

Intro: ([00:00](#))

Having an ADHD brain is a mixed bag. Sometimes it's good news. And sometimes, well, it's not. Even ADHD professionals have trouble with their ADHD. They try harder and harder and harder to overcome the chaos that's ADHD. And finally, they overcome the barriers of ADHD and they become what we call at ADDA, ADHD heroes. And that's what TADD Talks are all about this year. Your favorite ADHD professionals sharing their ADHD stories. So, join us here at ADDA, the Attention Deficit Disorder Association every single day of October, because it's ADHD Awareness Month. Here's the next inspiring story.

Gene Carroccia: ([00:49](#))

Greetings and welcome to TADD Talks with ADDA. Hi, I'm Dr. Gene Carroccia. I'm coming to you from the Western suburbs of Chicago, Illinois, and I'm exuberant. I'm thrilled to be invited to share with you my ADHD hero's journey. So, here we go, let's dive in. A little bit of background about me. I'm a licensed clinical psychologist, a clinician, an author, a lecturer, and I have been a trainer for a number of years for individuals in the last years of getting their doctorates and clinical psychology to be psychologists. So, I am the author of two books. My first book is "Treating ADHD and ADD in Children and Adolescents". And my other book is "Evaluating ADHD in Children and Adolescents". While my two books and some of my articles on my websites, my original articles, are on child and adolescent ADHD topics, I have a lot of passion and experience with working with adults with ADHD.

Gene Carroccia: ([01:56](#))

I was privileged some months ago to do a podcast with ADDA on my "Six Steps to Treating Adult ADHD," which is a free article that's on my website. Also, my books are for parents with children or teens that have ADHD and so I'm really in my work supporting families with ADHD, and that can often be a whole range of individuals in the family. We know that parents with ADHD often have children that have ADHD because of the genetics that ADHD runs in families. So, um, I'm very much supporting all individuals in the house and families. One of the things that I like to talk about in my books and articles that I'm passionate about, is coexisting conditions. I really would love for individuals to be more aware of the impact of coexisting conditions. And I wish it was more of a topic that was discussed when people are getting help or talking about ADHD. Coexisting conditions are conditions that go along with ADHD and then often magnify the condition of ADHD.

Gene Carroccia: ([03:04](#))

When they're not detected, or when they're not identified or treated, they really can limit the effectiveness of treatments at times for ADHD, or there can be a ceiling of progress that can happen. And then individuals get really frustrated and burned out. So, clinicians get frustrated, certainly individuals that have ADHD, families, parents, and school staff. And so, it's often a missing piece in effective treatment. And I'd like to really share the importance of that. Coexisting conditions are really prevalent and because ADHD is considered a foundational disorder. So, about 80% of adults, adolescents and children have at least one co-existing condition when they have ADHD; 50% will have two or more coexisting conditions. And 20% of individuals will have three or more. So, it really occurs very commonly and it's something that

really needs to be recognized and acknowledged. So, what is my ADHD hero's journey?

Gene Carroccia: ([04:08](#))

Well, it's been writing my two books and then my website that grew out of that. It took me nine years to write these two books. I'm going to talk about that in just a moment, but my goal and why I took nine years to do this, my goal has been to share with others how to address and improve the lives of those that have ADHD. And those with families that have ADHD. So, I've tried to create some user-friendly approaches to addressing ADHD in a lot of ways. In my treating ADHD book, I present the six steps to treating ADHD. So, this is an evidence-based comprehensive way of addressing the entire range of ADHD in a step-by-step format. And then in my evaluating book, I present the 10 steps for effectively evaluating ADHD. And while that's mostly for clinicians and school staff, family members and parents can easily use these materials to try to learn more about coexisting conditions.

Gene Carroccia: ([05:12](#))

And I have about over 60 checklists in evaluating ADHD (book) to help people get more familiar with the various coexisting conditions that might occur and adults could use many of them as well. So, um, hopefully this system will improve the accuracy of diagnosing ADHD. So why nine years? How did this all come about? Well, for many, many years, I have worked with adults, children, adolescents, families. And so, I was creating a lot of my own materials on ADHD, handouts, um, effective tools. And so, I started to accumulate a lot of these and share them with my patients, my clients, simultaneously as a training director of an accredited training program for doctoral students on their way to being clinical psychologists. I couldn't find enough training materials that I really loved. And so, um, as part of training these doctoral students, I started creating my own materials to help them have a better understanding of working with children and adolescents and families with ADHD.

Gene Carroccia: ([06:19](#))

So, this was evaluating and diagnosing and then also treating. So, I started to come up with a lot of training materials and one day I just stood back and went, wait a second, I have so much here, here's a book. I should just put this together. This will be no big deal. I have all the raw materials. Well, that started the nine-year journey. And it was a lot longer, a lot more challenging than I thought. It turned out that these were two books instead of one, I thought this was one book, but it was two books. And it was a process where I was able to take some more time to develop the materials as I was writing and use them and integrate them into my practice and in my training work. And I'm just so thrilled with the outcome of them, but for anyone that knows anything about designing, creating books, birthing books, there's a lot of hard work that goes into it.

Gene Carroccia: ([07:10](#))

Fortunately, my wife has hung in there with me. I have two teenage boys and they were on the journey with me, even though it's a lonely journey writing. The cover design takes some time and endorsements and putting the whole package together. I was fortunate to connect with a publisher that was really interested in my work and very supportive. And so, I was really

privileged to be able to create these. So, the end result has been to have some books that are user-friendly and then the website grew out of that. So, I have a website, ADHDology.com. There are free articles there, resources, original articles that I've written and then free chapters of the book. So, I'd love for subscribers to go and for anyone to shoot me an email and say hi, it's really an honor to have anybody reach out. So, I want to thank everybody for listening. And I also want to take a moment to honor each of your own ADHD journeys. It's a road. It's a process. And if you're listening to this, that means that you care, you want to grow, you want to expand and you want to learn more. So, I want to celebrate that and honor that. If you like what I'm sharing today, again, please visit my website, ADHDology.com. And you can follow me on Instagram, Facebook, and LinkedIn. Take care. All the best. Bye-bye

Outro: [\(08:38\)](#)

Thanks so much for joining us for TADD talks this year. I'm sure you enjoyed these inspiring stories and there's so much more. In fact, why don't you join us for the 2021 virtual ADHD International Conference November 4th through the 6th. And you might want to consider joining ADDA as well. It's a great investment for a small amount of money as little as \$5 a month. And remember, So, when you feel like hope is gone, look inside you and be strong and you'll finally see the truth, that a hero lies in you.