

## **Working with Gifted Adults with ADHD**

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There are many highly intelligent adults whose ADHD is not recognized and diagnosed until college, graduate school or even later as they are pursuing their careers. As more is understood about ADHD, adults are seeking diagnosis and treatment later in life, even in retirement years.

ADHD can and does affect highly talented, intelligent individuals. These individuals should not be denied treatment in response to the success that they have attained, but should be offered appropriate treatment so that they can overcome the barriers and frustrations that they experience. Our understanding of ADHD has evolved and changed greatly over the past decade. ADHD in females and in adults has become better understood and recognized over the past decade. Just as the concept of “GT/LD” (gifted and learning disabled) is recognized, we should also recognize that one can be both gifted and have ADHD. It is time for the ADHD community to turn its attention to the needs of very bright, talented individuals who struggle with significant problems related to ADHD that prevent them from functioning at their full potential.

Unfortunately, many professionals turn away high achieving adults seeking assessment and treatment out of a belief that one cannot have ADHD and achieve academic or professional success. As a result, many adults with significant symptoms of ADHD are left untreated. At the Chesapeake Center we have worked successfully with gifted adults whose ADHD has interfered with reaching their life goals, for example, the completion of a dissertation, the completion of a book or passing a licensing or board exam.

With needed structure and support, provided through ADHD-focused neuro-cognitive psychotherapy or ADHD coaching, it's possible to stay on task and complete long-term goals that have always seemed out of one's grasp.

For more information about treatment for gifted adults with ADHD, contact the Chesapeake Center at 301-562-8448.