

Tarnow Center for Self-Management

Summer News



Summer is almost here! If parents and students want to take advantage of this summer to address learning and development issues, they should start planning now. Read our summer news to see if any of our programs are perfect for you.

Research Uncovers Reason for Medication Failure in Children and Adolescents with ADHD and Autism

Ron J. Swatzyna, Ph.D., LCSW



Over the last two years, research at the Tarnow Center may have found a major cause for medication failure in children with attention deficit hyperactivity disorder (ADHD) and/or autism spectrum disorder (ASD). Using an electroencephalogram (EEG) and quantified EEG (qEEG) technology, data collected over the last seven years revealed an interesting neurological abnormality that creates... [Click Here to Read More](#)

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A Feeling of Belonging: Social Success and Group Treatment

Human beings are social animals, and as such, we spend most of our lives in connection with those around us. These social relationships facilitate the expression of emotion, the development of empathy, and the learning of specific social skills. Further, our relationships have far-reaching implications. Most psychologists believe that our perception of ourselves is highly influenced by how others respond to us. When we are very young, a healthy attachment to a sensitive caregiver helps us to feel safe and to perceive ourselves as separate from our parent. As we grow older, the peer group becomes more important and whether we are

Beyond the Classroom: Summer Learning and Skill Building

[OPPOSITIONAL BOYS GROUP](#)

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accepted and liked or excluded and disliked often contributes to our own opinion of ourselves. Our ability to function and self-manage in a group also has important [Click Here to Read More](#)



[PARENT GROUP](#)

[COGMED](#)

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A Healthier You

Caitlin Bailey, M.Ed., LPC, Certified Health Coach



Have you tried to stick to a new diet only to cave into your cravings a couple of days later? Are you so busy focusing on your family, children, parents or partners that you often disregard your own personal needs? Do you dream of having a healthy lifestyle but aren't sure what steps you need to take in order to get there?

We all experience different stressors throughout life: leaving for college, entering into the job market, bouncing from career to career, getting married, starting a family, caring for children, navigating through a divorce, or transitioning to empty [Click Here to Read More](#)

Advances in Neuroscience and Learning

Lynn Ayres, M.Ed.

Fast forward from 1996 to now.....During the past 20 years there has been an explosion of neuroscience research which has helped us to better understand the brain and its impact on learning.



The marriage between research and technology (FMRI, PET scans, digital imaging and qEEG, etc.) has opened the door to a better understanding of the brain and its influence on [Click Here to Read More](#)



College Readiness Consultation, also Group Opportunities

Ready to go to college does not mean ready to be successful there. It is much harder to complete a degree than many people realize. In this country we graduate between 50 to 56% of those who enter. Students with risk factors such as depression, anxiety, ADHD, and learning differences, to name a few, are at much greater odds of not completing their degrees. With the expense of attending college on the rise, parents and students need to be clear as to.... [Click Here to Read More](#)

[College Readiness Group](#)

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(713) 621-9515 or
(888) 827-6698



[SCIENTIFIC LEARNING AND THE SUMMER SLIDE](#)

A summer school curriculum that includes Scientific Learning interventions can provide targeted remediation that focuses on strengthening the areas of the brain your child needs most. Progress is tracked so their success can be monitored while using the programs.

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