

Interview Distinguished Psychologist, Founder, and Clinical Director

Dr. Connie McReynolds

author of

Solving the ADHD Riddle: The Real Cause and Lasting Solutions to Your Child's Struggle to Learn

“Of the 6 million children in the US who have been diagnosed with ADHD, many have been incorrectly labeled. These symptoms may be due to unrecognized visual and auditory processing problems. The wrong diagnosis or label will not lead to the right intervention or support.” – Dr. Connie McReynolds

About Dr. McReynolds:



[Dr. Connie McReynolds](#) is a Licensed Psychologist and Certified Rehabilitation Counselor with more than 30 years of experience in the field of rehabilitation counseling and psychology. She is the founder of neurofeedback clinics in southern California working with children and adults to reduce or eliminate conditions of ADHD, anxiety, anger, depression, chronic pain, learning problems, and trauma.

A seasoned and inspiring speaker, and author of the award winning and Amazon #1 best-selling book in eight categories, *Solving the ADHD Riddle*, Dr. Connie's whole-hearted mission is to bring hope and resolution to those who are struggling with the symptoms of ADHD, their parents, and teachers.

She earned her Ph.D. in Rehabilitation Psychology at the University of Wisconsin-Madison gaining valuable experiences in the Outpatient Substance Abuse Treatment Program at the Middleton VA Hospital, at the Physical Medicine and Rehabilitation Neuropsychological Clinic at Meriter Hospital, and the Mendota Mental Health Institute.

About The Book

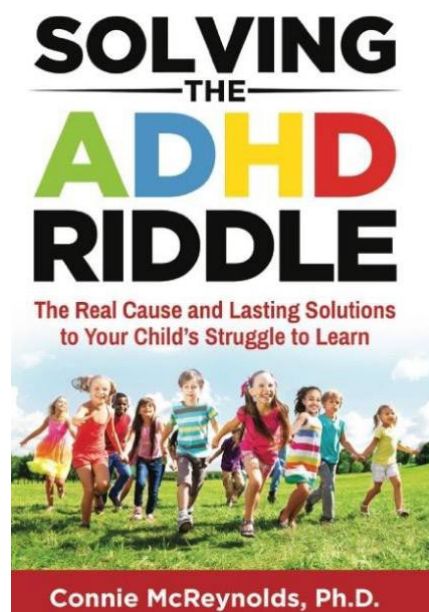
***Solving the ADHD Riddle:
The Real Cause and Lasting Solutions to your Child's
Struggle to Learn***

Educational Insights Press
Publication Date: May 3, 2023

In the United States, where over 6 million children have been diagnosed with ADHD, parents and educators often find themselves at a crossroads, struggling to distinguish between genuine ADHD and other related conditions. ***Solving the ADHD Riddle*** emerges as a beacon of hope, offering a fresh and insightful perspective into this often misunderstood condition.

Solving the ADHD Riddle is not just a book; it's a journey into the intricate world of behavioral and learning challenges. Dr. McReynolds expertly guides readers through:

- **Recognizing Processing Difficulties:** Uncover the signs that distinguish processing problems and learn how to identify these in your child.
- **Misdiagnosis and Its Implications:** Explore how mislabeling a child can lead to inappropriate interventions and understand the critical importance of accurate assessment.
- **Behavioral Insights:** Delve into why children with processing difficulties exhibit certain behaviors, and what this means for their learning and development.
- **Practical Solutions and Strategies:** Gain valuable insights into supporting children at home and in school settings, with strategies tailored to their unique needs.
- **Empowering Parents and Educators:** Equip yourself with the knowledge and tools necessary to provide the right kind of support and environment for children facing these challenges.



Solving the ADHD Riddle stands out as a crucial resource in a sea of misinformation and confusion about ADHD and related conditions. By reading this book, you will:

- Gain a deeper understanding of ADHD and processing difficulties.
- Learn to navigate the complex landscape of diagnosis and treatment.
- Be able to advocate effectively for your child or student.
- Discover how to create a nurturing and supportive environment for learning and growth.

Whether you are a parent grappling with a child's learning and behavioral challenges, an educator seeking to understand your students better, or simply someone interested in the study of psychology related to childhood development, ***Solving the ADHD Riddle*** is an essential addition to your library.

DISCUSSION TOPICS

- The REAL cause of ADHD - a psychologist breaks it down
- The need to reduce the stigma around an ADHD diagnosis
- Tips for treating ADHD in children without using medication
- Neurofeedback: What it is, and is it right for your child?
- To medicate or not to medicate: twelve concerns about medication intervention for children with ADHD
- Holistic -- and effective -- treatments for ADHD, and the science behind them
- The latest in ADHD research and treatment options
- Auditory and Visual Processing in ADHD: What parents need to know
- Simple alternatives to “no” or “don’t do that” to redirect your child’s behavior and nurture positive thinking

- Why punishment does not result in lasting changes for children of ADHD/ADD - here is what to do instead
- Six suggestions to reduce your kids screen time without them putting up a fight
- Interventions to empower your child at home or at school
- Tips for teachers to better support children who have ADHD
- How education systems can better serve children with ADHD

SAMPLE INTERVIEW QUESTIONS

- Can you explain how neurofeedback works and its potential as a non-invasive treatment for ADHD?
- What inspired you to focus on rehabilitation psychology, and how has your background influenced your approach to ADHD?
- How does your book address the complexities of ADHD from a holistic perspective, considering psychological, educational, and vocational factors?
- What are some common misconceptions about ADHD that you aim to clarify in your book?
- In your experience, what are the most significant challenges faced by individuals with ADHD in the workplace, and how can they be addressed?
- Can you share a success story from your clinical practice where neurofeedback made a significant difference in someone's life?
- How do you envision the future of ADHD treatment, and what role do you see for neurofeedback and other non-invasive therapies?
- What message do you hope readers will take away from *Solving the ADHD Riddle*, and how can they apply it to their lives or the lives of loved ones?

PRAISE FOR SOLVING THE ADHD RIDDLE

"Solving the ADHD Riddle brings hope to families with children who are struggling with visual and auditory processing. It reaches the core of the problem with viable resources, simple strategies, and solutions for parents and teachers that can make a world of difference in the child's learning experiences. With her assessment results and interventions, a process of retraining the brain gives the first steps to opening up a new journey of success. Dr. McReynolds, thank you for opening the doors to many students to rewire their brains and build success with neurofeedback and your many strategies." —**Dr. Jean Maddox, elementary school principal (ret.)**

"Dr. McReynolds has cut the Gordian knot of auditory and visual processing problems! This seminal work of applied technologies, tenacity, triumph, and hope is as audacious as it is remarkable. Dr. McReynolds shines a beacon into the complex world of ADHD with real world examples and applications." —**Jim Swanson, M.S., rehabilitation counselor, LPPC-S**

"The effect of a learning disability is global for everyone from the child experiencing challenges to parents observing their child's struggles. The social stigma permeates into the medical field as it applies a Band-Aid approach using medications. Solving the ADHD Riddle addresses many questions, including why this is happening to my child. It gives explanations with stories that make you laugh and cry as they resonate with your own experience as a parent. Most importantly, this book offers an alternative view along with a noninvasive treatment other than medications." —**Robert Nunez, parent**

"Dr. McReynolds has made significant contributions to neuroscience and education, especially for children with ADHD. Her research shows significant improvement results with both children and adults. It provides clarity and hope for resolving challenging learning problems using neurofeedback sessions coupled with accurate diagnosis of auditory and visual learning problems. This treatment will benefit many teachers, children, and their families to overcome their learning disabilities and succeed in school and life. This highly readable book is thorough and revolutionary. Solving the ADHD Riddle provides new solutions to a problem that impacts both children and adults, bringing hope, relief, and lasting results!" —Dr. Lila Wills Bronson, educational consultant and administrative coach

"I cannot say enough wonderful things about the staff and work of Dr. McReynolds. I have recommended neurofeedback to many of my colleagues and friends who have children with special needs and other concerns. Dr. McReynolds and all of her clinicians encouraged, supported, and helped my youngest daughter with her brain development." —Dana, mother

"My son was diagnosed with ADD, and the only treatment his pediatrician offered was ADD medicine. We contacted Dr. McReynolds in hope to find another alternative. His change is really amazing. He is now able to focus at school." —Serena, mother

"The change in my son is so impressive. He tried to pass his written driver's license test 6 times prior to neurofeedback. He said it helped him focus and concentrate to pass the exam. I will be forever grateful to Dr. McReynolds." —Cesar, father



Dr. McReynolds Bios

Longest Bio (458)

Dr. Connie McReynolds is an esteemed and accomplished professional in the field of rehabilitation counseling and psychology. With more than 30 years of experience, she holds licenses as a Psychologist, Certified Rehabilitation Counselor, and Certified Vocational Evaluator. Her expertise and dedication have made a significant impact on the lives of individuals across all age groups.

As the visionary founder of prominent neurofeedback clinics in southern California, Dr. McReynolds specializes in working with children and adults ranging from five to 90 years old. Her innovative approach aims to reduce or eliminate conditions such as ADHD, anxiety, anger, depression, chronic pain, learning problems, and trauma. Through her clinics, she has successfully brought relief and transformation to countless individuals.

Beyond her clinical work, Dr. McReynolds is an influential figure in the field. She is an acclaimed author, with her award winning book ***Solving the ADHD Riddle*** reaching the coveted #1 best-selling rank in eight categories on Amazon. This accomplishment reflects her commitment to providing hope and resolution to those grappling with ADHD symptoms, as well as their parents and teachers. Dr. McReynolds is a sought-after speaker, captivating audiences with her seasoned wisdom and inspiring insights.

Dr. McReynolds earned her Ph.D. in Rehabilitation Psychology from the University of Wisconsin-Madison, where she gained invaluable experiences in various esteemed institutions. Notably, she worked at the Outpatient Substance Abuse Treatment Program at the Middleton VA Hospital, the Physical Medicine and Rehabilitation Neuropsychological Clinic at Meriter Hospital, and the Mendota Mental Health Institute. These experiences have enriched her expertise and shaped her holistic approach to rehabilitation.

As a Fellow of the National Rehabilitation Counseling Association, Dr. McReynolds has been a passionate advocate for individuals with disabilities for more than three decades. Her commitment to promoting inclusivity and improving the lives of those with disabilities is reflected in her dedicated service on the Executive Committee for 25 years.

Dr. McReynolds' contributions to the field of rehabilitation counseling and psychology extend far beyond her clinical practice. She has authored over 40 publications, providing valuable insights and advancing knowledge in her field. Furthermore, she has delivered over 200 presentations on a wide range of conditions, showcasing her expertise and dedication to sharing knowledge.

Dr. Connie McReynolds is an exceptional professional who exemplifies the highest standards of care, compassion, and expertise in the field of rehabilitation counseling and psychology. Her unwavering commitment to helping individuals overcome challenges and improve their quality of life has made her an influential and respected figure in her field.

Long bio (228)

Dr. Connie McReynolds is a Licensed Psychologist, Certified Rehabilitation Counselor, and Certified Vocational Evaluator with more than 35 years of experience in the field of rehabilitation counseling and psychology. She is the founder of neurofeedback clinics in southern California working with children and adults ages five to 90 to reduce or eliminate conditions of ADHD, anxiety, anger, depression, chronic pain, learning problems, and trauma.

A seasoned and inspiring speaker, and author of the award winning and Amazon #1 best-selling book in 8 categories, ***Solving the ADHD Riddle***, Dr. Connie's whole-hearted mission is to bring hope and resolution to those who are struggling with the symptoms of ADHD, their parents, and teachers. She enjoys podcast guesting and hosting her own show *Roadmap to the Brain* which has featured parents and professionals who share their experiences of healing and improving their quality of life.

She earned her Ph.D. in Rehabilitation Psychology at the University of Wisconsin-Madison gaining valuable experiences in the Outpatient Substance Abuse Treatment Program at the Middleton VA Hospital, at the Physical Medicine and Rehabilitation Neuropsychological Clinic at Meriter Hospital, and the Mendota Mental Health Institute. She has contributed to 40+ publications and given more than 200 presentations on a multitude of conditions.

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Short bio (93)

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Amazon Author Bio

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Dr. McReynolds Images

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CONNECT

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