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Summer Programs



For students who are facing challenges, trying to address those challenges during the school year can prove very challenging. The amount of energy required just to handle daily pressures and meet regular schedules can make addressing deeper issues feel like an impossibility.

The summer, however, is easier. Children are out of school, their energies aren't divided and neither are those of parents. This can be a golden opportunity to do some serious work on the challenges that are making school so problematic. If parents and students want to take advantage of this summer to address learning and development issues, they should start planning now.

[Click Here for a List of All Our Programs](#)

College Readiness



The Tarnow Center: A Decade Pursuit of Scientifically-Based Personalized Medicine

By Jay D. Tarnow, M.D. & Ron Swatzyna, Ph.D., LCSW

In early 2013, the National Institute of Mental Health (NIMH) launched the Research Domain Criteria project (RDoC). This is an effort to evolve the symptoms-based diagnosis process to a more scientific-based process by incorporating a multidisciplinary approach that relies not only on symptoms, but also on genetics, neuroimaging, and cognitive science. This movement away from traditional categorization of the Diagnostic and Statistic Manual (DSM) is a necessary step to shift the focus toward identifying the underlying cause of the observed symptoms. The Tarnow Center began this shift in eight years prior.



Under the direction of Dr. Jay D. Tarnow the Center has...[Click Here to Read More](#)

The Promise of Brain Plasticity Overcoming Language, Reading, and Learning Problems

By Lynn Ayres, M.Ed. & Linda Narun, M.A., CCC-SLP

The brain has a "critical period" in infancy and early childhood in which the brain is so plastic that its structure is easily changed by simple exposure to new things in the environment.



For decades, the prevailing scientific view held that the brain was a finely tuned machine that operated within a fixed scope of ability once the critical period had passed. During the 1990s, Dr. Michael Merzenich discovered ... [Click here to read more](#)

Summer Success Ahead!

By Michelle Barnett, LPC

The process involved in successful college launching starts well before the student ever leaves. Certainly the behaviors and skills demonstrated (or not) during the Junior and Senior years of high school should inform the expectations and needs once the student is away. The skill set to manage academic demands is only one part of...[Click Here to Read More](#)

Blog Spot

Read our most current blog [***Anxiety as an Obstacle to Success for Young Adults***](#) by Sophia K. Havasy, Ph.D. or visit our [blog archive](#)



The trees are blooming, the sun is peaking out and temperatures are rising. You know what that means! Summer's coming! While I can hear the gleeful screams of kids everywhere, I also hear the groaning coming from the adults. You know it's true and it's going to be okay!



This summer doesn't have to be excessively stressful and it doesn't...[Click here to read more](#)

Current Pediatric Care may be Inadequate for the Treatment of ADHD

By Jay D. Tarnow, M.D.

Attention Deficit Hyperactive Disorder, or ADHD, is a condition that plays a prominent role in a child's development. According to the Center of Disease Control, roughly 11% of children age 4-17 in the United States are diagnosed with ADHD. However, regardless of its prevalence in our homes and our communities, ADHD is consistently undertreated by Pediatricians and other health specialists.



To diagnose and treat ADHD, doctors refer to the Diagnostic and Statistical Manual, Vol. 5 (DSM-V), a standard classification of mental disorders...[Click Here to Read More](#)



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