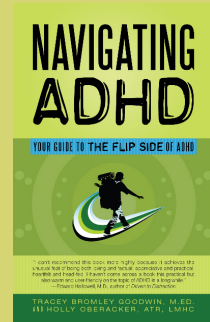
Train With Us

ADHD ARTGuides™ Training

Expand your client base and increase your revenue by providing your clients creative solutions to common ADHD challenges. Learn to access the creative strengths of ADHD with fun and practical art projects that children will be excited to use at home and at school.

[Learn more >](#)

Recommended Reading



"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



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