

## Sari Solden MS, LMFT

A psychotherapist who herself struggles with AD/HD, Sari specializes in and has worked with individuals, couples, and groups with AD/HD adults for over 22 years. She also trains, and consults with, other mental-health professionals in assessing and counseling adults with AD/HD. ***Journeys Through ADDulthood***, her second book, grew out of twelve years of working with men and women with AD/HD, during which time she developed a framework for understanding the difference between those who get stuck following diagnosis and those able to grow and move on. Her goals are to share her understanding of the developmental milestones in the lives of AD/HD adults, assist those men and women in achieving greater self-awareness and fulfillment, and foster increased understanding among the non-AD/HD population. Her first book, ***Women with Attention Deficit Disorder*** (1<sup>st</sup> edition 1995, Revised edition 2005) has sold well over 100,000 copies worldwide and has been translated into German and Japanese.

Solden is a graduate of the University of Michigan, and received her Masters Degree in clinical counseling from California State University. During twenty years in the San Francisco Bay area, she also became licensed as a marriage and family counselor (LMFT) and served as the specialist on adult AD/HD for the Family Service Agency of Marin County.

A prominent speaker at national and international AD/HD conferences, Solden has served on the professional advisory board of the national Attention Deficit Disorder Association (ADDA) and on the



program conference committee for the national Children and Adults with Attention Deficit Disorder (CHADD). In addition to these, her professional affiliations include the American Association of Marriage and Family Therapists, Children and Adults with Attention Deficit Disorder, and the American Counseling Association. Solden is a past recipient of ADDA's award for outstanding service by a helping professional, and was selected as the leader of the First National Forum on Women with AD/HD by the ADDA Board. She has written numerous articles for professional and other journals. She has also been featured an AD/HD expert in *Time*, *People*, and other national magazines.

Sari Solden lives and maintains her practice in Ann Arbor, MI. Her areas of specialization include inattentive AD/HD, women's issues, as well as the long term counseling issues for adults not diagnosed until adulthood. Sari currently hosts and presents on [www.ADDJourneys.com](http://www.ADDJourneys.com) her online community for adults with AD/HD.