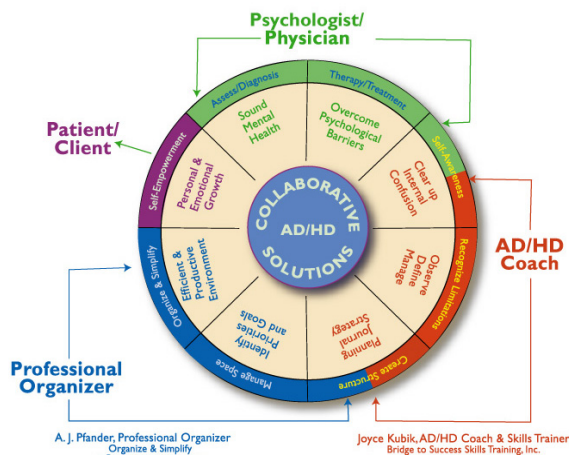


## What is Collaborative Solutions?

- Supports the challenge to change through behavior counseling
- Facilitates interventions that will help to maintain environmental changes in the home
- Incorporates structure into a disorganized and busy world
- Provides long-term solutions



*A holistic approach to treatment, reasonable alternatives and tools to enhance one's life.*

## Role of the Patient/Client

### Recognizes:

- inability to independently make effective changes in one's lifestyle
- change is hard work, and may create physical, emotional and relationship challenges
- change requires support from friends and family
- roles of Coach and Organizer are not to diagnose or provide therapy
- the importance of addressing psychological barriers

### Commits to:

- Addressing emotional concerns
- Participating in necessary testing or analysis with psychologist/physician
- Motivating self through behavioral changes
- Becoming physically involved in the organizing process.
- Participation in scheduled meetings and progressive photos
- Writing goals and responsibilities
- Understanding that long term benefits of the Collaborative Solutions process involves a financial commitment

# COLLABORATIVE SOLUTIONS

Psychologist/Physician  
+ AD/HD Coach  
+ Professional Organizer  
= Collaborative Solutions

The positive approach to achieve control, order and balance for lasting change internally and externally

Collaborative Solutions is a challenging, supportive, and understanding effort to reduce a client's stress and anxiety.

Collaborative Solutions utilizes the client's positive attributes and talents to help create positive possibilities for one's future.

## Role of the Psychologist/Physician

- Identifies, evaluates and treats:
  - AD/HD
  - Chronic Disorganization (CD)
  - Hoarding
  - OCD
  - Anxiety
  - Depression
  - Bipolar
  - and other mental health conditions
- Provides various solution-focused and other appropriate therapeutic techniques
- Creates an understanding of psychological barriers
- Supports the challenge to change and the importance of a collaborative effort

### *Qualifications*

- Has observed the Coach's approach to managing internal confusion
- Understands the Professional Organizer's methods that address Chronic Disorganization
- Recognizes the integration of emotional needs and lifestyle issues



\_\_\_\_\_  
Name of Psychologist/Physician

Telephone: \_\_\_\_\_

## Role of the AD/HD Coach

- Raises awareness of internal confusion
- Develops awareness of the emotional impact of living with AD/HD
- Heightens awareness of self and how one may be perceived by others
- Builds life skills to manage daily challenges
- Develops skills to improve communication and family dynamics
- Uses the structure of a planning journal for completing tasks and managing procrastination
- Teaches the value of assertiveness
- Develops effective coping skills
- Encourages self-empowerment through personal responsibility

### *Qualifications*

- Associate Member, American Coaching Association
- Degree in Psychology and Health Communication
- Author of four books
- Adjunct instructor at local colleges
- National and local presenter on AD/HD
- On-going workshops for families and adults
- Graduate coursework specific to AD/HD

Joyce Kubik, AD/HD Coach & Skills Trainer  
1-440-933-8309 [www.bridgetosuccess.net](http://www.bridgetosuccess.net)  
[kubikja@bridgetosuccess.net](mailto:kubikja@bridgetosuccess.net)  
**BRIDGE TO SUCCESS SKILLS TRAINING, INC.**  
The positive approach to managing attentional difficulties

## Role of the Professional Organizer

- Starts by finding out what the client's goals are, how the current situation impacts their life, and how they'd like to see things happen differently.
- Develops skills to manage time and information, resulting in decision making that supports goals and objectives.
- Helps to de-clutter which creates positive energy in client's environment.
- Creates practical and affordable tools and systems to organize space and papers in home or business.
- Provides coaching to maintain the new system in order to save time, get more done and enjoy doing the things that matter most.

### *Qualifications*

- Member of National Association of Professional Organizers (NAPO)
- Member of National Study Group on Chronic Disorganization (NSGCD)
- Member of Cleveland Chapter of International Coach Federation (ICF)
- Presenter on business and residential organizational skills

A. J. Pfander, Professional Organizer  
1-440-937-4144 [www.organize-simplify.com](http://www.organize-simplify.com)  
[aj@organize-simplify.com](mailto:aj@organize-simplify.com)  
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Practical solutions to help you achieve control, order and balance