

A balanced approach to AD/HD

HOLISTIC WAYS TO HELP PEOPLE WITH ADD or AD/HD

Empowerment Plus® is a holistic, integrated approach to address symptoms of ADD or AD/HD (Attention Deficit Disorder or Attention Deficit/Hyperactivity Disorder)



Empowerment Plus®

A positive method that addresses ADD or AD/HD in the areas of personal growth relationships learning job performance and more

Be the best you can be as naturally as possible

OTHER SERVICES

- Counselling
 - relationships
 - stress
 - depression
 - parenting
 - personal growth

Assessment

Consultation

Advocacy

Research

Training in **Empowerment Plus®**

- Level I – Companion
- Level II – Coach
- Level III – Diagnostician
- Train-the-Trainer

FEES

Many private insurance and employee benefit plans cover these psychological services

Designed for adults and children

Family-centered approach to wellness

Easy to apply step-by-step process

Helps you be the best you can be as naturally as possible



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Empowerment Plus®
Dr. Teeya Scholten, Registered Psychologist
Founder - Author - Trainer



FACTS

Attention Deficit/Hyperactivity Disorder (ADD or AD/HD) affects 5-8% of all children and adults. Many experience negative impacts on their lives such as impaired relationships, accidents, injuries and academic problems. 75% of ADDers may also experience depression, anxiety, conduct disorder or substance abuse. The **Empowerment Plus®** approach screens, diagnoses and treats the person as a whole. It deals with AD/HD related concerns in a positive, cost-effective way.

PROCESS

This method addresses challenges in the areas of

- attentional concerns
- learning discrepancies
- personality type
- food sensitivities
- other factors (e.g., depression)

This method will guide you to

- understand your strengths and challenges
- identify and remove barriers
- learn any additional skills
- reach your potential
- celebrate your successes



This method uses positive terminology like “**Attention Deluxe Dimension**” to build confidence that leads to improved performance.



SOLUTIONS

Empowerment Plus® offers ways to

- learn tools to identify and address ADD or AD/HD symptoms
- understand how personality type affects your relationships
- celebrate the “channel-surfing brain”
- integrate complementary and alternative approaches with medication if required
- minimize medication side-effects
- decide when help from other professionals is needed

RESULTS

Empowerment Plus® research confirms that it works. For example, 85% of clients reported feeling better within a week of a dietary experiment. Of this group, 15% no longer showed attentional symptoms. Improvements also occurred in the areas of self-esteem, depression, behaviour, relationships, learning and job performance.

FOUNDER - AUTHOR - TRAINER



Dr. Teeya Scholten is a Registered Psychologist who has been working in the fields of mental health and education for over 30 years. She is in private practice in Calgary, Alberta, Canada where she specializes in the assessment and treatment of ADD or AD/HD, LD and depression in children, adolescents and adults.

Dr. Scholten is author, trainer, mother of three adult children, grandmother and spouse to a supportive husband.

Following the development of **Empowerment Plus®** over 13 years ago, Dr. Scholten has witnessed first-hand the positive effects of this approach for herself, her children and clients. Encouraged by the success of this approach, she founded an institute to provide training to qualified individuals who want to help others using the **Empowerment Plus®** process. She passionately believes in “being the best you can be as naturally as possible”.

To find out more about her positive integrated approach to wellness, please visit the **www.empowermentplus.org** website.

Dr. Scholten is a member of both the Canadian Register of Health Service Providers in Psychology and the College of Alberta Psychologists.