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Using The ADHD Identity Model

to Accelerate Rapport and
Therapeutic Change




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REAL TALK

I SCREWED UP (BIG TIME).

HERE'S WHAT HAPPENED...

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Meet

Barbara

45 y.o. woman
Scientist/Researcher

- Started treatment In 2020
- Had just been diagnosed
- Her "life is a mess"
- She wanted solutions

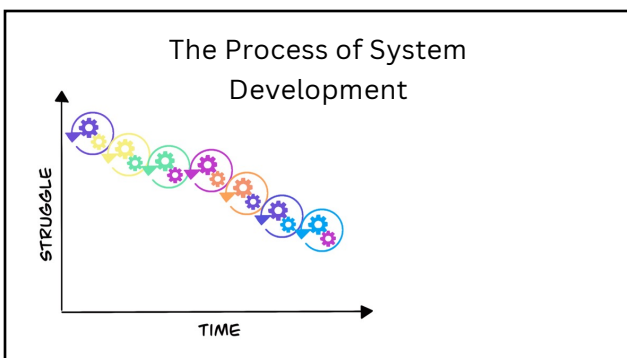
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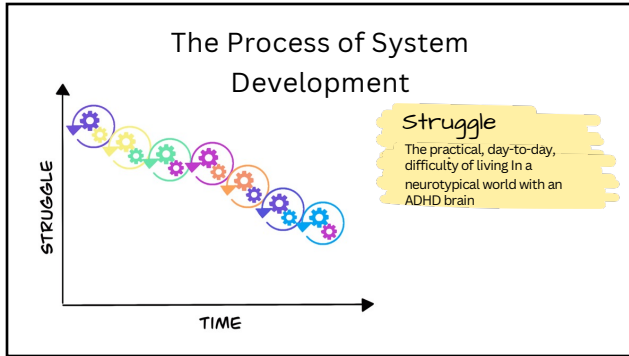
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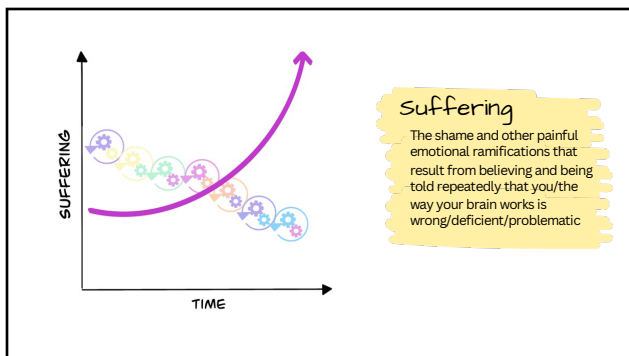
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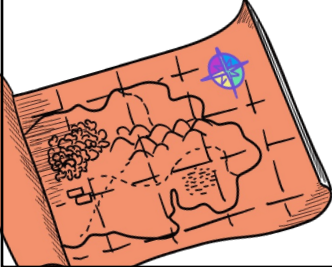
BUT....

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ADHD Identity Development Model



A Map of:

- Where clients are
- Where they might go
- Where they've likely been
- What are the risks and rewards of every step along the way

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Hello


I'M MARCY CALDWELL, PSYD.

Owner, Director, The Center for ADHD
 Founder, ADDept.org
 Creator, Meltdown to Mastery

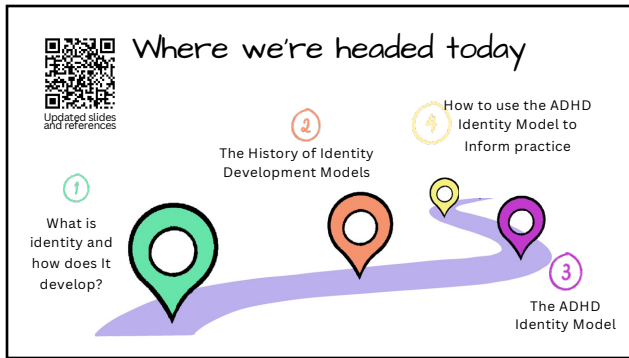
The Center For ADHD

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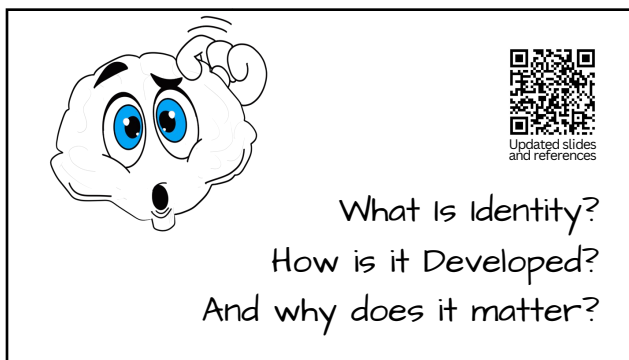
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Updated Notes and References:



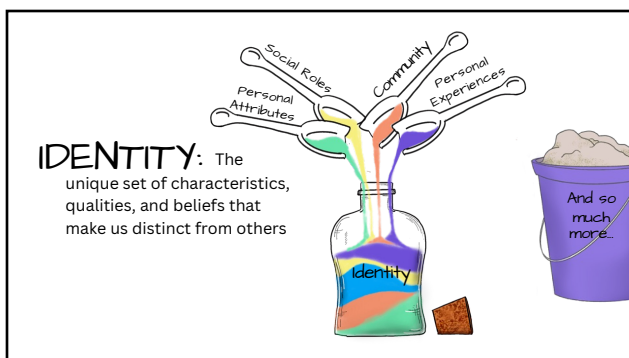
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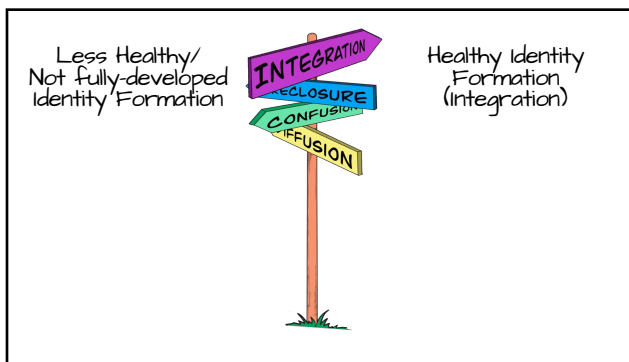
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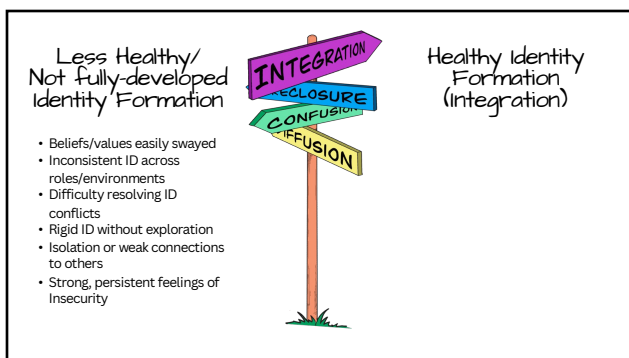
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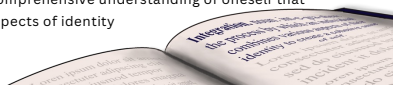
HEALTHY IDENTITY DEVELOPMENT

INTEGRATION

the process of creating a cohesive and unified sense of self involves:

- Unifying different parts of ourselves into a coherent identity
- Having a stable sense of self over situations and time
- Managing and resolving conflicts between different identity facets
- Developing a comprehensive understanding of oneself that embraces all aspects of identity


Mitchell, et. al. (2021)




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WHAT THE RESEARCH SAYS


Benefits of Integration




buffer for biological impacts of chronic stress (Mason et al., 2019)



Lack of integration increases the likelihood of BPD, PTSD, and suicidality (Westen et al. 2011, Conway et al. 2004, Chandler et al., 2003)



improved well-being (Adler et al. 2016)



Helps to create an identity bridge which increases the chance of successful life transitions, e.g. parenthood and retirement (Laney et al., 2015; Feldman & Beehr, 2011)

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Identity Development Models

AN EVER-EVOLVING CONVERSATION

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How do people develop and change over a lifetime?

Erikson

- 8 stages of psychosocial development throughout lifetime.
- Each stage presents a central conflict
- Resolution of each conflict develops a "healthy" personality with specific virtues.

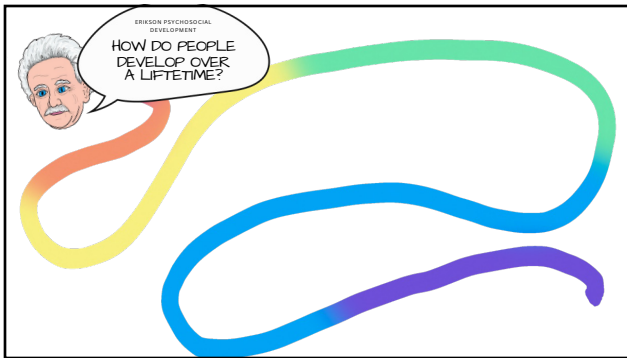
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Trust v. Mistrust	Autonomy v. Shame	Initiative vs. Guilt	Industry v. Inferiority	Identity v. Role Confusion	Intimacy v. Isolation	Generativity v. Stagnation	Integrity v. Despair
0-18mos developing trust with caregivers. Resolution leads to hope	18mos.-3yrs exercise will, develop autonomy. Resolution = will	3-6 years assert power and control in play. resolution = purpose	6-12 years work towards mastery of new skills resolution = competence	12-18 years explore identity and develop sense of self. success = fidelity	young adult focus on forming intimate relationships success= love	middle adult strive to create things that will outlast success= care	late adult reflect on life with regret/ fulfillment success = integrity

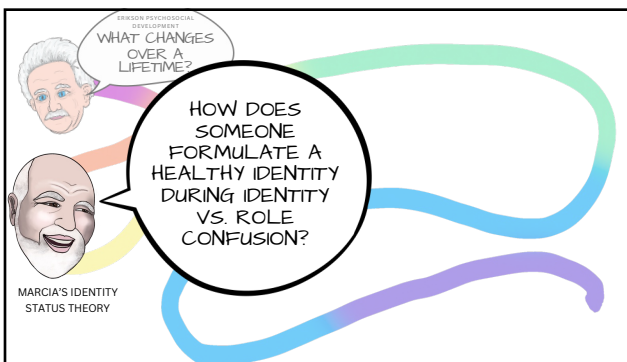
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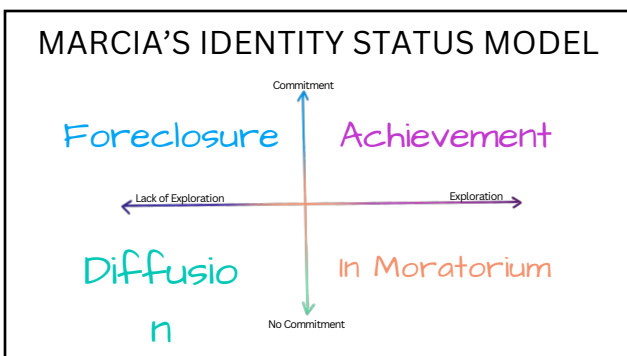
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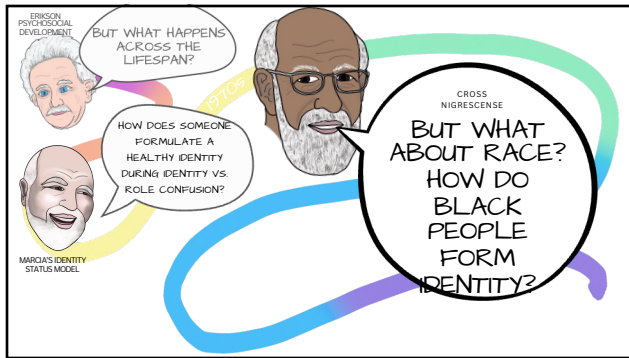
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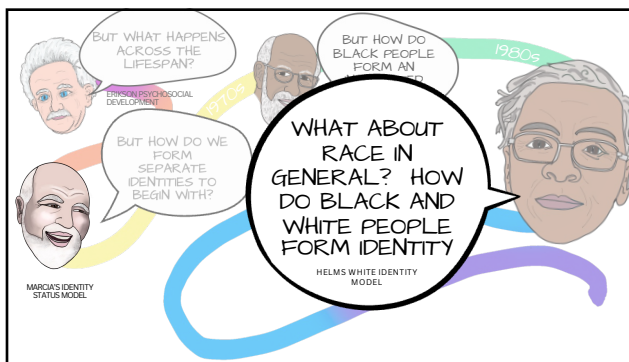
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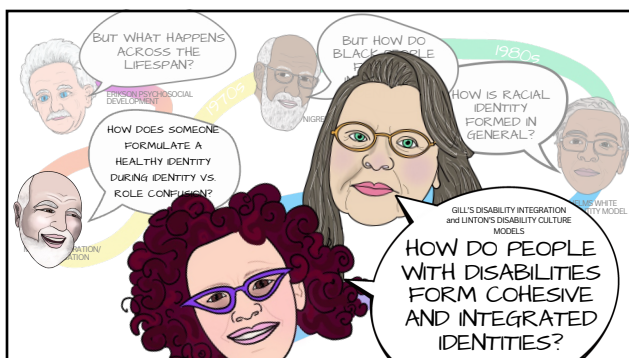
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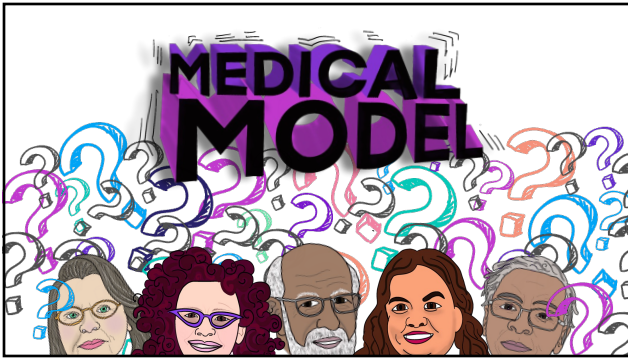
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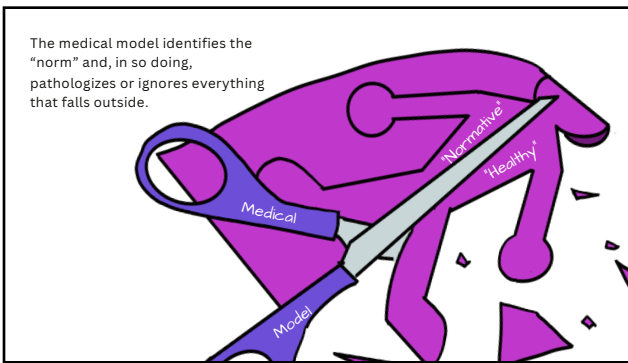
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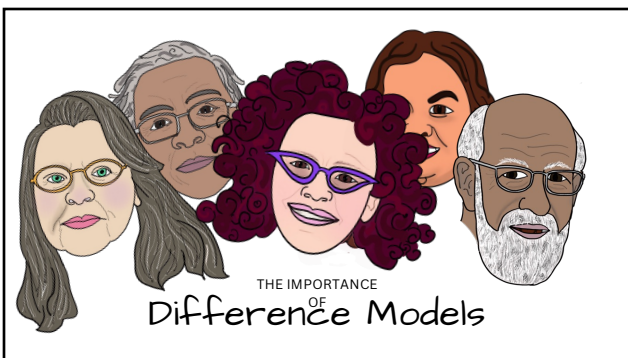
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The Difference Dilemma

Difference makes Integration difficult

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The Difference Dilemma

Difference makes Integration difficult



If acceptance of our whole selves is foundational component of integration

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The Difference Dilemma

Difference makes Integration difficult



If acceptance of our whole selves is foundational component of integration

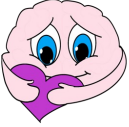




But difference is viewed as deviance and something that needs to be fixed

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The Difference Dilemma

Difference makes Integration difficult


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If acceptance of our whole selves is foundational component of integration

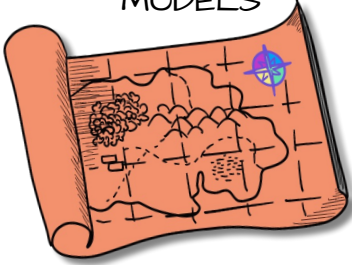
But difference is viewed as deviance and something that needs to be fixed

How do those of us who fall outside the hegemonic norm achieve integration?

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DIFFERENCE MODELS

Provide a map of the path towards integration of difference



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Forber-Pratt

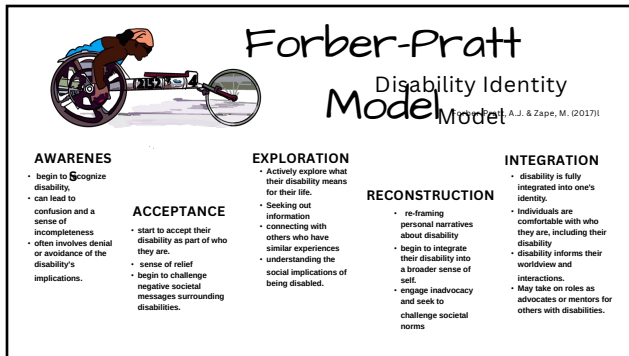


How do people with disabilities form integrated identities

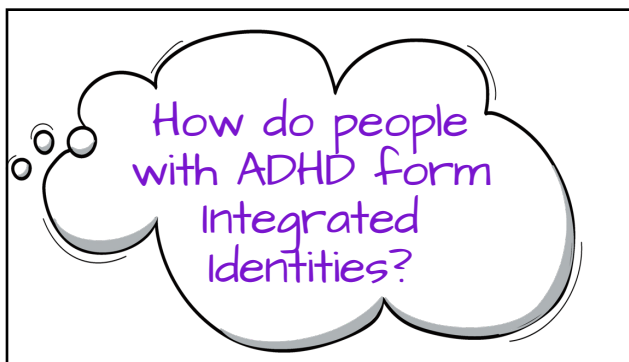
DISABILITY IDENTITY Model

- 5 stage model of how people with disabilities move towards healthy integration
- Based within the social and cultural models of disability
- Reflects the conversation disability, culture and identity

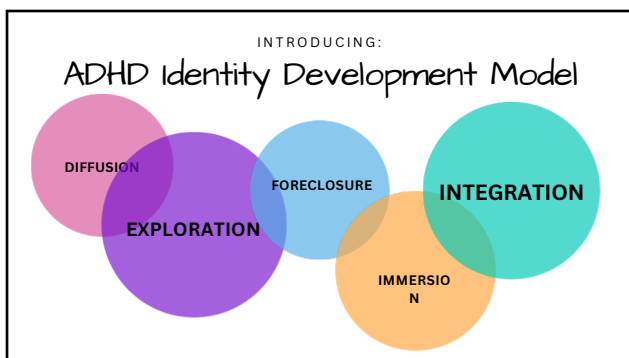
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ADHD Identity Development Model

- Not linear
- Can halt in one spot or another
- Can revisit spots and can straddle more than one at a time
- Can inhabit stage in one area of life and another in another area of life

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Diffusion

CORE QUESTION:

Is the way my brain functions the same as most other people's?

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WHAT DIFFUSION SOUNDS LIKE:



Everyone struggles like I do

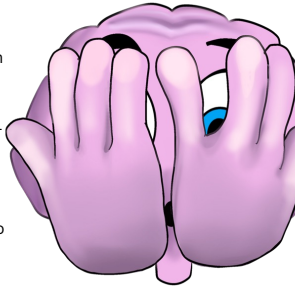
I'm just LAZY

If I worked harder, I'd be fine

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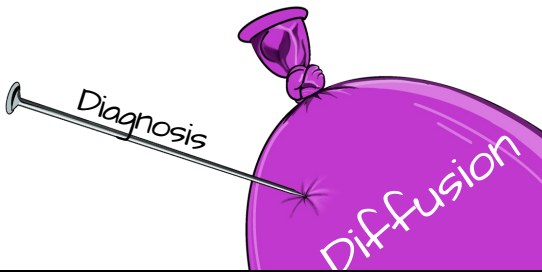
Diffusio

- Unlikely to seek help on their own
- May come in for help with other issues
- **Risk:** Internalized shame and self-esteem issues because differences are viewed as personal failings
- **Reward/ Payoff:** Does not have to see self as different



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DIFFUSION OFN IS A BUBBLE POPPED BY AN ADHD DIAGNOSIS



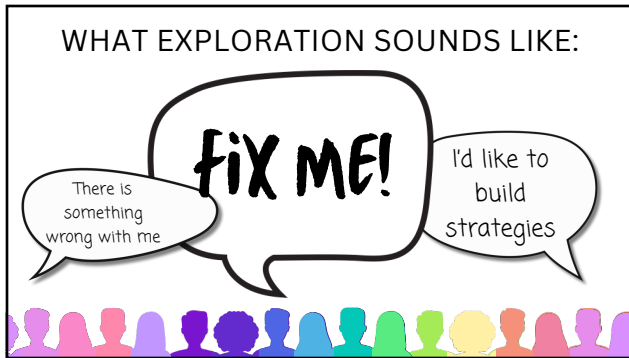
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Exploratio

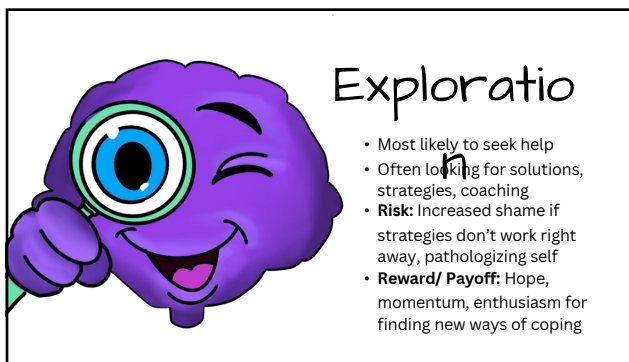
CORE QUESTION:

What can I change? How can I make things easier?

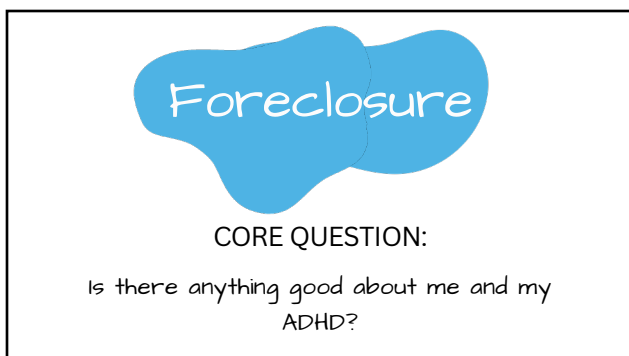
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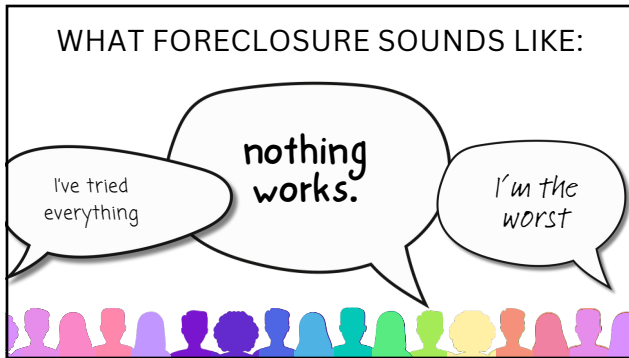
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Foreclosur

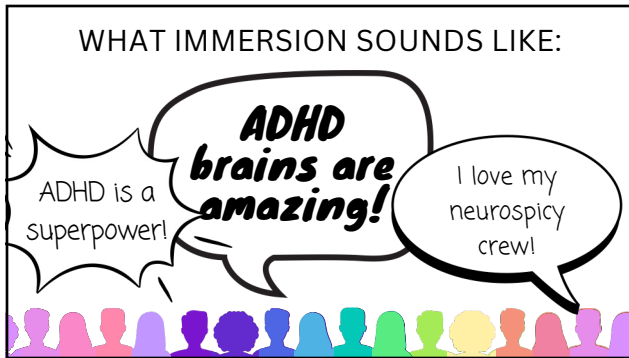
- May seek help but can be misdiagnosed as depression
- Fighting acceptance of an unchangeable brain difference
- **Risk:** Suicide, hopelessness
- **Reward/ Payoff:** Does not have to accept difference.

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CORE QUESTION:

What strengths and vulnerabilities do my brain and I bring to the world?

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Immersion

- Less likely to seek help for ADHD-related issues
- Excited and enthusiastic about differences.
- Focused on strengths
- **Risk:** Can cut off/ alienate non-adhd supports
- **Reward/ Payoff:** Community, self-esteem

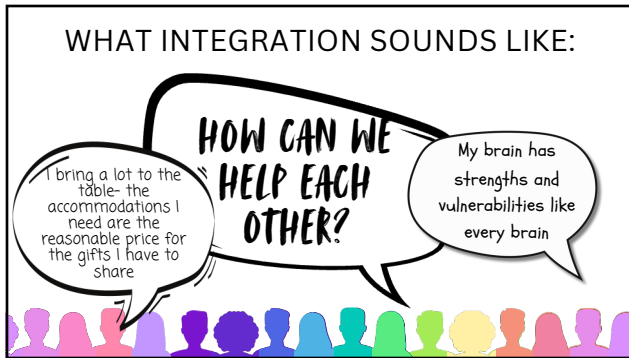
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Integration

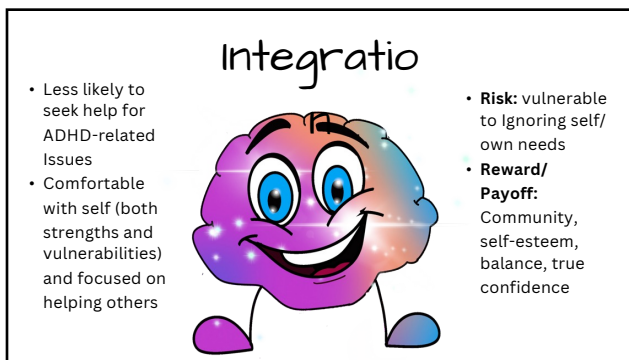
CORE QUESTION:

How can I help bring out the strengths of all brains/ people around me?

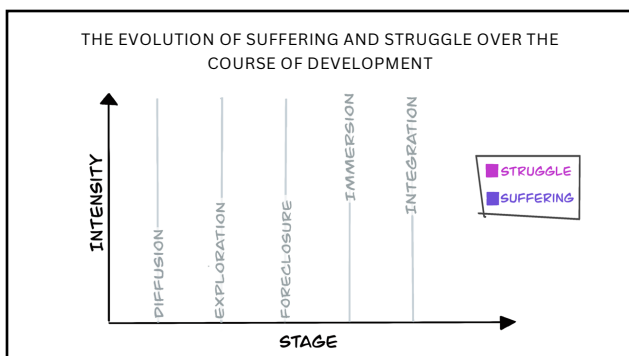
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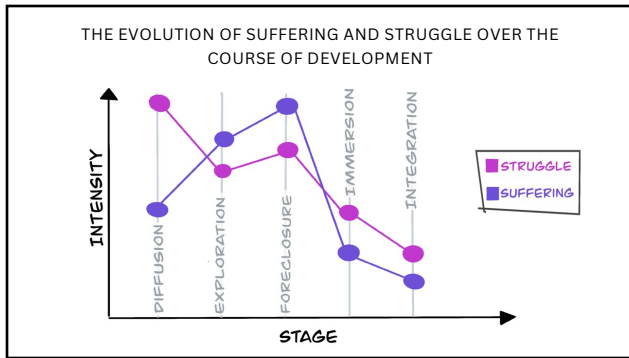
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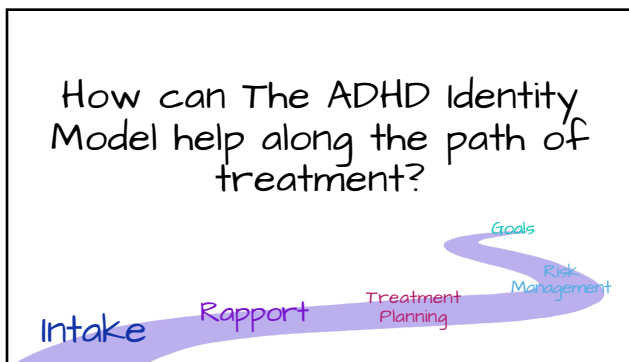
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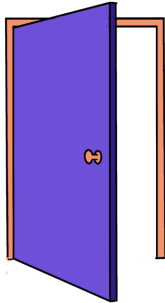


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Intake



- Consultation/ Intake is an opportunity to help determine a person's stage with questions like:
 - Have you ever received a diagnosis of anything?
 - How do you feel about that diagnosis?
 - How do you feel about how your brain works?
 - What are your strengths? Where do you struggle?

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Treatment Planning

Matching your style and thematic questions with a client's stage helps facilitate growth and understanding.



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- **Diffusion:** exploring their struggles, diagnosis



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Treatment Planning

Matching your style and thematic questions with a client's stage helps facilitate growth and understanding.

- **Diffusion:** exploring their struggles, diagnosis
- **Exploration:** taking advantage of the client's enthusiasm to build strong systems/ strategies; exploring strengths

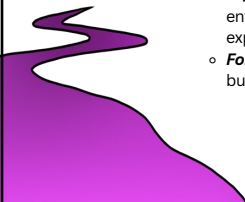


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Treatment Planning

Matching your style and thematic questions with a client's stage helps facilitate growth and understanding.

- **Diffusion:** exploring their struggles, diagnosis
- **Exploration:** taking advantage of the client's enthusiasm to build strong systems/ strategies; exploring strengths
- **Foreclosure:** working through depression, building resilience, rebuilding systems




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THE POWER OF Seeding Future Stages

Bringing in bits of psychoeducation and perspective from future stages helps to:

- protect against the risks of the current stage
- build trust
- facilitate development

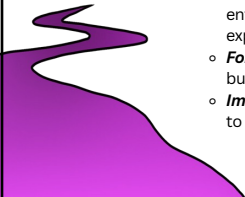


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Treatment Planning

Matching your style and thematic questions with a client's stage helps facilitate growth and understanding.

- **Diffusion:** exploring their struggles, diagnosis
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Treatment Planning

Matching your style and thematic questions with a client's stage helps facilitate growth and understanding.

- **Diffusion:** exploring their struggles, diagnosis
- **Exploration:** taking advantage of the client's enthusiasm to build strong systems/ strategies; exploring strengths
- **Foreclosure:** working through depression, building resilience, rebuilding systems
- **Immersion:** embracing strengths while continuing to work on areas of struggle
- **Integration:** holding space for reflection and consideration

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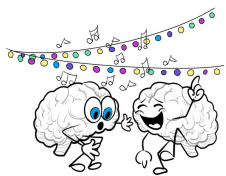
A note about Couples Therapy

- Assessment of each person's stage is an essential first step
- Having partners at different stages is not uncommon
- It is important to move both partners to the same stage so that they can have a similar approach to ADHD specific issues

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Building Rapport

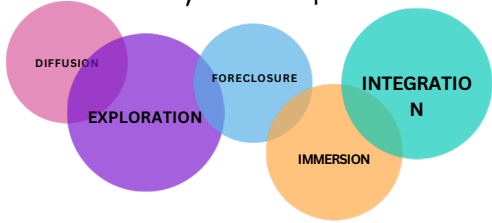
Matching tone to our client's stage helps build trust and rapport



- **Diffusion:** exploratory, open
- **Exploration:** cautiously optimistic, problem-solving partner
- **Foreclosure:** empathically reflecting the hopelessness but holding hope for both of you, sharing a broader perspective
- **Immersion:** enthusiastic, strengths-based, continuing to partner in the struggle
- **Integration:** reflective, balanced, considerate

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ADHD Identity Development Model



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Find out more

www.rittenhousepsych.com
www.thecenterforadhd.com

www.addept.org

<https://addept.mykajabi.com/>

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Questions?



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