

Treatments for hyperactive children through the role of counselor

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ADHD යනු අවධානය උගත වූ අධික්‍රියාකාරීත්ව අක්‍රමිකතාවයකි. එනම් සංකීර්ණ ස්නායු සංවර්ධනාත්මක ආබාධයක් වන මෙය බහුල ලෙසම කුඩා දරුවන්ගේ අධ්‍යාපනය, සමාජ සම්බන්ධතා මත යැපමින් පවතී. එමෙන්ම මෙම මානසික ආබාධයට ගොදුරු වන ළමුන් ඉතා ඉක්මනින් හඳුනාගැනීම දුෂ්කර කාර්යයකි. සාමාන්‍යයෙන් මෙවැනි දරුවන් වැඩිමනන්ම හඳුනාගැනෙන්නේ ඔවුන්ගේ නව යොවුන් අවධියේ දී වේ. තවදුරටත් පවසන්නේ නම් මෙම දරුවන්ගේ විශේෂිත වූ ලක්ෂණ කිහිපයක් දක්නට ලැබේ. එනම් DSM-V නිර්ණායකයට අනුව අනවධානය, අධික්‍රියාකාරීත්ව, සහ කලබලකාරී භාවය යන අංග මෙම දරුවන් තුළ දක්නට ලැබෙන බව මනෝවිද්‍යාඥයන් සොයාගෙන ඇත. මෙම ලිපියෙහි ප්‍රධාන අරමුණ වන්නේ මෙම අධික්‍රියාකාරීත්ව දරුවන් වෙනුවෙන් උපදේශකවරයෙකුට කළ හැකි ප්‍රතිකාරයන් පිළිබඳ විමර්ශනයක් කිරීම මෙන් ම මෙම මානසික රෝගයෙහි ලක්ෂණ හා ස්වාභාවය විමසීමත් මෙම මානසික ආබාධයෙහි ආරම්භය සේම උපදේශකවරයා පමණක් නොව මෙම දරුවන් කෙරෙහි සමාජීය (දෙමාච්චියන්/ගුරුවරුන්) කාර්ය භාරය කෙසේ ද යන්නත් පිළිබඳ විමසීම වේ.

Introduction

ADHD (Attention Deficit Hyperactive Disorder) is a complex neuro developmental disorder that can affect a child's success at school as well as their relationships. The symptoms of ADHD vary and are sometimes difficult to be recognized. Any child may experience many of the individual symptoms

of ADHD. ADHD is generally diagnosed in children by the time they're teenagers, with the average for moderate ADHD diagnosis being 7 years old trusted sources. Older children exhibiting symptoms may have ADHD, but they've often exhibited rather elaborating symptoms early in life. For information about ADHD symptoms in adults, this article can help.

DSMV-5 Criteria for ADHD child

People with ADHD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development:

1. Inattention: Six or more symptoms of inattention for children up to age 16 years, or five or more for adolescents age 17 years and older and adults; symptoms of inattention have been present for at least 6 months, and they are inappropriate for developmental level:
 - Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or with other activities.
 - Often has trouble holding attention on tasks or play activities.
 - Often does not seem to listen when spoken to directly.
 - Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., loses focus, side-tracked).
 - Often have trouble organizing tasks and activities.
2. Hyperactivity and Impulsivity: Six or more symptoms of hyperactivity-impulsivity for children up to age 16 years, or five or more for adolescents age 17 years and older and adults; symptoms of hyperactivity-impulsivity have been present for at least 6 months to an extent that is disruptive and inappropriate for the person's developmental level:
 - Often fidgets with or taps hands or feet, or squirms in seat.
 - Often leaves seat in situations when remaining seated is expected.
 - Often runs about or climbs in situations where it is not appropriate (adolescents or adults may be limited to feeling restless).

- Often unable to play or take part in leisure activities quietly (*DSMV-5 Criteria*).

Objectives of Research

This main purpose of this article is to investigate the treatments for Hyperactivity children, furthermore, it tries to manage some kind of areas related to the field of children and also we can see how it contributes as a counselor role with this children also. Furthermore, this article tries to find symptoms of this disorder, origin of this disorder and counselor how in these sectors are involved.

Methodology of Research

This is a text-based research and research based. I use only texts and scholar articles and do not use empirical sources. The method is narrative analytical which belongs to interpretive research. In my normative analytical work with texts, interpretation is subjectively important.

Research Problem

What are treatments for hyperactive children through the role of counselor?

Research discussion and analysis

➤ Treatments for Hyperactive Children

Stimulants such as Ritalin and Adderall are often prescribed for ADHD, but they might not be the best option for your child and they're certainly not the only treatment. Medications for ADHD may help your child concentrate better or sit still, at least in the short term. There is little evidence that they improve school achievement, relationships, or behavioral issues over the long term. And even in the short term, medication won't solve all problems or completely eliminate the symptoms of ADHD.

Furthermore, there are concerns about the effects these powerful drugs may have on a child's developing brain. And the side effects such as irritability, loss of appetite, and insomnia can also be problematic. Some children experience dramatic improvement while others experience little to no relief. The side effects also differ from child to child and, for some, they far outweigh the benefits. Because everyone responds differently, finding the right medication and does takes time.

Medication for ADHD is more effective when combined with other treatments. Your child will get much more out of your medication if they are

also taking advantage of other treatments that teach new coping skills. If you choose to put your child on medication. That doesn't mean, they have to stay on it forever. Although it isn't safe to bounce off and on any drug repeatedly, you can safely decide to stop treating your child's ADHD with medication if things aren't going well. If you want your child to stop taking medication, be sure to let your doctor know your plans and work with them to taper off the drugs slowly.

As a parent, you have a huge influence over your child's treatment. Evidence shows that eating a healthy diet, getting plenty of exercise, and making other smart daily choices can help your child manage the symptoms of ADHD. That means your child can begin treatment for ADHD today at home. Exercising is one of the easiest and most effective ways to reduce the symptoms of ADHD. Physical activity immediately boosts the brain's dopamine, norepinephrine, and serotonin levels all of which affect focus and attention. In this way, exercise and medications for ADHD such as Ritalin and Adderall work similarly. But unlike ADHD medication, exercise doesn't require a prescription and it's free of side effects.

Activities that require close attention to body movements, such as dance, gymnastics, martial arts, and skateboarding, are particularly good for kids with ADHD. Team sports are also a good choice. The social element keeps them interesting. Regular quality sleep can lead to vast improvement in the symptoms of ADHD. However, many kids with ADHD have problems getting to sleep at night. Sometimes, these sleep difficulties are due to stimulant medications, and decreasing the dose or stopping the medication entirely will solve the problem. However, a large percentage of children with ADHD who are not taking stimulants also have sleep difficulties. If your child is one of them, the following tips can help. Set a regular bedtime (and enforce it). If background noise keeps your child up, try a sound machine or a fan. Turn off all electronics (TV, computer, video games, iPhone) at least an hour before bed. Limit physical activity in the evening.

Good nutrition can help reduce ADHD symptoms. Studies show that what, and when, you eat makes a difference when it comes to managing ADHD. We can schedule regular meals or snacks no more than three hours apart. This will help keep your child's blood sugar steady, minimizing irritability and supporting concentration and focus. Parents can try including a little protein and complex carbohydrates at each meal or snack. These foods will help your child feel more alert while decreasing hyperactivity. Check your child's

zinc, iron, and magnesium levels. Many children with ADHD are low in these important minerals and boosting their levels may help control ADHD symptoms. Increasing iron may be particularly helpful. One study found that an iron supplement improved symptoms almost as much as taking stimulant medication. Furthermore, add more omega-3 fatty acids to your child's diet. Studies show that omega-3s reduce hyperactivity and impulsivity and enhance concentration in kids (and adults) with ADHD. Omega-3s are found in salmon, tuna, sardines, and some fortified eggs and milk products.

However, the easiest way to boost your child's intake is through fish oil supplements. Regular quality sleep can lead to vast improvement in the symptoms of ADHD. However, many kids with ADHD have problems getting to sleep at night. Sometimes, these sleep difficulties are due to stimulant medications, and decreasing the dose or stopping the medication entirely will solve the problem. However, a large percentage of children with ADHD who are not taking stimulants also have sleep difficulties.

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On the other hand, It is normal for children to have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue, can be severe, and can cause difficulty at school, at home, or with friends.

A child with ADHD might:

- daydream a lot
- forget or lose things a lot
- squirm or fidget
- talk too much
- make careless mistakes or take unnecessary risks
- have a hard time resisting temptation
- have trouble taking turns
- have difficulty getting along with others

➤ **Professional treatment for ADHD**

Although there are many ways you can help a child with ADHD at home, you may want to seek professional help along the way. ADHD specialists can help you develop an effective treatment plan for your child. Since ADHD responds best to a combination of treatments and strategies, consulting several specialists is advisable. To find ADHD treatment providers, you may want to contact your primary care physician, your child's pediatrician, local hospitals, or clinics.

There are many sectors with ADHD children like Child and adolescent psychiatrists can handle to diagnose ADHD and prescribe medications, Psychologists diagnose ADHD and provide talk therapy and help people with ADHD explore their feelings and also cognitive-behavioral therapists can do Set up behavioral modification programs at school, work, and home establish concrete goals for behavior and achievement and help families and teachers maintain rewards and consequences. Educational specialists teach techniques for succeeding in school, help children obtain accommodations from school and advise families about assistive technology.

➤ **Behavioral therapy for ADHD children**

Behavioral therapy, also known as behavior modification, has been shown to be a very successful treatment for children with ADHD. It is especially beneficial as a co-treatment for children who take stimulant medications and may even allow you to reduce the dosage of the medication. Behavior therapy involves reinforcing desired behaviors through rewards and praise and decreasing problem behaviors by setting limits and consequences. For example, one intervention might be that a teacher rewards a child who has ADHD for taking small steps toward raising a hand before talking in class, even if the child still blurts out a comment. The theory is that rewarding the struggle toward change encourages the full new behavior.

According to the American Academy of Pediatrics, there are three basic principles to any behavior therapy approach:

1. Set specific goals. Set clear goals for your child such as staying focused on homework for a certain time or sharing toys with friends.
2. Provide rewards and consequences. Give your child a specified reward (positive reinforcement) when he or she shows the desired behavior. Give your child a consequence (unwanted result or punishment) when he or

she fails to meet a goal.

3. Keep using the rewards and consequences. Using the rewards and consequences consistently for a long time will shape your child's behavior in a positive way.

As parents, you can set up a customized behavioral modification program for your child who has ADHD with the help of a behavioral specialist such as a cognitive-behavioral therapist. A cognitive-behavioral therapist focuses on practical solutions to everyday issues. This kind of therapist can set up a behavioral modification program of rewards and consequences for your child at home and at school and support you in shaping your child's behavior.

Patience is key with behavioral therapy since people with ADHD are notoriously variable in their symptoms. One day, your child may behave beautifully, and the next, fall back into old patterns. Sometimes it may seem as if the training is not working. However, over time, behavioral treatment does improve the symptoms of ADHD because kids with attention deficit disorder often have difficulty with simple social interactions and struggle with low self-esteem, another type of treatment that can help is social skills training. Normally conducted in a group setting, social skills' training is led by a therapist who demonstrates appropriate behaviors and then has the children practice repeating them. A social skills group teaches children how to "read" others' reactions and how to behave more acceptably. The social skills group should also work on transferring these new skills to the real world. Children with ADHD often have trouble translating what they've learned from one setting to another. For instance, they may have learned how to control impulsive outbursts at school, but impatiently interrupt others at home. In order to encourage positive change in all settings, children with ADHD need consistency.

It is important that parents of children with ADHD learn how to apply behavioral therapy techniques at home. Children with ADHD are more likely to succeed in completing tasks when the tasks occur in predictable patterns and in predictable places, so that they know what to expect and what they are supposed to do. Follow a routine. It is important to set a time and a place for everything to help a child with ADHD understand and meet expectations. Establish simple and predictable rituals for meals, homework, play, and bed. Use clocks and timers. Consider placing clocks throughout the house, with a big one in your child's bedroom. Allow plenty of time for what your child needs to do, such as homework or getting ready in the morning.

Conclusion

A counselor is a trained professional who helps others by listening to them and giving them advice. Counselor is a person who gives advice or counseling. Counselors help people with things like career development, anger management, health and lifestyle. Schools often have counselors to help students. Counseling psychology is a psychological specialty. It encompasses research and applied work in several broad domains: counseling process and outcome; supervision and training; career development and counseling; and prevention and health. Counseling psychologists include a focus on assets and strengths, person environment interactions, educational and career development, brief interactions, and a focus on intact personalities. Professional counselors may play a central role in helping children with ADHD successfully manage this disorder through focusing on three areas of concern including conflict resolution, motivation and self-efficacy, and self-esteem.

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