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Davis Attention Mastery Program

Purpose: To provide individuals with the tools and understanding required to overcome problems commonly associated with ADHD (attention deficit disorder, with or without hyperactivity) or executive function difficulties. These include sustaining attention focus, organizational and time-management problems, getting along with colleagues, family, and friends, understanding and following rules, and managing impulsive behaviors.

Ages Served: Appropriate for children with a maturity age 8 and over, and adults of any age.

Length of Program: Approximately 5 days when given alone or about 3 extra days when supplementary to another Davis program.

What happens during a program? The client will learn 5 mental focusing techniques in addition to the following:

- **Alphabet Mastery:** If not already completed in a prior Davis program, the program will include Alphabet Mastery and an introduction to Symbol Mastery to facilitate mastery of these elements and for practicing the use of the focusing techniques
- **Davis Concept Mastery:** I will work with the client to model basic life concepts in clay, which include "self", "change", "consequence", "time", "sequence", and "order vs. disorder". These will also be found in the real world.
- **Matching Energy Dial** settings with others to establish and maintain rapport.

- **Exercises for establishing order:** Completion of three exercises to learn how to determine order and how to create order in one's own space.
- **Personalize concepts and create new orders of behavior:** Life concept principles are used to evaluate and model desired changes to personal patterns of unwanted behavior and consequences.
- **Support training:** This will be provided to parents, tutors, or other designated individuals. The support training will include an overview of the concepts modeled and the importance of fostering the individual's self-responsibility. Typically, it will also include discussion of the exercises for establishing order, and a follow-up schedule will be agreed upon.

Follow-up: I will provide up to six hours of follow-up services on an as-needed basis, and these are included in the Program fee. However, it is the responsibility of the individual who has received a Davis program to continue with the post-program exercises agreed upon with me.



Contact Katherine Odle, Licensed Davis Facilitator for more information or visit our [website](#).



Professional services described as Davis®, including Davis Dyslexia Correction®, Davis Symbol Mastery®, Davis Orientation Counseling®, Davis® Attention Mastery, Davis® Math Mastery, and Davis® Reading Program for Young Learners may only be provided by persons who are trained and licensed as Davis Facilitators or Specialists by Davis Dyslexia Association International.