

ATTENTION-SEEKING/DISRUPTIVE/ADHD

Disruptive/Attention Seeking behaviors can keep a classroom or school in disarray if not managed. It is the role of the school counselor to assist administrators and teachers in developing behavioral management plans for these students to assist them in learning while not disrupting other students.

Symptoms

1. Draws attention to self through silly behaviors, loud talking, making inappropriate noises or gestures, and blurting out remarks
2. Lack of sensitivity to how attention-seeking behaviors impact other people
3. Obstinate refusal to comply with authority figures at home or school settings
4. Strained sibling or peer relationships due to annoying and antagonistic behaviors

Possible Causes

1. Feels inadequate
2. Divert attention away from their own problems
3. Been exposed to conflicted or tense atmosphere
4. Disruption becomes part of their identity
5. Learned behavior - got attention in the past from being disruptive

Goals

1. Terminate disruptive attention-seeking behaviors and increase cooperation
2. Gain attention, approval and acceptance from others through positive means
3. Display empathy, concern and respect for others' thoughts and feelings
4. Resolve core conflicts that contribute to disruptive/attention seeking behaviors
5. Demonstrate marked improvement in impulse control
6. Establish and maintain positive relationships with peers and friends

How to Help

1. Arrange for psychological testing/refer to outside agency (possible ADHD)
2. Teach appropriate and timely humor
3. Assist parents in arranging situations where student is in the limelight (music, sports)
4. Establish clear rules for the student at home or school
5. Use art, play or role-plays to practice appropriate behavior and display empathy
6. Parents/Teachers utilize short term behavior contracts to reinforce positive behaviors

7. Use therapeutic games to assist student to 'Stop and Think' before they misbehave
8. Examine the core conflicts that contribute to the disruptive behavior
9. Teach the student the 'Problem Solving Model'
10. Encourage parents to give their child an allotted time of undivided attention each day
11. Examine how the student's behaviors affect others