



## **Nurturing Uneven Potential**

### **Behavioral Interventions for Gifted Children with ADHD (GADHD)**

Lara Cannon MA, LPC

Website: [www.adhdchildandfamily.com](http://www.adhdchildandfamily.com)

Email: [l.cannon@adhdchildandfamily.com](mailto:l.cannon@adhdchildandfamily.com)

## **AGENDA**

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Together we will explore the often problematic pairing of ADHD with exceptional cognitive abilities and/or giftedness. We will focus on treating “giftedness” as a special learning need, identifying what can go wrong when ADHD and giftedness intersect and where parents and educators can step in to help children discover a better path.

### **Part 1: Who are these children?**

To begin, we will delve into the unique characteristics and complex nature of children who are both gifted and have ADHD. This foundational understanding will set the stage for more in-depth exploration and their application.

Key Topic: What is Giftedness?

- Measuring Giftedness
- Common Myths

The Three Layer Cake of Giftedness

- Asynchronous Development
- Perfectionism
- Overexcitabilities

Learn by Doing Activity (10 minutes): Art Making & Emotional Intelligence

### **Part 2: Identifying Characteristics of GADHD children**

Key Topic: Ability & Disability

- Risk factors for GADHD girls & boys
- Unique Classroom Challenges

### Part 3: Giftedness Starts at Home

Despite the strong connection between genetics and intellectual potential, evidence shows that children's development is influenced largely by the lifestyles, values, goals and other environmental characteristics of the families in which they grew up. We will explore the qualities of family life that have been shown to create the best conditions for capable and curious children.

#### Key Topic – Giftedness Starts at Home

- Parenting able learners & creative thinkers
- Early to ripen, early to rot
- The power of deliberate practice
- Building convergent and divergent problem solving skills

### Part 4: Interventions for Supporting a Complex Child

To conclude, we'll focus on effective strategies and interventions that can be used to support the unique needs of gifted children with ADHD (GADHD) through purposeful and meaningful play.

#### Key Topic- Loving the Journey

- Cultivating Intrinsic Motivation
- The Clarion Call of our Play Personalities
- Supporting Highly Creative Children in the Classroom

Learn by Doing Activity (20 minutes): Creating Play-Based Interventions Together

Q&A (10 minutes): Putting it all together

## ADDITIONAL INFORMATION

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### PART 1: DEFINING GIFTEDNESS

Giftedness involves developmental differences in abstract reasoning, emotional sensitivity and intensity that can be observed in very young children and documented on measures of general intelligence. It creates qualitatively different life experiences that lead to a set of issues unique to this group, which can make them vulnerable and indicate they have significantly different needs from the norm, requiring early identification, intervention and accommodations to assure healthy development.

#### Measuring Giftedness - IQ Testing

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IQ is only one way to measure mental abilities and does not encompass the entire range of abilities and talents that an individual might possess.

High Average: IQ scores from 110 to 119. While not typically classified as gifted, individuals in this range are often above average in academic and cognitive performance.

Mildly Gifted: IQ scores from 120 to 129. Individuals in this range are usually capable of high academic achievement and are often included in gifted and talented programs.

Moderately Gifted: IQ scores from 130 to 144. This range is often used as a benchmark for giftedness in many educational settings. Individuals in this category typically qualify for various gifted and talented education (GATE) programs.

Highly Gifted: IQ scores from 145 to 159. Individuals in this range exhibit exceptional intellectual capabilities and often require special educational accommodations to meet their learning needs.

Exceptionally Gifted: IQ scores from 160 to 179. People with IQ scores in this range are rare and may face unique educational and social challenges due to their profound levels of intelligence.

Profoundly Gifted: IQ scores of 180 and above. This is an extremely rare group, often characterized by extraordinary precocity and an ability to understand complex concepts at a very early age.

## THREE LAYER CAKE OF GIFTEDNESS: ASYNCHRONY

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### Common Learning Disabilities

- 1) Dyslexia: a neurodevelopmental condition that affects 15-20% of the population. It is a specific learning disability in reading.
  - Comprehension & fluency
  - Recognizing common sight words
  - Connecting letters with the sounds they make
  - Spelling
  - Writing
  - Rhyming
  - Understanding word problems in math
- 2) Dysgraphia: a learning disability that affects writing abilities, affects 7-15% of the population. It can manifest as problems with:
  - Producing legible handwriting
  - Typing accurately
  - Spelling correctly
  - Communicating thoughts on paper
  - Grammatical issues
  - Poor pencil grip
  - Omitting words or leaving them incomplete
- 3) Dyscalculia: a learning disorder that affects a person's ability to understand number-based information and math, 5-7% of the population.
  - Counting
  - Calculating
  - Working with math symbols
  - Memorizing number facts
  - Reading an analog clock
  - Understanding abstract concepts
  - Following sequential steps

- Solving word problems
- 4) Auditory Processing Disorder (APD) is a disorder of how the brain interprets sounds and understands speech, that is not caused by hearing loss. Whether or not speech is loud and clear enough to others, people with APD may struggle with:
- Distinguishing between subtle differences in how words are pronounced
  - Remembering what has just been said
  - Hearing well in a noisy environment
- 5) Sensory Processing Disorder is a disorder of how the brain organizes information from the senses. ADHD and Sensory Processing Disorder (SPD) can look similar but they have different causes and require different evidence-based treatments. Kids with SPD are oversensitive to:
- Sights
  - Sounds
  - Textures
  - Flavors
  - Smells
  - Other sensory input

May be hyposensitive and exhibit stimulation seeking behaviors that may be mistaken for ADHD-impulsivity or hyperactivity.

### THREE LAYER CAKE: TYPES OF OVEREXCITABILITY

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- 1) Intellectual OE: Intellectual passion for solving problems. Extremely inquisitive and curious. Capable of intense concentration and generally have highly active minds. Tend to seek answers and truth, enjoy theory, and are often highly moral.
- 2) Imaginational OE: Creative vivid imaginary worlds, thinking visually, using metaphorical language and a rich dream life.
- 3) Emotional OE: Intense feelings, increased emotional sensitivity and identification with feelings of others and strong emotional attachments.
- 4) Psychomotor OE: Highly active, energetic, talkative and loves to move.
- 5) Sensual OE: Extremely sensitive to pleasurable and uncomfortable sensations from

touch, sight, smells, tastes and sounds.

## PART 3: GIFTEDNESS STARTS AT HOME

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### Developmental Needs of Young Children

1. Engage their enthusiasm for learning in multiple areas
2. Experience the pleasure of exploring and understanding the world
3. Provide ample safe and unstructured play
4. Strong foundation of confidence and competence built from early skill building
5. Learning does not have to be constant or intense
6. Accumulation of knowledge & general domain competencies

### Developmental Needs of Elementary School Aged Children

1. Identification of gifts
  - a. Cultivation of intrinsic motivation
  - b. Engagement in active, goal-oriented practice
  - c. A sense of self-efficacy (as opposed to learned helplessness) and readiness to overcome barriers
2. Access to like-minded friends
3. Enriched learning environment:
  - a. Provides competency based challenges (e.g. children are able to level up)
  - b. Diverse learning opportunities
  - c. Domain specific knowledge

### Developmental Needs of Teens

1. Love for learning
  - a. Increased specialization & the development of expertise in a domain
  - b. Skilled mentors & teachers
  - c. Acquire discipline & work habits necessary for high-level achievement
2. Personal mission

- a. Keen sense of values
  - b. Readiness for boldness, even extravagance
3. Social Connection
  - a. Opportunities to develop their areas of ability and connect with peers or mentors who share their interests

## PART 4: MOTIVATION, CREATIVITY & TEACHING STRATEGIES

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Big Question: How does this child learn best?

Giftedness is a mismatch between a child's current developmental level in a given subject area and the educational programming that is offered to that child in their grade level. It is urgent to identify educational needs and mismatches as they develop. Targeted interventions focus on strengths and weaknesses.

### Motivation & Creativity Killers

- Restricting choices or interests
- Imposing standards of evaluation (e.g. neatness)
- Providing external rewards
- Enhancing competition (with others)
- Celebrating ability rather than challenge & effort
- Focusing on deficits rather than strengths

POINTING OUT ERRORS when shaping a behavior is demotivating

### Creative Teaching Strategies

- Modify content to allow for student interests
- Alter the pace of the instruction
- Create a flexible classroom environment or instructional groups
- Use specific instructional strategies
- Establish high standards
- Find mentors for the student
- Encourage independent investigations & projects
- Expand positive or interesting ideas or activities!

-Johnson & Ryser, 1996; & Westberg & Archambault, 1997

## Needs Inventory

Although we all experience our needs in differing amounts at different times, if you think about it, the needs themselves are universal in all of us. This universality of experience helps us to see one another in a compassionate view - as fellow humans, just like us.

### AUTONOMY

choice  
dignity  
freedom  
independence  
self-expression  
space  
spontaneity

### CONNECTION

acceptance  
affection  
appreciation  
authenticity  
belonging  
care  
closeness  
communication  
communion  
community  
companionship  
compassion  
consideration  
empathy  
friendship  
inclusion  
inspiration  
integrity  
intimacy  
love  
mutuality  
nurturing  
partnership  
presence  
respect/self-respect  
security  
self-acceptance  
self-care

self-connection  
self-expression  
shared reality  
stability  
support  
to know and be known  
to see and be seen  
trust  
understanding  
warmth

### MEANING

awareness  
celebration  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficiency  
effectiveness  
growth  
integration  
integrity  
learning  
mourning  
movement  
participation  
perspective  
presence  
progress  
purpose  
self-expression  
stimulation  
understanding

### PEACE

acceptance  
balance  
beauty  
communion  
ease  
equanimity  
faith  
harmony  
hope  
order  
peace-of-mind  
space

### PHYSICAL WELL-BEING

air  
care  
comfort  
food  
movement/exercise  
rest/sleep  
safety (physical)  
self-care  
sexual expression  
shelter  
touch  
water

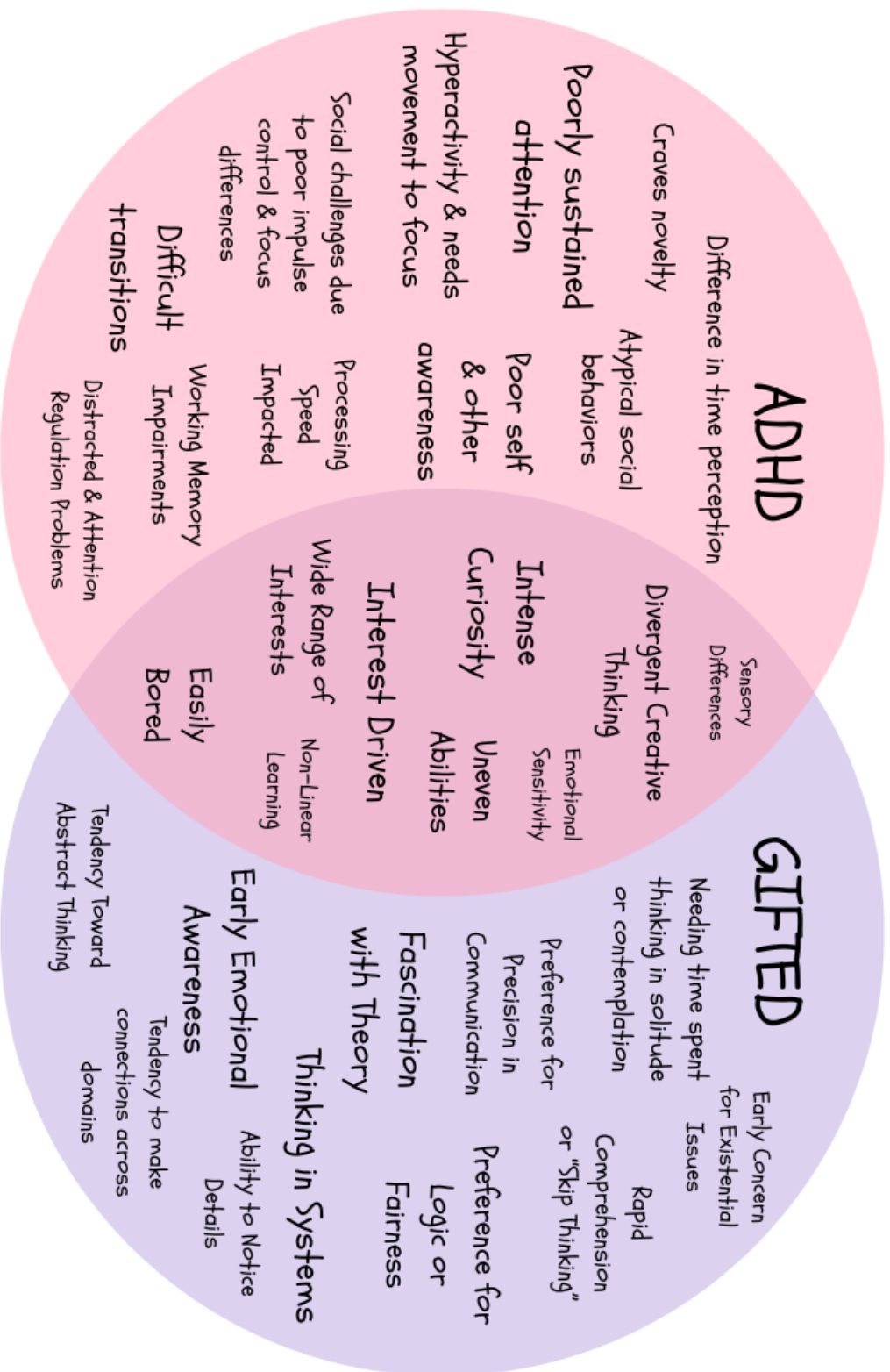
### PLAY

adventure  
excitement  
fun  
humor  
joy  
relaxation  
stimulation



## Feeling Words

WHEN NEEDS <b>ARE NOT</b> BEING MET	WHEN NEEDS <b>ARE</b> BEING MET
<b>Hostile</b> Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Distain, Hate, Horrified, Repulsed, Scorn, Surly, Vengeful, Vindictive	<b>Exhilarated</b> Ecstatic, Elated, Enthrilled, Exuberant, Giddy, Silly, Slap-happy
<b>Angry</b> Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off	<b>Excited</b> Alive, Amazed, Animated, Eager, Energetic, Enthusiastic, Invigorated, Lively, Passionate
<b>Annoyed</b> Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Iried, Irritated, Miffed, Peeved, Resentful, Sullen, Uptight	<b>Inspired</b> Amazed, Astonished, Awed, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder
<b>Upset</b> Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled	<b>Joyful</b> Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Tickled
<b>Tense</b> Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy	<b>Relaxed</b> At ease, Carefree, Comfortable, Open
<b>Afraid</b> Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Scared, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Reserved, Sensitive, Shaky, Unsteady	<b>Curious</b> Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated
<b>Vulnerable</b> Cautious, Fragile, Guarded, Helpless, Insecure, Helpless, Leery, Reluctant	<b>Confident</b> Empowered, Proud, Safe, Secure, Self-assured
<b>Confused</b> Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn	<b>Engaged</b> Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved
<b>Embarrassed</b> Ashamed, Chagrined, Contrite, Guilty, Disgraced, Humiliated, Mortified, Remorse, Regretful, Self-conscious	<b>Hopeful</b> Expectant, Encouraged, Optimistic
<b>Longing</b> Envious, Jealous, Nostalgic, Pining, Wistful, Yearning	<b>Grateful</b> Appreciative, Moved, Thankful, Touched
<b>Tired</b> Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out	<b>Refreshed</b> Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived, Energetic
<b>Disconnected</b> Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonely, Numb, Removed, Uninterested, Withdrawn	<b>Affectionate</b> Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm
<b>Sad</b> Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Forlorn, Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow, Unhappy	<b>Peaceful</b> Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil
<b>Shocked</b> Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised	<b>Relieved</b> Complacent, Composed, Cool, Trusting
<b>Pain</b> Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched	<b>Content</b> Glad, Cheerful, Fulfilled, Satisfied



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