

## MEDIA RELEASE

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### **ENERGYPARENTING® is the Antidote to the ADHD/Ritalin Epidemic**

Energy-based approach succeeds when others fail to raise challenging children without medication

GILBERT, Ariz. (Dec. 1, 2008) – ENERGYPARENTING® is a proven antidote to the disorder-diagnosis-drug trend threatening our kids. It is a new way to parent that upends existing parenting models by transforming challenging children without the need for medication.

Current parenting models are failing American parents faster than they can say, "Go to your room." The result is in an epidemic of more and younger children being prescribed narcotic-strength medication that stunts and haunts their lives.

One out of every 15 kids has a diagnosis, and half of them take prescription drugs, according to the Centers for Disease Control. New brain disorders are being defined in record numbers; and parents are leaning on medication too. But in 97% of the cases, it's a needless and brutal toll on the family's emotional, financial and relational wellbeing because ENERGYPARENTING® is an alternative that works without the high costs or complications.

"The problem isn't the children or the parents," says family therapist Howard Glasser, cofounder of ENERGYPARENTING® and creator of the Nurtured Heart Approach™. "Challenging children simply discover that they get more intense relationship when they misbehave than when they don't. Current wisdom has parents being present in juicier ways when things are going wrong. Challenging children are drawn to this aliveness, so they repeat and escalate the behaviors that will sustain it."

The ENERGYPARENTING® model is simple. It teaches parents how to create strong relationship with their challenging children when things are going right.

"The result of ENERGYPARENTING®," Glasser says, "is that symptoms of disorders like Attention Deficit Hyperactivity Disorder typically disappear within weeks along with the need for medication because the parental energy intervention transforms the child to be willing and able to use his or her intensity to achieve extraordinary success."

While developed for challenging children, all children – difficult or not – flourish when raised with ENERGYPARENTING®.

# ENERGYPARENTING

Parents can learn ENERGYPARENTING® in five easy online lessons that explain the principles and techniques to make the 180-degree energy shift that will create a relationship revolution with their challenging child. After a couple of hours of study, they can begin to implement the approach and see immediate results.

## **About ENERGYPARENTING®**

ENERGYPARENTING.com, founded by Howard Glasser and Susan McLeod, is a members-only online learning center for the Nurtured Heart Approach™, where adults learn how to shift their energy to pull challenging children from negativity into success. When intense children are led to experience how great they really are, however difficult they currently are, they begin to act out greatness, much to the relief of their parents and teachers.

Glasser is the creator of the approach and an international authority on transforming challenging behaviors and igniting greatness in children and adults. He is the founding executive director of the Children's Success Foundation, dedicated to expanding the use of his approach in schools and social programs worldwide; and the former director and clinical supervisor of the Center for the Difficult Child. Glasser has published six books, including his flagship work, "Transforming the Difficult Child: The Nurtured Heart Approach," published in 1999 with co-author Jennifer Easley, a continuously top selling book on ADHD.

McLeod, publisher of ENERGYPARENTING®, is the mother of a challenging child who would likely be on Ritalin had she not rejected that course. She tried many parenting programs without lasting success. A difficult year later, after refusing Zoloft for herself, she stumbled upon Glasser's approach. It worked immediately, transforming her son into a well-behaved boy who uses his intensity in positive and successful ways. She and Glasser teamed up to create the online learning center to make the approach accessible to parents worldwide.

Since 1993, the Nurtured Heart Approach™, the basis of ENERGYPARENTING®, has been proven highly effective in creating successful living for hundreds of thousands of children with diagnoses of Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Compliance Disorder (OCD), Oppositional Defiant Disorder (ODD), Autism and Asberger's Spectrum Disorders and Fetal Alcohol Syndrome Disorder; and for children on Ritalin, Concerta, Metadate, Dexedrine, Adderall, Prozac, Paxil, Risperal, et al.

## **For more information:**

Visit [www.ENERGYPARENTING.com](http://www.ENERGYPARENTING.com), register for ENERGYPARENTING News, a free weekly tips eNewsletter, and download our free eBook, "The Top 2 Biggest Parenting Mistakes."

## **Keywords:**

Parenting Challenging Children; Treatment and therapy for ADD/ADHD/OCD/ODD; Educating Challenging Children; Transformation Therapy for Children and Adults; Difficult Children; Ritalin; Adderall; Behavior Problems; Depression; Energy Relationships; Igniting Greatness in Children and Adults.