



Emotions and Motivation in ADHD

With Dr. Thomas E. Brown

Presentation Link: <https://www.youtube.com/watch?v=sC9EWW74>

Presentation Audience: Parents and Adults with ADHD

Presentation Start Time: 4:03

Presentation End Time: 32:19

Materials Needed:

- Coordinator version of “Emotions and Motivation” video guide
- Copies of attendee version of discussion questions printed out for all attendees
- Laptop, screen, projector, and speakers to show YouTube video
- Access to YouTube to play the video (internet connection or video downloaded and saved)
- Copies of NRC Fact Sheets listed in additional resources (optional)
- Pens

Instructions

Pre-meeting planning:

1. Review the presentation portion of the video “Emotions and Motivation”
2. Review the “Video Q&A reference” and listen to the responses provided by the presenter
3. Read through the discussion questions
4. Print copies of the attendee version of the guide
5. Print any relevant resources, including items listed in additional resources

Day of the meeting:

1. Set up A/V equipment to view the video
2. Open up the video and set it to the start time
3. Pre-pass out or have attendee worksheet available for attendees to pick up as they walk in

After the meeting:

1. Send video link via email
2. Send follow-up resources via email



Brief Video Summary:

A person's level of motivation is tied to his emotions where ADHD is concerned. Dr. Thomas E. Brown discusses the interrelationship between emotions and motivation:

- Emotional regulation and a person's sense of motivation
- Why getting started on a project can be difficult for someone affected by ADHD
- How to take control of one's emotions and motivation

Bio for the Expert:

Dr. Brown is a clinical psychologist who received his Ph.D. from Yale University and maintains a private practice in Hamden, Connecticut specializing in assessment and treatment of high-IQ children, adolescents and adults with ADD and related problems. He is an Assistant Clinical Professor of Psychiatry at the Yale University School of Medicine and is Associate Director of the Yale Clinic for Attention and Related Disorders. He has served on the Professional Advisory Board for national CHADD and for the National Attention Deficit Disorder Association.

Video Q & A Reference:

1. Can you discuss the relative importance of medication versus therapy in helping individuals with emotional regulation? (Time: 32:45—35:40)
2. Should the difficulty with emotional modulation be used as criteria for ADHD diagnosis? (Time: 35:50—38:34)
3. How does a clinician distinguish between ADHD and a co-occurring mental health disorder that can impact emotion or motivation? (Time: 38:46—42:56)
4. How is self-esteem affected by ADHD? Does the emotional and motivation deficit affect or lower self-esteem? (Time: 43:10—46:18)
5. Is emotional dysregulation an executive function, and can it be treated by a stimulant or an antidepressant? (Time: 46:45—51:49)
6. Are twice exceptional (e.g., children who have ADHD and a learning disability) gifted children equally challenged when it comes to emotion and motivation? (Time: 52:03—56:47)
7. Is there a certification program for professionals for clinicians who treat ADHD and emotional regulation? What are the questions that people should be asking when looking for a clinician who treats ADHD and emotional regulation? (Time: 57:08—1:00:57)



Discussion Questions for “Emotions and Motivation in ADHD” Coordinator Version:

- Give a brief summary of the video and read the short bio of the presenters
 - Instruct attendees that you’ll be discussing each of the questions on their guide. You’ll be pausing the video so they don’t have to necessarily write down answers while watching.
 - Start the video
 - Follow the instructions in the discussion guide to pause the video after each question and prompt attendees to respond to the questions.
1. (Video clip time reference 4:03 – 9:42 min) Write 1-2 positive and negative emotions that you experience on a daily or weekly basis. Are there specific emotions that you experience in certain situations, or while completing certain tasks? Think about these emotions and/or the other ones written on the board/wall while listening to the beginning of the presentation.

Steps:

1. Pause the video at 9:42 min.
2. Give attendees time to think about their response and if they want to write it down.
3. Ask if anyone wants to share their thoughts.

2. (Video clip time reference 9:43--17:25) Write down a time when you’ve had a “got to have it now” or “what if?” moment. Write about your experience and specifically how it gobbled all the space in your mind in that moment.

Steps:

1. Pause the video at 17:25
2. Give attendees time to think about their response and if they want to write it down.
3. Ask if one or two people want to share one of their responses.

3. (Video clip time reference 17:26—21:24) Have you ever been flooded with one negative emotion towards your spouse, child, or close loved one? If yes, write down 1-2 positive emotions about a person that you’ve hurt. After today’s meeting, contact that person and let them know the 1-2 positive emotions you have towards them.

Steps:

1. Pause the video at 21:24
2. Give the attendees time to write down their response
3. Remind them to contact the person they wrote about after the meeting.

4. (Video clip time reference 21:25--32:19) Do you have difficulty with ignition or getting things started? Share with us 1-2 techniques that you have acquired to help with this.



Steps:

1. Pause the video at 32:19
2. Give attendees time to think about their response and if they want to write it down.
3. Ask if one or two people want to share one of their responses.

5. **Video time: Stop the video at the end or 32:19.** Wrap-up Questions.

- a. What did you focus on, or pay most attention to, today?
- b. What's your clarity or take-away?
- c. What is one realistic action step that you want to take from here?
- d. How can you set yourself up for success with this action?

Steps:

1. Pause the video at 32:19 min.
2. Give attendees time to think about all of the wrap-up questions.
3. Ask if anyone wants to share their answers to questions "c" and "d".



Additional Resources

Presentation Resources:

1. Yale School of Medicine: Thomas Brown, PhD http://medicine.yale.edu/news/thomas_e_brown-1.profile
2. Dr. Thomas E Brown website: <http://www.drthomasebrown.com/>
3. Smart but Stuck: Emotions in Teens and Adults with ADHD
<http://www.drthomasebrown.com/booksbydrbrown/smart-but-stuck-emotions-in-teens-and-adults-with-adhd/> **(View an excerpt of this book)**
4. Getting to Yes: Negotiating Agreement Without Giving In by Roger Fisher and William Ury
https://www.amazon.com/Getting-Yes-Negotiating-Agreement-Without/dp/0143118757/ref=pd_sbs_14_t_0?encoding=UTF8&psc=1&refRID=DBX9F6YRYWRBSTBZQDSZ

CHADD Resources:

1. CHADD Resource Directory: <http://www.chadd.org/Support/Directory.aspx?state=1111111>
2. Psychological Treatment for Children and Adolescents with ADHD Fact Sheet:
<http://www.chadd.org/Portals/0/Content/CHADD/NRC/Factsheets/Psychosocial%20Treatments%20for%20Children%20with%20ADHD.pdf>
3. Treatment for Adult ADHD: Cognitive-Behavioral Therapy Webpage
<http://www.chadd.org/Understanding-ADHD/For-Adults/Treatment/Cognitive-Behavioral-Therapy.aspx>



Discussion Questions for “Emotions and Motivation in ADHD”

1. Write 1-2 positive and negative emotions that you experience on a daily or weekly basis. Are there specific emotions that you experience in certain situations, or while completing certain tasks?

- a. _____
- b. _____

2. Write down a time when you’ve had a “got to have it now” or “what if?” moment. Write about your experience and specifically how it gobbled all the space in your mind in that moment.

3. Have you ever been flooded with one negative emotion towards your spouse, child, or close loved one? If yes, write down 1-2 positive emotions about a person that you’ve hurt.

- a. _____
- b. _____

4. Do you have difficulty with ignition or getting things started?

a. If yes, list 1-2 things you have difficulty with getting started

b. Share 1-2 techniques that you have acquired to help with this.

5. Wrap-up

- a. What did you focus on, or pay most attention to, today?
- b. What’s your clarity or take-away?
- c. What is one realistic action step that you want to take from here?
- d. How can you set yourself up for success with this action?