

## Effective treatment options for ADHD

### Neurotherapy

Neurotherapy is a computer-based technique for retraining the brain to produce more normal patterns of electrical activity, and has been shown to be an effective treatment for around 80% of children with ADHD and Learning Difficulties.

During Neurotherapy, real-time brain waves are displayed on a computer in the form of a game, and the patient is given contingent audio-visual rewards for producing less Theta and more Beta waves. There is now significant evidence in the literature, which suggests that most children with ADHD can learn to produce a brainwave pattern with more normal theta/beta ratios.

Improvements in theta/beta ratios following Neurotherapy have been found to correlate significantly with a number of positive behaviours. Studies have shown improvement in impulsivity, attention, response time and variability of response time scores on Continuous Performance Tasks (TOVA). In addition there were reductions in hyperactivity and impulsivity on behaviour scales, increase in attention and cognitive skills in Individual Achievement Tests scores, and increases in IQ scores.

### Dietary Changes and Nutrient Supplementation

Information to be added

### Cognitive Behavioural Therapy

CBT refers to a group of therapies that aim to reduce dysfunctional emotions and behaviours by altering behaviour and thinking patterns. A basic concept in CBT is that a change in behaviour follows a change in thinking (or cognitive change) which is brought about by a variety of possible interventions, including the practice of new behaviours, analysis of faulty thinking patterns, and the teaching of more adaptive self-talk.