Executive Functioning Consultation

What is it?
- A CADD therapist will meet with you to discuss and evaluate challenges associated with executive functioning skills, such as building response inhibition (thinking before acting), strengthening sustained attention, instilling time management, encouraging flexibility and promoting planning and prioritizing.
- Only CADD staff members can refer clients to this service.
- Typically, three to five sessions will be held at CADD with an outpatient therapist.
- Each session will last about 45 minutes.

What will occur during the session?
- Current executive functioning skills for both child and parent will be assessed.
- Three most challenging executive functioning skills will be identified and targeted with intervention strategies in order to increase that skill's frequency or effectiveness.
- Therapist will make recommendations based on concerns presented.

Who should attend?
- Initially, parent or caregiver, though later sessions will likely include the client.
- Other treatment team members who may be able to provide additional information.

Client should attend sessions if:
- They are verbal and able to actively participate in assessment and treatment.
- They are stable and can handle discussion in detail of the presenting issue.

Should we bring anything to the appointment?
- In later sessions, therapist may have the client bring completed assessments and data they have been asked to collect.