



### **Tracy Hans**

Tracy was diagnosed at the age of 16 with Attention Deficit Disorder (ADD). Tracy paints her experiences in a humorous light while educating parents, teachers and counselors on the difficulties living with this challenge. She has earned a BA and an MS in Psychology and has since harnessed her strengths into a successful career, publishing journal articles in her field and also presenting accounts of depicting life as an 'ADDER'.

### **Topics Include**

Parent and Teacher Workshops on Attention Deficit Disorder  
Disability Awareness  
Overcoming Adversity  
Character Development  
Self-esteem Enhancement

### **Presentation Summary**

As class sizes within our public school systems increase, so do the number of distractions in the classroom. As a result, we see an increase in the number of distracted students and then the number of students targeted for (and labeled as), Attention Deficit Disorder (ADD). Unfortunately, what is being largely overlooked is a focus on understanding ADD as opposed to merely labeling it. We end up knowing much about the 'deficiency' of ADD and less about the 'difference'.

Poor comprehension of the root of the difficulty often leads us to rush ADDers instead of refocus them. Speed is equated with competency. There is no reason why our teachers and the public should be left in the dark and fall prey to misconception. To all appearances, over half of today's students are being afflicted by something called "ADD".

Most know what ADD looks like, but not what it feels like. Tracy's program presents a unique opportunity to explore the nature of ADD firsthand. She invites people to partake in activities that simulate ADD experiences. Tracy puts words to and sheds light on, experiences of true tangent pursuit, sensory bombardment, and environmental dependency (aka transition trouble). This "insiders view" helps initiate discussions on appropriate and effective ways to work with attentional difficulties, and also motivates students to overcome their own disability.

Tracy presents continuum theories on understanding ADD and its presence in society. She offers a new look at different 'expressions' of ADD, along with techniques to aid students in performing at their best. Techniques on 'handling hyperactivity' such as tangent tracking, kinesthetic contact, and 'creative chunking' of information are emphasized.

### **Program Titles**

ADD From The Inside  
Handling Hyperactivity

### **Testimonials**

"The amazement I had, began at the start... when Tracy told us all that by the end of the presentation we would be able to place ourselves somewhere along this continuum, this line of focused attention. Her presentation enabled everyone to gain a better understanding of the way they think. The idea of 'deficit' is debunked, as 'symptoms' are referred to as 'expressions' and 'disorder' is described as merely a different order." -- CHADD (Children and Adults with ADD) meeting participant, Macon, Georgia

"More schools and communities need to be made aware of this information and need to relate to it on a personal level. Tracy provided an avenue in which we could do so with ease." -- Elementary School Teacher, In-Service Training Seminar, Brooklyn, New York

"I was very surprised in the identification of characteristics of individuals with ADD, especially to learn that they can have degrees of intelligence and insight that others would not expect, or have themselves. My fear is that this continues to go unnoticed in the public..." -- Therapist at a partial hospitalization program, Elkins Park, Pennsylvania

"I enjoyed the presentation immensely, found it extremely informative and insightful. I can only hope that we continue to learn more about what ADD 'feels' like, as opposed to what it 'looks' like." -- Family Worker, Preventative Services training seminar, Brooklyn, New York

"Tracy opened my eyes, spoke a language I understood and with both compassion and passion encouraged me down a path that would begin to open many doors for me. I had struggled for years with undiagnosed ADD- and in fact I was set against believing this could be true. It wasn't until I heard Tracy's strength-based approach to ADD that I allowed myself to embrace my gifts as well as my struggles." -- Jennifer C. Mills, graduate student, Georgia