

Group help for women with ADD

When people think of Attention Deficit Disorder (ADD), what usually comes to mind is the image of a little boy who can't sit still and be quiet. What few people realize is that ADD affects all demographics, including adult women, whose struggles with the disorder are often overlooked. The ADD Management Coaching and Support Group for Women offers New York Metro Area women the opportunity to connect with one another for education and support.

"Women with ADD often feel isolated, like no one understands their challenges," says group leader Jennifer Koretsky, an ADD Management Specialist who works primarily with women. "Many women with ADD are actually very successful in life, but feel like they could always be doing more, and doing it better."

Every Monday night for four weeks, a diverse group of women come together to discuss the experience of living with ADD. They share personal stories and work to develop systems to manage their challenges.

"Meeting women who in many ways are different from me, and hearing how nearly identical their struggles have been to my own has been amazing," offers group member Hillary Crevier. "It has helped me identify which of my personal frustrations and challenges are related to having ADD, instead of assuming that I am just 'lazy and incompetent.'"

Women today lead fast-paced, often hectic lives, and many struggle to maintain a sense of balance. For women with ADD, that sense of balance seems unattainable because they have difficulties with everyday tasks that most people take for granted, like the ability to follow a routine and stay organized.

Koretsky reports that in her practice, the number one complaint from women with ADD is that they feel chronically overwhelmed. They put forth tremendous effort to "get it together," but rarely feel like they have accomplished any goals. Because of this, many

women with ADD suffer from low self-esteem and lack of motivation.

"After just one meeting, I felt calmed and empowered regarding my challenges with ADD," says group member Brandy Barber. "It was so soothing to be open about my personal experiences. This was the first time I was surrounded by people who really knew what I was going through, and who saw my ADD as a real condition instead of laziness and immaturity."

The group provides a valuable outlet for women to explore their challenges, share their triumphs, and connect with women who understand and encourage them. It also enables them to develop ADD management skills, create systems to overcome challenges, and take action toward realistic goals.

Hillary Crevier adds, "I came to this group desperate for help and it has already surpassed my expectations. It's reviving my hope in a future I was beginning to think was beyond my grasp."

The next ADD Management Coaching and Support Group for Women takes place Monday evenings, from 6-7:30 p.m. beginning April 5 through April 26.

Meetings take place at the private practice office on 11th Street & Broadway.

The fee is \$155 total for four 90-minute sessions. Pre-registration is required. For additional information, visit www.addmanagement.com/skills.htm.

Jennifer Koretsky is an ADD Management Specialist who coaches adults to manage their ADD and move forward in life. She encourages clients to increase self-awareness, focus on strengths and talents, and create realistic action plans. She offers a 90-day intensive skill-building program for women, private and group coaching, and a free e-newsletter. For more information, please visit <http://www.addmanagement.com>.