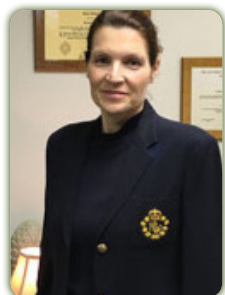


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Medicinal plants and natural products research: A treatment program for ADHD and ADD

Individuals, both diagnosed and undiagnosed, with ADHD or ADD (Attention Deficit Disorder with and without Hyperactivity), have unique challenges in negotiating daily experiences as well as developmental transitions. Our research seeks to explain how throughout these normative challenges, there is an accumulation of small t traumas that begin to impinge upon the individual causing anxiety, negative mood and feelings about oneself as not good enough. Difficulty with persistence as well as focused attention has led many individuals with ADHD or ADD to drop out of weekly CBT (Cognitive Behavioral) psychotherapy and, thus not progress in the use of skills and strategies that have been shown through research to be helpful with these symptoms. To increase the possibility of helping the community of people with ADD or ADHD, we have developed a protocol using EMDR (Eye Movement Desensitization and Reprocessing Therapy) to address small t traumas. In addition to the homeopathic use of Omega-3, video games, group therapy and parent training were integrated into the overall treatment protocol. Results from our first group of 9 subjects with A.D.H.D., O.D.D., anxiety, and depression include: increased levels of self-esteem, higher levels of concentration producing more adaptive interpersonal experiences and academic performance, less reactivity in daily activities and more support from parents and teachers as a result. Researchers are in the process of developing an online class for behavioral health professionals, which would communicate our findings and provide training for including the elements of our program in their therapeutic sessions. They are also working towards developing a class for college students and their parents to prepare for that specific life transition with A.D.D. or A.D.H.D.

Biography

Carla Natalucci-Hall is an EMDR certified Therapist and Consultant that has developed a therapeutic system to successfully address ADHD, effectively. In her clinical practice, she has dealt with children and adolescents with ADHD for over 20 years. She has also created a unique online program for behavioral health care professionals to learn the current program to develop the skills to help individuals with ADD and ADHD.

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