

Title of Session: School Counselor's Corner - ADD and other Letters of the Alphabet

Moderator: Barbara Muller-Ackerman

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Room: School Counselors Corner Group

BarbaraMu: Hi BJ- Hi Tatyana

TatyanaC: hello everyone

BJB2 waves hi. Tatyana has been waiting patiently, Barbara!

BarbaraMu: Sorry Tatyana- hoping the information will make it worthwhile.

BarbaraMu: Thanks for all you contribute to the listserv

TatyanaC: I was afraid to get lost :o)))

TatyanaC: I'm glad to be on the list. Thank you

PatrickRC joined the room.

BJB2 waves hi to Jeff and Patrick

BJB2: Welcome, everyone, to today's School Counselor's discussion

PatrickRC: Hey :)

GabrielA joined the room.

BJB2: a reminder if you are new to Tapped In to go to the Actions menu in the top right of the chat and click on detach

BJB2: Hi, Gabriel. Welcome

BarbaraMu: Hi Patrick! Welcome Gabriel

GabrielA: Hello

BJB2: Barbara, would you like to start with introductions?

BarbaraMu: I was just typing that!

BarbaraMu: I was a former elementary level counselor in New Jersey and now in

private practice working with the schools.

BJB2: please tell Barbara where you are located and what you teach or hope to teach

BJB2: I'm in Pennsylvania and teach remedial communication

PatrickRC: Hello. I am a college student majoring in History education and would love to start my own college one day.

BarbaraMu: There's an amazing goal!

TatyanaC: Hi. I'm a school counselor in Va and currently working on my LPC

BarbaraMu: Tatyana is at an elementary level too I believe?

BJB2: glad you could join this discussion, Tatyana!

TatyanaC: that's correct

TatyanaC: Thank you, me too

BarbaraMu: I wanted to start out by sharing a bit about executive function. You will see that these are really critical skills....and why we need strategies in the classroom- large and small group- to teach them.

GabrielA: I'm college for Computer Information Systems at the moment and upon graduating intend to move on to a degree in Youth Pastoring and Counseling

BarbaraMu: Why the kids with ADD and Aspergers and OCD and other disorders who come to our classes are really in need of specific intervention.

BarbaraMu: Thank you for all the introductions. I am hoping the information will be important thru the age spans.

BarbaraMu: Here are some of the skills thought to comprise executive function....

BJB2 . o O (kids don't outgrow those disabilities, Barbara)

BarbaraMu: Response Inhibition- the capacity to think before acting.

BarbaraMu: Working memory - the ability to hold information in memory while completing a complex task.

BarbaraMu: Self-regulation of affect - the ability to manage emotions in order to achieve goals, complete tasks, or control/direct behavior

BarbaraMu: Sustained Attention- the capacity to maintain attention to a situation or task in spite of distractibility, fatigue or boredom.

BarbaraMu: Kids don't outgrow them but some of these skills come on-line in the brain at an older age than elementary

BJB2 nods.

BarbaraMu: so lots of times we are asking kids to do what developmentally their brains are not ready to do.

BarbaraMu: especially in the areas of judgment, self-regulation and self- eval

BarbaraMu: Here are some more of the executive functions (or executive dysfunctions in the kids with ADD and other disorders)

BarbaraMu: Task Initiation- the ability to begin projects without undue procrastination, in an efficient or timely fashion.

BarbaraMu: Planning/Prioritization- the ability to create a roadmap to reach a goal or to complete a task

BarbaraMu: Organization- the ability to arrange or place things according to a system.

BarbaraMu: Time Management- The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines.

BarbaraMu: Sorry I know there is a lot of reading but I wanted to set the stage for some of the websites and tools that address these areas.....

TatyanaC: Has anyone heard about Ronald Davis, founder of Davis Dyslexia association international? He came up with a new theory and methods to manage ADD...

BarbaraMu: I know as I was reading, I was thinking about all the skill sets in these areas that are a challenge for just as many adults.

BarbaraMu: Tatyana, please share!

SusanR joined the room.

BJB2: welcome, Sue

SusanR: Hi Bj

BarbaraMu: Hi Sue

TatyanaC: I just started to read, it's interesting, I was wondering if anyone could share their thoughts...

TatyanaC: He writes that such kids/people think with pictures and some words don't have a picture, therefore, kids don't get the message the same way we expect them to do

TatyanaC: that's as far as am with this book

BarbaraMu: I think its a challenge because every brain is different. The executive skills that are characteristically impaired in ADD, Aspergers, ODD, OCD and bipolar, may or may not have a piece that doesn't organize in that way.

BarbaraMu: Most of my Asperger kids are incredibly math oriented and I am not sure if they are seeing pictures.

BarbaraMu: They are saying 1 in every 300 boys now with AS

TatyanaC: I've also heard that ADD/ADHD is a mild form of autistic disorder. Any comments on that?

BarbaraMu: If you are not familiar with Asperger Syndrome, there is a very compelling powerpoint that a mother put together. The first slides are historical but beginning with slide 11, you start seeing a lot of how these kids show up in the class and in the world.

TatyanaC: I'm rather familiar, I've worked with a few of them. They are amazing!!!

BarbaraMu: <http://www.aspergerchronicles.net/> click here to start

TatyanaC: thank you.

BarbaraMu: Yes- I think that all of these are classified as executive function disorders.

BarbaraMu: I think that many are misdiagnosed.

TatyanaC: Oh, I agree

TatyanaC: or not diagnosed at all

BarbaraMu: I put all of the links from our last months discussion in the school counselor room folder on ADD> There are many resources for specific interventions in the classroom, including a document with Hallowell's 50 tips for educators

BarbaraMu: Is there any information anyone wants to know more specifically about? More on Aspergers or autism spectrum disorders?

BarbaraMu: More on ADD (and whatever else it shows up with- it is rarely alone)?

BarbaraMu: I think what is important is that each of the 11 areas of executive function are teachable skills

BarbaraMu: like any other subject area

BarbaraMu: think about all the time spent in school teaching routines. Routine building is critical to all our kids but most especially to kids with ADD or any of the other disorders we are talking about.

BarbaraMu: The social skills are always the hardest to teach and always the least supported in the school system

BJB2: how do you determine whether the function is just a matter of developmental maturity (time) and a real disability?

BarbaraMu: They are not on standardized tests....

AlisonD joined the room.

BJB2: welcome, Alison.

BarbaraMu: I think that pediatric (and adult) neurologists are an important piece of the assessment....hopefully not just from a medication management standpoint but to rule out seizure activity

AlisonD: thank you

BarbaraMu: Hi Alison

AlisonD: hello all

BarbaraMu: The rebooting that the brain does....where the child seem to be there,, and then everything slows for them and the brain reboots and they aren't able to get information at that time. While that is characteristic of an ADD person, it could be seizure related so it's important to have a medical rule out.

TatyanaC: And unfortunately, doctors themselves don't take time to explore each case... It's sad

BarbaraMu: I also think that many parents have an uncanny knowing that something is not right.

BarbaraMu: And while educators aren't allowed to diagnose, they are certainly watching the children they are working with change...enough to know that there is something other than a whole lot of immature kids coming their way.

TatyanaC: that's true...

BarbaraMu: The NYU Child Study Center has a feature this week on Autism Spectrum disorders (which includes Aspergers and more on ADD)... <http://aboutourkids.org>

TatyanaC: I think government should take an active role of educating the general population about a lot of things...

BarbaraMu: but I think it falls to school counselors and special ed departments and outside consultants to give the in-service workshops that the schools get

BarbaraMu: How many teachers are living with their own children with special needs who would be incredible at teaching us about the challenges of these kids?

TatyanaC: I think it's a rather limited source of information...

BJB2 . o O (there's always Tapped In :-))

BarbaraMu: <http://nichcy.org> Thank goodness for the internet

TatyanaC: people are afraid of psychologists and counselors: we are evil and deal with pathology... It's hard to break such notion

BJB2 doesn't think Tatyana is evil!

BarbaraMu: Going to A-Z topics at the last site will give you information on a lot of the disabilities which we are working with at school.

BarbaraMu: Counselors are specifically trained from a wellness model.

TatyanaC: internet is good, however, I think it still needs to be, I don't like the word "popularized", but something to the degree that people would feel OK to come to us, a and look for the good information and work on preventions...

BarbaraMu: Not a medical/pathology based model

BarbaraMu: And I think with all we are learning about the brain everyday....and how that impacts on learning...this is information really important to share

BarbaraMu: totally not evil

TatyanaC: I understood what you meant. I'm just a slow typist)

BarbaraMu: I think one of the tools that has really helped in our work is social stories. Anyone used those?

BJB2 listens curiously

BarbaraMu: Carol Gray is known for these and you can see samples of what they would look like at

http://www.thegraycenter.org/store/index.cfm/index.cfm?fuseaction=page.display&page_id=20

TatyanaC: A few weeks ago I had parents in my office because their daughter was bullying other kids (2nd grade). Mother is finishing her psy degree and she stated that she panicked when her child shared that she had visited me...

BarbaraMu: For kids who cant process in the moment, social stories lend practice and a sense of control

BarbaraMu: The woman who wrote the aspergerchronicles above, has a wonderful one on keeping calm when upset and another on how the family is a team at that website.

TatyanaC: I almost think that partly a lack of control is contributed by the lack of awareness

BarbaraMu: But it also has to do with the processing speed in the brain.

BarbaraMu: For kids whose brain waves are so very slow, the world comes at them way too fast.

BarbaraMu: They can't think on their feet as well.

TatyanaC: I agree, and when they become aware of themselves and the environment they may start to gain some control

BarbaraMu: So the practicing and role playing and writing stories helps them to anticipate what will happen and then find a way to react to it as calmly as possible.

AlisonD: and with NCLB these children are supposed to get a regular H.S. diploma?

TatyanaC: I agree

BarbaraMu: and read by grade 3

BarbaraMu: sorry

AlisonD: not realistic!

BarbaraMu: deep sigh

BarbaraMu: I agree.

TatyanaC: I think it's realistic if parents would be more involved.

AlisonD: but sometimes it's just not possible

PatrickRC: The problem there is SES

BarbaraMu: That's a discussion for a whole other night

TatyanaC: Unfortunately the school took the role of raising children in this country. I have another example of a system to compare with

TatyanaC: what is SES?

TatyanaC: never mind

PatrickRC: socioeconomic status

BarbaraMu: Each administration comes in with another set of requirements or goals....

TatyanaC: I got it already:o)))

PatrickRC smiles

TatyanaC: that's true too...

BarbaraMu: for a while it was character....in Bush 1 and Clinton's administration

TatyanaC: so, any suggestions?

BarbaraMu: now, with the emphasis on testing, lots of these "other side of the report card" issues, the issues which make for a whole child, are discounted

BarbaraMu: and yet have untold impact on ability to learn

BarbaraMu: this without the addition of a special needs kid

BarbaraMu: Its why I took the time to write out the skills within executive function- healthy executive function- because all kids benefit from the time it takes to teach them

BarbaraMu: academically and holistically

AlisonD: I agree

TatyanaC: especially holistically, and then the hole system of education has to be

changed...

TatyanaC: that's where the government needs to step in...

BarbaraMu: Sometimes, it can be done by a subject area teacher just framing a question in a different way....a way that invites forethought and planning....

BarbaraMu: organizing what will happen next.

AlisonD: we seem to forget that the child is a person sometimes because we are so caught up in the standards!

BarbaraMu: we talked about these kids last month as having all the dots but without numbers to connect the dots...so taking time to make sure everyone knows where to start, instead of assuming that saying, "focus", get started, will yield a desired response

BarbaraMu: when they are lost.

BarbaraMu: To show younger kids a site that will help them understand what may be happening for them, the archived ADDA children's area is very good.

<http://web.archive.org/web/20041128085949/http://www.add.org/content/kids1.htm>

BarbaraMu: For kids and people who work with kids with asperger syndrome, O.A.S.I.S. is wonderful with their related disorder links being a great resource.

BarbaraMu:

<http://web.archive.org/web/20041128085949/http://www.add.org/content/kids1.htm>

BarbaraMu: Our time is really up- is there anything else we can add for tonight? Otherwise, I think we are on for the 26th of February

TatyanaC: Thank you Barbara for this opportunity

TatyanaC: good night everyone.

BarbaraMu: gnight Tatyana

BarbaraMu: Anyone want to suggest a topic for next month?

BarbaraMu: Social skills?

BarbaraMu: Anger?

BJB2: lots of anger out there!

BarbaraMu: Anger Management in the schools has been a huge part of group work for

counselors

BJB2: is it related to the issue of bullying?

BarbaraMu: Cyber bullying?

BarbaraMu: There you go

BJB2: any kind of bullying

BJB2: topic of anger management and cyberbullying?

BarbaraMu: either or---thanks BJ....I am done too. :)

BarbaraMu: G'night

PatrickRC: Good night

BJB2: The next School Counselors discussion will be February 26

PatrickRC: thanks for the discussion

BJB2: thanks for joining us, Patrick

BarbaraMu: Thanks again.

BJB2: Gabriel and Alison, I hope you got something from the discussion?

AlisonD: I did thanks

GabrielA: Absolutely. I look forward to the next.

AlisonD: I am trying to familiarize myself with the tapped in site. I just became a research assistant at the U of M and I am going to have to sign up new users

BJB2: Alison, did the tour help?

AlisonD: yes absolutely!

BJB2 smiles. If you would like to schedule a tour for new users from your university, let me know

AlisonD: thank you so much I sure will

BJB2 waves goodnight

AlisonD: goodnight