

Definitions for Training (Excerpts from Diagnostic and Statistical Manual-IV)

ATTENTION DEFICIT/HYPERACTIVITY DISORDER: Attention Deficit Hyperactivity Disorder (ADHD) is a condition that affects approximately 8% of school-age children.

The three main symptoms of ADHD are inattention, hyperactivity, and impulsivity. Children with Attention Deficit Hyperactivity Disorder may have difficulty in school, troubled relationships with family and peers, and low self-esteem.

MOOD DISORDER: The disorders in this category include those where the primary symptom is a disturbance in mood. In other words, inappropriate, exaggerated, or limited range of feelings. To be diagnosed with a mood disorder, your feelings must be to the extreme. In other words, crying, and/or feeling depressed, suicidal frequently. Or, the opposite extreme, having excessive energy where sleep is not needed for days at a time and during this time the decision making process is significantly hindered.

ANXIETY DISORDER: Anxiety Disorders categorize a large number of disorders where the primary feature is abnormal or inappropriate anxiety. Symptoms can include an increased heart rate, tensed muscles, and perhaps an acute sense of focus. These are all symptoms of anxiety. These symptoms become a problem when they occur without any recognizable stimulus or when the stimulus does not warrant such a reaction.

POST TRAUMATIC STRESS DISORDER: In the Anxiety Disorder Category, by definition PTSD always follows a traumatic event which causes intense fear and/or helplessness in an individual. Typically the symptoms develop shortly after the event, but may take years. Symptoms include re-experiencing the trauma through nightmares, obsessive thoughts, and flashbacks (feeling as if you are actually in the traumatic situation again). There is an avoidance component as well, where the individual avoids situations, people, and/or objects which remind him or her about the traumatic event (e.g., a person experiencing PTSD after a serious car accident might avoid driving or being a passenger in a car). Finally, there is increased anxiety in general, possibly with a heightened startle response (e.g., very jumpy, startle easy by noises).

CONDUCT DISORDER: Conduct Disorder is a psychiatric category to describe a pattern of repetitive behavior where the rights of others or the current social norms are violated. Symptoms include verbal and physical aggression, cruel behavior toward people and pets, destructive behavior, lying, truancy, vandalism, and stealing.

OPPOSITIONAL DEFIANT DISORDER: Oppositional defiant disorder is an ongoing pattern of disobedient, hostile, and **defiant** behavior toward authority figures which goes beyond the bounds of normal childhood behavior