ADHD RESOURCES

A Curated Guide for Clients, Families & Lifelong Learners

Compiled by Paul Rohling, MSW, LCSW | The Wellness Lounge

These resources are offered as starting points, not prescriptions. Take what resonates, set aside what doesn't, and bring anything that sparks a question into our work together.

PODCASTS

Podcasts are one of the most accessible entry points for understanding ADHD — especially for people who learn better through listening. These are vetted, consistent, and worth bookmarking.

Ned Hallowell, MD — Essential Listening

Dr. Hallowell is the most trusted and widely read voice in the ADHD world. Co-author of Driven to Distraction, he brings warmth, clinical depth, and lived experience — he has ADHD himself. His work is foundational.

- Distraction Podcast (hosted by Dr. Hallowell) — Hallowell's own show — wide-ranging, accessible, consistently excellent. Start here.
- Ned Hallowell on Supporting Children with ADHD — Tilt Parenting Ep. 275 — strengths-based, practical, and deeply humane

The Holderness Family

Penn and Kim Holderness bring lived ADHD experience to their platform with humor, honesty, and accessibility that cuts through clinical language. Especially useful for clients who feel overwhelmed by formal content, or who need to see ADHD normalized in real family life.

- The Holderness Family Podcast — Spotify, Apple, or YouTube — ADHD, parenting, marriage, and neurodivergence done with humor
- Holderness Family YouTube Channel — Short-form videos that are highly shareable with clients — great for normalizing

ADDitude ADHD Experts Podcast

ADDitude's podcast series features leading ADHD researchers and clinicians. Episodes are topic-specific, practical, and consistently evidence-based.

- ADDitude ADHD Experts Podcast — Main Feed — Searchable by topic — hundreds of episodes covering all aspects of ADHD
- Top 25 Episodes of All Time — ADDitude's own curated best-of list — a strong starting point
- Complex ADHD: Comorbid Depression, Anxiety & ODD — Advanced content on overlapping diagnoses — excellent for understanding the full picture

Other Podcasts Worth Knowing

ADHD reWired (Eric Tivers) — Productivity, systems, and coaching strategies — best for adults wanting practical tools

Hacking Your ADHD (William Curb) — Accessible, short episodes — great for clients new to ADHD content

ADHD Experts Podcast — Women & Girls Series — ADDitude's collection of women-focused ADHD episodes and articles

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REJECTION SENSITIVE DYSPHORIA (RSD)

RSD is one of the most significant and least discussed features of ADHD — an intense emotional response to perceived or actual rejection, criticism, or failure. Many people with ADHD experience this as the most impairing part of their diagnosis. These resources are among the best available.

Rejection Sensitive Dysphoria: How ADHD Ignites Intense Emotions — ADDitude — Dr. William Dodson's foundational article; the best starting explanation

RSD: How It Feels From the Inside — First-person and clinical perspectives combined — excellent to share with clients and families

Rejection Sensitive Dysphoria Test: Is This Me? — A self-screening tool that can open conversation — not diagnostic, but clarifying

How to Handle RSD at Work and in Relationships — Practical navigation strategies once someone understands what RSD is

> *A note for sharing: RSD often brings relief when named. Many clients describe reading about it as the first time they've felt accurately seen. Lead with that.*

WOMEN & ADHD

ADHD in women and girls has been dramatically underdiagnosed for decades. The presentation often looks different — more internalized, more masked, more easily attributed to anxiety or mood. These resources address that gap directly.

ADHD in Women: Why It's So Often Missed — ADDitude — comprehensive overview of how and why women are missed or misdiagnosed

The ADHD Women's Palooza — Annual online summit by and for women with ADHD — recordings available after the event

How ADHD Affects Women Differently — CHADD — research-based overview covering hormones, masking, and lifespan differences

Hormones, ADHD & Women Across the Lifespan — ADDitude — the estrogen connection; perimenopause, cycles, and symptom fluctuation

Sari Solden — Women with ADHD (Book Reference) — Classic foundational text — still one of the best for identity, shame, and late diagnosis

> *Late diagnosis is common in women. Many come into therapy carrying years of misattributed shame. Framing diagnosis as clarification — not new information, but finally accurate information — is often a powerful reframe.*

WEBSITES & MAGAZINES

These are the most reliable ongoing sources for ADHD information — useful for clients, families, and clinicians alike.

ADDitude Magazine

The gold standard for accessible, evidence-informed ADHD content. Updated constantly. Both the website and magazine are worth bookmarking.

ADDitude Magazine — Website — Articles, webinars, symptom guides, and community — the most comprehensive free resource available

ADDitude Expert Webinar Library — Free and low-cost webinars from leading clinicians — searchable by topic

ADDitude ADHD Symptom Tests — Self-tests for ADHD, RSD, executive function, anxiety — useful conversation starters

CHADD — Children & Adults with ADHD

The leading national nonprofit for ADHD advocacy, education, and support. Excellent for families navigating school systems, and for research-based clinical content.

CHADD.org — Research, advocacy, and local chapter resources

CHADD's National Resource Center on ADHD — Fact sheets, webcasts, and a searchable resource library

Other Reliable Sites

ADHD Awareness Month Coalition — October resources and a strong collection of awareness materials

Smart Kids with Learning Disabilities — Excellent for parents navigating school, testing, and IEPs

Understood.org — Accessible, parent and adult-friendly coverage of ADHD and learning differences

READING — BOOKS WORTH KNOWING

Foundational Reads

- **Driven to Distraction — Hallowell & Ratey** — The essential starting point. Warm, readable, clinically grounded. Covers all ages.
- **ADHD and the Nature of Self-Control — Russell Barkley** — Dense but authoritative; best for understanding the neurological basis of ADHD
- **Taking Charge of Adult ADHD — Russell Barkley** — The practical companion to his research — structured and highly actionable
- **Women with Attention Deficit Disorder — Sari Solden** — Still essential for women, late diagnosis, and identity work

- **Smart but Stuck — Thomas E. Brown** — Focused on adults with high IQ and ADHD — excellent for clients who resist the label

For Families & Young People

- **The Explosive Child — Ross Greene** — Essential for families; reframes behavior as a problem-solving deficit, not defiance
- **Thriving with Adult ADHD — Phil Boissiere** — Practical skills workbook; good for newly diagnosed adults
- **All Dogs Have ADHD — Kathy Hoopmann** — Deceptively simple; useful for children and as a destigmatizing tool with families

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TOOLS, ASSESSMENTS & PRACTICAL SUPPORTS

These tools can support self-understanding and open up clinical conversation. None replace formal evaluation, but they can be useful entry points.

Adult ADHD Self-Report Scale (ASRS v1.1) — WHO screener for adult ADHD — widely used; also available at psychiatry.org

Vanderbilt ADHD Diagnostic Rating Scales — NICHQ — parent and teacher rating scales for children; free to download

Executive Skills Self-Report Questionnaire (ESQ-R) — Free self-report tool to identify executive function strengths and weaknesses

ADDitude's ADHD Symptom Self-Tests — Covers ADHD, RSD, anxiety, depression, executive function — useful conversation starters

Apps Worth Knowing

- **Focusmate** — Virtual body-doubling sessions — transformative for many adults with ADHD who need accountability to start tasks
- **Coachbit (for children)** — Habit and task support designed with ADHD-friendly principles — coachbit.com
- **Routinery** — Visual routine builder; especially helpful for transition times and morning/evening regulation
- **Tiimo** — Visual daily planner built specifically for neurodivergent users

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FOR CLINICIANS — PROFESSIONAL DEVELOPMENT

These resources are curated for clinicians who work with — or want to work more effectively with — ADHD clients.

CHADD Professional Training Program — Evidence-based training for clinicians; the most rigorous CE pathway in the field

ADDitude Expert Webinar Library (CE Credit Available) — Many webinars offer CE credits — check each listing; strong clinical content throughout

Complex ADHD: Comorbidities in Concert (Webinar) — Advanced clinical content on overlapping diagnoses — CE available

Russell Barkley's Clinical Training Resources — Free fact sheets and clinical summaries from one of the field's leading researchers

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