

CALIFORNIA PSYCHOTHERAPEUTIC RESOURCES, INC.

PATRICIA MCTAGUE-LOFT, MS, LMFT, FAPA, SAP

Patricia McTague-Loft has undergone rigorous training in Counseling Psychology with an emphasis in Marital and Family Therapy. In addition, she has completed the [Amen Clinics' Brain SPECT Course](#) on how to implement a brain system approach to diagnosis and treatment of mental illness.

Sincere thanks to **Dr. Daniel Amen** for preparing the information below.

Please visit the [Amen Clinics website](#) for more information about their multi-modal approach to treatment that uncovers the root cause of your issues or challenges that are not discovered by traditional psychiatry.

ADD Types

Dr. Daniel Amen, board-certified in child, adolescent, and adult psychiatry and licensed in nuclear brain imaging, has discovered that there are six types of attention deficit disorder, each with its own distinctive brain dysfunctions and treatments:

Type 1 — Classic ADD — Inattentive, distractible, disorganized, hyperactive, restless, and impulsive.

Type 2 — Inattentive ADD — Easily distracted with a low attention span, but not hyperactive. Instead, often appears sluggish or apathetic.

Type 3 — Overfocused ADD — Excessive worrying, argumentative and compulsive; often gets locked in a spiral of negative thoughts.

Type 4 — Temporal Lobe ADD — Quick temper and rage, periods of panic and fear, mildly paranoid.

Type 5 — Limbic ADD — Moodiness, low energy. Socially isolated, chronic low-grade depression. Frequent feelings of hopelessness.

Type 6 — “Ring of Fire” ADD — Angry, aggressive, sensitive to noise, light, clothes and touch; often inflexible, experiencing periods of mean, unpredictable behavior, and grandiose thinking.

— *Dr. Daniel Amen*