



Barbara Williams ([00:03](#)):

Hi there, my name is Barb Williams, and I am so grateful to ADDA to be able to spend a few minutes with you to chat about how to build your own personal ADHD wellness team. The idea of a personal ADHD wellness team comes up often in my coaching sessions. Sometimes a simple word or comment makes us aware that this might not be a coaching piece, but perhaps in the realm of therapy. I refer to these comments as being sticky and gooey. I can hear the shift in the tone of their voice or the look on their face. For my clients, they often get a feeling in their belly or might actually verbalize that, Hey Barb, this might not be a coaching piece. In these situations, we give about 30 seconds to explore where this topic should go. If it is a coaching piece and the client wants to explore, well then off we go.

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But if this is a therapy piece, we'll take time for the client to write down these thoughts, capturing thoughts and words as they come up for them. For those already engaged in therapy, they will start this conversation with their therapist at a later date. For those who currently do not have existing support, we now have an opportunity to explore what that could look like for them. And here we are discussing what a personal ADHD wellness team is. So it's a bit of a vague term, but I describe it as a group of folks who by invitation, as in your personal invitation to become a part of your wellness team. This team can be made up of anyone who is there to support you in wellness and to the success of your ADHD journey. Now, having said that, it can get pretty confusing figuring out who to invite since we're not entirely sure what they all actually do, or more importantly, the difference between them, like between physicians, psychiatrists, pediatricians, neurologists, psychologists, social workers, nurse practitioners, therapists and counselors. Oh, and another thought. Which of these professionals can diagnose ADHD and any coexisting diagnosis that may present alongside. And of these who is able to prescribe medication for ADHD? Often, not one in the same, unfortunately. But wait, not everyone has to have a doctorate in front of their name to be invited to this party. Maybe consider inviting an accredited ADHD coach, registered massage therapist, reiki practitioner, nutritionist, or even a personal trainer. Okay, full disclosure, I don't have a personal trainer, but

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I like the idea. So perhaps a future invitation for my wellness team. So the list can be long and the confusion great, but it doesn't have to be. So where do we start? Well, for some at the beginning, from scratch. Well, for others, they may already have a doctor and maybe a therapist in their wellness team. Great. But what I often hear from those clients with an existing wellness team is that there is a gap.

Something big is missing, and that's something big is often an ADHD lens, an ADHD perspective, really ADHD knowledge. And that's a really big piece to be missing. Now, I just want to throw in here about this whole idea of an ADHD wellness team, that it is okay and not unusual or wrong to look at customizing, adding someone new, changing a current wellness team member, or start new to seek out that which you want to add.

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In our current world of long wait lists for certain professionals, the idea of finding someone new, someone more suitable, seems frightening. Now, don't get me wrong, it can be tough work, but it is doable, and I've seen it accomplished many, many times. Now, it also isn't about going cold turkey, where you end one professional relationship to seek another. This is more of a let's get curious and see what's out there approach, while maintaining whatever supports currently serve you. Sometimes in this process, you actually discover that what you currently have is what you needed all along. Or as Glinda, the good witch said to Dorothy, you always had the power, my dear. You just had to learn it for yourself. Okay, first steps. Let's take that first step of creating that what you want. Let's say for example, you want a therapist who has ADHD knowledge. So start small, dig out your magic wand and pull together your wishlist for a therapist worthy of an invitation to your wellness team. One client described their list to me as this, someone who knows about ADHD, has learning on the diagnosis, understands that they, the client, is a verbal processor. And for those of you out there, you know how important that information can be. Also, that they have current patients with ADHD, or at least suspected patients with ADHD. Experience working with ADHD couples. Is available for virtual sessions. Who also accepts their insurance plan. They prefer a man who has been in practice for

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at least 10 years. And someone with a sense of humor, and there they are. Oh, but wait. Once you've completed your wishlist, indicate which are your must haves, you know the deal breakers. For this client, their deal breakers were must-have ADHD learning and knowledge, and someone with a sense of humor. The rest was icing on the cake with sprinkles. So now they have, like you will have, a destination, a description, knowing the who you seek is a very powerful place to start. Now remember, this is a journey. Long or short, I honestly don't know. No two the same. Once you've met one person with ADHD, well, you've met one person with ADHD. But know that your wellness team will evolve and change over time, as it should. As you grow and change, so should your wellness team. So consider building those wishlists and like that Kevin Costner movie Field of Dreams, Build it and they will come.

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Or if they don't, then well, you'll go looking for them. The steps and journey continue. Now, if you'd like to hear more on this topic and it serves you to join me in Baltimore at the International Conference on ADHD, November 30th to December 2nd, I'll be participating in a panel session called a psychologist Coach and physician walked into an ADHD conference. I'll be joined by Dr. Marcy Caldwell, a psychologist and Dr. Gerdy Pahar, a family physician for over 30 years, both who specialize in ADHD. Together, we'll help you continue the build and answer some of those confusing questions, answers from two other knowledgeable professionals who believe you can successfully create your own personal ADHD wellness team. You are welcome to reach out to me if it serves you. You can visit me on my website at barbarawilliamscoaching.com and thank you for spending time with me today.