



Brainworks®

Teaching Life-Changing Behaviors

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10 QUESTIONS TO ASK WHEN CHOOSING AN ADHD DOCTOR

1. How long have you been diagnosing and treating individuals with ADHD? What specific training or education have you received? How familiar are you with my specific type of ADHD?
2. How do you stay updated in current ADHD research? Do you speak to groups or attend conferences? Are you a member of any ADHD organizations?
3. How familiar are you with the daily lives of ADDers? What made you decide to make ADHD a focus of your practice?
4. Do you work primarily with children, teens, or adults?
5. What percentage of your practice is ADHD?
6. What do you feel are the keys to success when treating ADHD?
7. What is your treatment philosophy in regards to ADHD? Are you willing to try alternative treatment methods or medications? How do you monitor treatment?
8. What process will you use to determine the diagnosis of ADHD and any co-morbid conditions? Is there a test? Do you talk with teachers as well as parents when treating children?
9. How will we work together during treatment? How accessible are you? How often will I see you during treatment? May I call your office to discuss changes in treatment, or will I have to make an appointment?
10. Do you do therapy in addition to prescribing medication? If you do not offer therapy or coaching, can you provide me with referrals?