

Pepperdine University Counseling Center
Services for Attention Deficit Disorders
(AD/HD)

The Counseling Center offers a number of support services for students struggling with Attention Deficit disorders, including Individual therapy, Group therapy, Skills groups, Convocation events, and Psychiatric services. Community resources are utilized for assessment services.

If you are already using medication to treat your symptoms, there are several available options. The Counseling Center is glad to help you identify providers in the area who can continue the medication regimen that had been started prior to your enrollment at Pepperdine. The Counseling Center psychiatrist is available for a limited number of hours each week, and as such, sees counseling clients only. So if you would like to pursue medication only, we can help you identify off-campus providers that may be able to assist you. For students who are interested in ongoing counseling in addition to their medication, the Counseling Center might be a good resource for treatment.

If you are wondering if attention or learning disorders are affecting their learning or academic potential, the Counseling Center would recommend a full diagnostic battery to assess cognitive ability, academic achievement, attention, and to rule out other conditions that have attention or concentration difficulties as a symptom. The Disability Services Office has a list of professionals in the area who provide this service.

For students who are interested in receiving psychiatric services + ongoing counseling at the Counseling Center, please bring your documentation for our review. The assessment battery will be required to receive psychiatric services here, and should:

- ❖ Be recent, with the assessment occurring in the last 4 years
- ❖ Include, but not be limited to instruments testing cognitive ability
- ❖ Include instruments which are specific to attention (e.g., Connors, Brown, IVA+), ideally offering more than a self-report scale
- ❖ Provide enough data to rule out other diagnoses with symptoms of diminished attention or concentration

If you have a question as to which direction is right for you, call the Counseling Center and let us know that you would like to talk to someone about treatment of AD/HD. We can talk with you about available options and help you determine what would work best.