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December 15, 2015

Older, Wiser, Smarter

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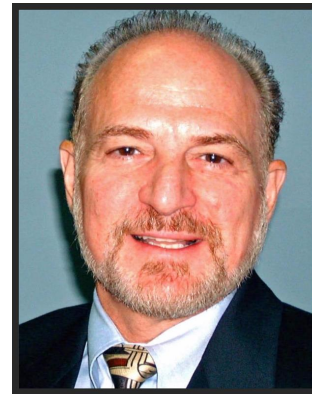
**Video Gaming and The
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Three years ago, I wrote a letter to the community that I was not retiring! I am still not retiring. However, I am giving up my administrative duties, so I can focus more on research and innovation.



Indeed, my energy and enthusiasm increases daily from continued association with the wonderful clinicians of the Tarnow Center. This group of professionals just keeps on stimulating me, leading to the creation of more innovative pursuits. When you collaborate with a multi-disciplinary group that loves to learn and loves to teach, it is a pleasure to come to work. We have such a nice blend of young clinicians and the core "Old Fogies."

As I look back at what we have achieved in 25 years, it astounds me. How did an ADHD kid who..... [Click Here to Read More](#)

"Emotional Preparedness Translates to Good Self-Management at the College Level"

By Sophia K. Havasy, Ph.D.

For 20 years I have been advising families that they send the whole person off to college, not just the



Upcoming Presentations

28th Annual
ADDA-SR Conference
ADHD in Today's World

February 27, 2015
8am - 5pm
Houston

Jay Tarnow, M.D. and
Ron Swatzyna, Ph.D.,
LCSW to discuss *New
Technology to Select
Medications for ADHD*

Sophia K. Havasy, Ph.D.
and Linda Narun, M.A.,
CCC-SLP to discuss
*Engaging Young Adults in
Their Launching Process*

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New Research
Supports Cogmed
Working Memory
[Click to Learn More](#)

student, and that the whole person needs to be prepared before he/she goes away. A recent poll..... [Click to Continue](#)

Looking Forward

By Linda Narun, M.A., CCC-SLP



It has been a privilege to serve the Houston community as a member of the Tarnow Team. We have embraced the concept of teaching the whole child rather than one aspect of his/her difficulty.

With the experience gained over the years, I have developed [Click to Continue](#)

Video Gaming and The Brain; Terminal Infatuation?

By Ronald Swatzyna, PhD,
LCSW
and Caitlin Bailey, MS, LPC-I



Something for parents to consider
for the 2015 Holiday Season

The debate over excessive video gaming comes down to the potential harm to our children. Can too much time on the Xbox or Play Station interfere with our child's ability to function normally? More importantly, are there damaging, psychological effects [Click to Continue](#)

Seven Year Itch

By W. Walker Peacock, Psy.D.

"It's what you learn after you know it all that counts." - John wooden

This past September, I celebrated my 7th year working with The Tarnow Center. When I joined TC as a post-doctoral candidate, it was my first "real" job coming out of graduate school. Looking back I can see.... [Click to Continue](#)



Research Shows Association between ADHD, Eating Disorders, Adult Obesity - What can you do to avoid disordered eating?

By Melissa M. Gonzalez, Psy.D.

Did you know that your ADHD places you at greater risk for developing an eating disorder?



An increasing body of literature is showing a strong association between ADHD and disordered eating. A 2007 study out of Harvard Medical School showed ADHD girls to be almost [Click to Continue](#)

Couples Therapy for Parents of Children with Special Needs

By Elizabeth Wilkins, LMFT-A

Raising a child with special needs can be a challenging and rewarding experience. It also routinely leaves parents feeling emotionally, physically, and financially drained. Whether your child struggles with ADD/ADHD, high anxiety, learning disabilities, extreme anger, or is on the autism spectrum, the daily..... [Click to Continue](#)



Cogmed Claims Validated - Improve Working Memory

By Lynn Ayres, M.Ed.



Working memory is a key cognitive function used in daily life that allows individuals to hold information "online" for brief periods of time, in order to complete tasks. It provides a workspace while we mentally engage in other relevant activities. Working memory is the ability to control attention in the face of distractions. A poor working memory is..... [Click to Continue](#)

Tarnow Center for Self-Management | <http://www.tarnowcenter.com>

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