

# ADHD Psychological Treatment for Children More Accessible Through a Unique Program

***Based on research and established ADHD treatment guidelines, Total Focus provides education for parents and therapeutic activities for kids through a multimedia program available for home use. Total Focus can be used with or without ADHD medications.***

Orange, California (PRWEB) May 30, 2007 -- Parent's concerns about medicating their ADHD children were raised by recent articles in medical journals. A new warning of possible cardiac problems was announced by the FDA and published in JAMA in the US while concern regarding over-prescribing of these drugs was reported by Lancet in the UK. The Lancet article stated that behavioral treatment should be used for less severe cases and can be used alongside medications in more severe cases.

This recommendation is echoed in treatment guidelines published by a number of professional organizations including the American Academy of Pediatrics. Surveys regarding the implementation of these guidelines reveal that recommended psychological interventions are under-utilized by both primary care physicians who treat the majority of cases as well as by some specialists.

Lack of access to psychological intervention has been attributed to a number of circumstances including limited physician time, managed care restrictions, high cost and a lack of qualified mental health professionals to name a few. Probably parent's and kids busy schedules don't help either.

Child Development Institute, LLC now offers an easier way to receive this much needed resource through Total Focus, a multimedia program for use at home by parents and kids working together as a team. The format allows busy moms & dads to receive parent education by listening to CDs on the way to work. The activities for the kids are fun and can be fit into their free time.

Total Focus provides a variety of interventions all recommended by professional guidelines and supported by research. They include parent education, behavior modification programs for home and school, cognitive behavioral therapy to improve motivation, problem solving and self-esteem, relaxation-biofeedback training to help with anger management and frustration, social skills training, and "brain training" exercises to improve attention, concentration and memory.

The creator of the program, child psychologist, Dr Robert Myers says, "Total Focus is a full-blown ADHD treatment program in a box." During development, Dr Myers drew from his 20 years of clinical experience as well as his own personal experience of raising a son with ADHD. Parents find his remarks informative and encouraging while kids can relate to his "straight talk" with a sense of humor.

For additional information on the news that is the subject of this release, contact Dr Robert Myers or visit [www.childdevelopmentinfo.com](http://www.childdevelopmentinfo.com). Total Focus™ is published and copyright held by Legacy Parenting Company.

About Child Development Institute:

Child Development Institute has been "keeping parents informed" since 1998 through its website, [www.childdevelopmentinfo.com](http://www.childdevelopmentinfo.com) which is recommended by professional organizations, schools and social agencies and currently serves over 3.5 million visitors per year.

Dr Robert Myers is a licensed psychologist in California and a member of the American Psychological Association.

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