

Middlebury Center for Reading and ADHD

Literacy, Executive Function, and Brain-Targeted Instruction

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Executive Function and ADHD:

Executive Functions: "... a set of mental skills that help you get things done."

ADHD: "...a developmental dysfunction of one's executive functions."

Although closely related, they are not the same thing. One can have poor executive functioning without ADHD. Executive Dysfunction can be caused by numerous other conditions, including trauma, abuse, poverty, lack of sleep, anxiety, ASD and many illnesses. Many of our students are impacted by one or more of these conditions. Teachers who have completed the course "*ADHD, Executive Function, & Literacy*" have a new lens through which to view their students.

I am able to provide the following training to schools:

- Overview of ADHD/Executive Function: One-time workshop - 1.5 hours to full day
- ADHD, Executive Function and Literacy (3-credit course for a school cohort)
- An initial overview with continued weekly/monthly consultation to teachers (PLC)
- Executive Function Coaching w/individual students (mature enough to self-regulate)
- A classroom program for students about Executive Function and becoming metacognitive about their own Executive Function profile
- ADHD Coaching to teachers on an individual basis for credit, micro-credential
- Workshops focusing on the following subcategories of ADHD/Executive Function:
 - Anxiety
 - Trauma
 - Processing Speed and Working Memory
 - Reading Comprehension
 - Writing
 - Gender
 - Positive Attributes
 - Mindfulness
 - Self-Regulation
 - Emotional Regulation
 - Brain Research
 - Giftedness

Courses and workshops can be designed based on the needs of your schools and educators.

Contact Debbie Tracht at dstracht@gmail.com or 802-349-7222.