



NEW YORK STATE LICENSED PSYCHOLOGIST BRINGS POTENT, INNOVATIVE, *DRUG-FREE ALTERNATIVE* FOR ADD & ADHD CLIENTS TO HIS NEWLY-OPENED WESTCHESTER OFFICE

Mount Kisco, NY (September 10, 2007) Challenging the position that “Attention Deficit Disorder” (ADD) and “Attention Deficit Hyperactivity Disorder” (ADHD) are *illnesses* that require *medication* and other forms of *treatment*, Dr. Randy W, Green, a New York State Licensed Psychologist, approaches children—and adults—identified with ADD and ADHD characteristics from a different *position*, literally.

Embracing the adage, “Where you place your attention, is where you get your result”, Dr. Green believes that negative labels inherent in “diagnoses” such as ADD & ADHD lead to expectations of failure and lowered *self-esteem* (i.e., the ability to experience oneself as successful in some way) which only perpetuates the state in which the “problem” occurs. This is particularly true in childhood, when the social imperative is to “fit in, not be different; especially if “different” means inferior or damaged in some way.

Rather than approaching ADD & ADHD—and anything else-- from within the framework of the *problem*, Dr. Green places attention on how a child (or adult) would “be” if he (she) were able to perform in a desired way. Call this the framework of what is *possible*—what “works” in someone’s life! Dr. Green uses several tool-sets the most potent and pervasive of which is the “Mythogenic Self® Process”, designed by Dr. Joseph Riggio. In bringing this innovative model to his recently–opened Westchester office, Dr. Green introduces some interesting ideas:

- The “ground” of your experience is the position held within the body at the ‘micro-muscular’ level.
- The model seeks to access your most positive experience—literally a *position* of extraordinary well-being and clarity -- to function as a lens through which you become aware of what is possible for you, rather than what is a problem.
- Through this work, you learn to access and maintain an acute body-mind awareness and make this “way of being” the foundation or starting point for conducting your daily life. The outcome is confidence in your decisions and performance; and the ability to attract what you most **want** into your life!
- You learn to become “transparent” or capable of fully-experiencing (through your senses) each unfolding moment as it occurs while holding a powerful, positive state inside!

Like this, where you place your attention *is* precisely on what you want—rather than on what you do not want. As a result, the work generates a direction and renewed sense of purpose in your life.

Dr. Green, who has conducted a clinical practice in Dutchess County, published hundreds of articles in several newspaper columns, and volunteered for speaking engagements on a variety of topics, is now available for both individual and group consultation appointments in his Mt. Kisco office.

In an effort to accelerate a desired outcome in Kids identified with ADD/ADHD, Dr. Green conducts a profound group experience for parents called, "Parental Guidance", designed to promote exceptional body-mind awareness that can be modeled for their children. Moreover, he has produced two CDs on ADD/ADHD and conducts a teleseminar for adults on the same.

More information about Dr. Green and what he has to offer may be found at his website: <http://www.becomingchangeless.com>

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