

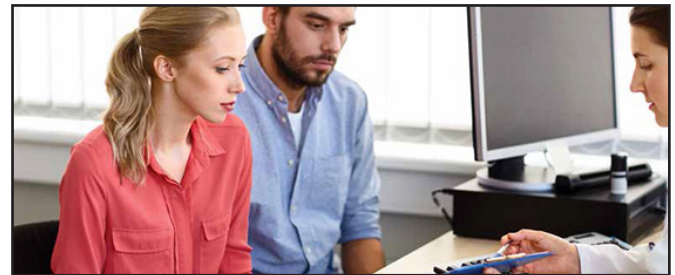
## Medicinal Plants and Natural Products Research: A Treatment Program for A.D.H.D. and A.D.D

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### Abstract:

Statement of the problem: Individuals, both diagnosed and undiagnosed, with A.D.H.D. or A.D.D. (Attention Deficit Disorder with and without Hyperactivity), have unique challenges in negotiating daily experiences as well as developmental transitions. Our research seeks to explain how throughout these normative challenges, there is an accumulation of small t traumas that begin to impinge upon the individual causing anxiety, negative mood and feelings about oneself as “not good enough”. Difficulty with persistence as well as focused attention has led many individuals with A.D.H.D. or A.D.D. to drop out of weekly CBT (Cognitive-Behavioral) psychotherapy and, thus, not progress in the use of skills and strategies that have been shown through research to be helpful with these symptoms. To increase the possibility of helping the community of people with A.D.D. or A.D.H.D., we have developed a protocol using EMDR (Eye Movement Desensitization & Reprocessing Therapy) to address small t traumas. In addition to the homeopathic use of Omega-3, video games, drawing, group therapy, and parent training were integrated into the overall treatment protocol. Results from our first group of 9 subjects of subjects with A.D.H.D., O.D.D., anxiety, and depression include: increased levels of self-esteem, higher levels of concentration producing more adaptive interpersonal experiences and academic performance, less reactivity in daily activities and more support from parents and teachers as a result. Researchers are in the process of developing an online class for behavioral health professionals, which would communicate our findings and provide training for including the elements of our program in their therapeutic sessions. They are also working toward developing a class for college students and their parents to prepare for that specific life transition with A.D.D. or A.D.H.D.



### Biography:

Carla Natalucci-Hall, Psy.D. is an EMDR certified therapist & Consultant that has developed a therapeutic system to successfully address A.D.H.D. effectively. In her clinical practice, she has dealt with children & adolescents with A.D.H.D. for over 20 years & has had significant success with students improving daily accountability and completing classes on time with solid grades.. Dr. Natalucci-Hall & Matt Starr have also created a unique online program for behavioral health care professionals to learn the current program to develop the skills to help individuals with A.D.D. and A.D.H.D.

### Publication of speakers:

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2. Polanczyk G., de Lima M. S., Horta B. L., Biederman J., Rohde L. A. The worldwide prevalence of ADHD: a systematic review and meta-regression analysis. *The American Journal of Psychiatry*. 2007;164(6):942-948. doi: 10.1176/appi.ajp.164.6.942.
3. Harpin V. A. The effect of ADHD on the life of an individual, their family, and community from preschool to adult life. *Archives of Disease in Childhood*. 2005;90(supplement 1):i2-i7. doi: 10.1136/ad.2004.059006.

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