



<https://amyfowlertherapy.com/child-therapist/adhd-therapist-haslet-fort-worth/>

ADHD Therapy vs. Medication: What's the Difference?



When your child is diagnosed (or suspected) with ADHD, the first big question many parents face is this:
“Do we try medication, therapy, or both?”

It's not always an easy decision—and there's no one-size-fits-all answer.

At **Amy Fowler Therapy in Fort Worth, TX**, we walk families through this question every day. Whether you're feeling hesitant about medication, unsure about therapy, or considering a combination, this guide is here to help you make an informed and confident choice.

Understanding the Treatment Options for ADHD

ADHD treatment typically falls into three categories:

1. **Behavioral Therapy (like what we offer at Amy Fowler Therapy)**
2. **Medication (stimulant or non-stimulant drugs)**
3. **Combination Therapy (behavioral therapy + medication)**

Let's break down how each option works—and how to know what might be best for your child.

What Is ADHD Therapy?

ADHD therapy focuses on building long-term skills for behavior, emotion regulation, and executive function (the brain's self-management system).

At **Amy Fowler Therapy**, our treatment often includes:

- **Play-based therapy** for younger children
- **Cognitive-behavioral techniques** for older kids
- **Emotional regulation strategies**
- **Parent coaching** to create calm and consistency at home
- **Social skills training** when peer relationships are difficult
- **Support for routines, transitions, and homework battles**

Therapy addresses the *root challenges*, not just the surface behavior.

Benefits of ADHD Therapy:

- ✓ Helps with emotional regulation and impulse control
 - ✓ Improves communication and problem-solving skills
 - ✓ Builds confidence and self-esteem
 - ✓ Involves parents and supports the whole family
 - ✓ No physical side effects
 - ✓ Teaches lifelong coping strategies
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What Is ADHD Medication?

Medication for ADHD works by improving chemical activity in parts of the brain responsible for attention, focus, and self-regulation.

Types of medications include:

- **Stimulants** (e.g., Adderall, Ritalin, Concerta)
- **Non-stimulants** (e.g., Strattera, Intuniv, Qelbree)

These can help children focus better in school, stay more regulated, and reduce hyperactivity or impulsiveness—*especially in the short term*.

Potential Benefits:

- ✓ Can quickly improve focus and attention
 - ✓ May reduce disruptive behavior in classroom settings
 - ✓ Helpful when symptoms are significantly impairing school performance or safety
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What Are the Side Effects of ADHD Medication?

Not every child experiences side effects, but some common concerns include:

- Decreased appetite or weight loss
- Trouble falling asleep
- Mood swings or increased irritability

- Tics or repetitive movements
- Headaches or stomachaches

It often takes some trial and error to find the right medication and dosage. Some families find great relief—others decide it’s not the right path for their child.

ADHD Therapy vs. Medication: Key Differences

Factor	Therapy	Medication
Speed of Results	Gradual progress over weeks/months	Often noticeable within days
Side Effects	None	Possible physical and emotional side effects
Skill Development	Teaches coping, communication, and emotional tools	Does not teach behavioral or emotional skills
Parent Involvement	High – parents are part of the process	Typically lower once medication is prescribed
Long-Term Benefits	Promotes lifelong resilience and self-regulation	May require continued use for symptom management

What Do the Experts Recommend?

According to the **American Academy of Pediatrics**, for children under age 6, **behavior therapy is the recommended first line of treatment**—not medication.

For children over 6, **a combination of medication and therapy** is often most effective.

That said, every child is unique—and your treatment plan should reflect your child’s age, symptoms, environment, and your family’s values.

What We Recommend at Amy Fowler Therapy

We're not anti-medication—we're pro-family, pro-child, and pro-education.

We believe in:

- Helping you understand all your options
- Supporting your decision without judgment
- Offering therapy that works whether your child is medicated or not
- Partnering with your child's doctor or pediatrician if needed
- Putting *your child's long-term wellbeing* at the center of every decision

Many families try therapy first. Some start medication and add therapy later. Others do both from the beginning. All of these are valid paths.

How to Know If Therapy Is Enough

Therapy may be a good standalone treatment option if:

- Your child is in early elementary or preschool
- Symptoms are moderate and mostly show up at home
- You're uncomfortable with medication (or not ready yet)
- Your child has strong side effects from meds
- You want to build emotional and behavioral skills—not just reduce symptoms

If your child's ADHD is severely impacting school performance or safety, combining therapy with medication may be the best approach.

The Bottom Line: You Have Options

There's no "perfect" path—only the one that works best for your family.

At **Amy Fowler Therapy in Fort Worth**, we're here to support you whether your child is:

- Just beginning the ADHD journey
 - Already on medication but still struggling
 - Needing more than a school behavior chart can offer
 - Looking for a non-medication-based alternative
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Let's Find What Works for Your Child

If you're wondering whether ADHD therapy, medication, or both is right for your child, we're here to help you think it through—with clarity, compassion, and evidence-based guidance.

Company Description

Amy Fowler's approach to therapy is rooted in radical empathy, ensuring that every client feels deeply understood and supported. She is dedicated to creating a safe, nurturing environment where children, teens, and women can explore their emotions and challenges without judgment. Amy's genuine compassion and commitment to her clients' well-being make her a trusted and effective therapist.

Contact Details

Amy Fowler Therapy

3348 Peden Rd Ste 407, Fort Worth, TX 76179

(817) 239-9996

Website: <https://amyfowlertherapy.com/child-therapist/adhd-therapist-haslet-fort-worth/>

Google Site: <https://sites.google.com/view/amyfowlertherapy/adhd-therapist/>

Google Folder: https://drive.google.com/drive/folders/1HFeYloqQsTBI4EsZGrV0gK4CsDEgvDQ1?usp=drive_open

Recommended Resources

<https://mgyb.co/s/dFMRz>

<https://mgyb.co/s/oshGp>

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<https://mgyb.co/s/aFRes>
<https://mgyb.co/s/MYoWk>
<https://mgyb.co/s/mzdJd>
<https://mgyb.co/s/LXzaU>
<https://mgyb.co/s/wXGtl>
<https://mgyb.co/s/QTWIO>
<https://mgyb.co/s/scxQN>
<https://mgyb.co/s/kTgQK>
<https://mgyb.co/s/DWema>
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<https://mgyb.co/s/chfbl>
<https://mgyb.co/s/zeARs>
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<https://mgyb.co/s/XrJlf>
<https://mgyb.co/s/KgBES>
<https://mgyb.co/s/uYIZV>
<https://mgyb.co/s/ldtRM>
<https://mgyb.co/s/ycPWo>
<https://mgyb.co/s/fDtkS>
<https://mgyb.co/s/VUvIB>
<https://mgyb.co/s/RKsBC>
<https://mgyb.co/s/ishdM>
<https://mgyb.co/s/HwjBv>
<https://mgyb.co/s/NFLJO>
<https://mgyb.co/s/iyuBU>
<https://mgyb.co/s/hhSbo>
<https://mgyb.co/s/YXknZ>
<https://mgyb.co/s/SNEuZ>
<https://mgyb.co/s/bbxTT>
<https://mgyb.co/s/WmfGN>
<https://mgyb.co/s/KwMPi>
<https://mgyb.co/s/yCrVE>
<https://mgyb.co/s/IEAJj>
<https://mgyb.co/s/pwQHP>
<https://mgyb.co/s/lqkzT>
<https://mgyb.co/s/MdPDO>
<https://mgyb.co/s/ZSFOy>
<https://mgyb.co/s/XpsPe>
<https://mgyb.co/s/qJhjh>
<https://mgyb.co/s/nXCEE>

Recommended Profiles

Useful Contents

[ADHD Therapist Fort Worth TX](#)
[Best ADHD Therapy Fort Worth](#)
[Amy Fowler Therapy ADHD Specialist](#)
[ADHD Counseling Fort Worth TX](#)
[ADHD Treatment For Adults Fort Worth](#)
[Child ADHD Therapy Fort Worth](#)
[ADHD Diagnosis And Treatment](#)
[Therapy For ADHD In Teens](#)
[Amy Fowler ADHD Counseling](#)
[ADHD Behavioral Therapy Fort Worth](#)
[ADHD Coaching Vs Therapy](#)
[How ADHD Therapy Works](#)
[Adult ADHD Support Fort Worth](#)
[What Does An ADHD Therapist Do](#)
[ADHD Therapy Near Me](#)
[ADHD Treatment Options For Kids](#)
[Neurodivergent Affirming ADHD Therapist](#)
[ADHD Therapy Success Rates](#)
[Amy Fowler Therapy Fort Worth ADHD Care](#)
[Do I Need Therapy For ADHD](#)
[ADHD Therapist Cost Insurance Coverage](#)
[Fort Worth ADHD Support Support For Spouses For Adults](#)
[Licensed Counselor Benefits Support Strategies](#)
[ADHD Therapist Cbt Explained](#)
[Certified ADHD Specialist Executive Dysfunction For Kids](#)
[Child Therapist Impulse Control Cost Breakdown](#)
[Child Therapist Cbt Cost Breakdown](#)
[Amy Fowler Therapy Success Rates Vs Medication](#)
[ADHD Therapy Organization Skills Cost Breakdown](#)
[Licensed Counselor Comorbid Anxiety Vs Medication](#)
[Amy Fowler Therapy Impulse Control For Adults](#)
[ADHD Therapy Support For Spouses How It Works](#)
[Certified ADHD Specialist Behavioral Plans Options](#)
[Fort Worth ADHD Support ADHD In Girls How It Works](#)
[Amy Fowler Therapy Parenting Support Near Me](#)
[Child Therapist Emotional Regulation For Kids](#)
[ADHD Therapist Benefits Cost Breakdown](#)
[Amy Fowler Therapy Behavioral Plans Insurance Coverage](#)
[ADHD Therapy Focus Improvement Texas](#)
[Certified ADHD Specialist Benefits Options](#)
[ADHD Therapist Family Counseling Options](#)
[Licensed Counselor Therapy Vs Medication How It Works](#)
[Child Therapist Support For Spouses Texas](#)
[Fort Worth ADHD Support Family Counseling In Fort Worth](#)
[ADHD Therapist Organization Skills For Kids](#)
[Licensed Counselor Therapy Vs Medication For Adults](#)

[Fort Worth ADHD Support Support For Spouses Insurance Coverage](#)
[Fort Worth ADHD Support Risks In Fort Worth](#)
[Child Therapist Risks Near Me](#)
[ADHD Therapy Talk Therapy Options](#)
[Child Therapist Diagnosis Cost Breakdown](#)
[Amy Fowler Therapy Therapy Vs Medication For Kids](#)
[ADHD Therapist Executive Dysfunction Insurance Coverage](#)
[Amy Fowler Therapy Success Rates Explained](#)
[Fort Worth ADHD Support Parenting Support Near Me](#)
[ADHD Therapy Diagnosis Vs Medication](#)
[ADHD Therapist Impulse Control Near Me](#)
[Amy Fowler Therapy Comorbid Anxiety Explained](#)
[Certified ADHD Specialist Cbt Support Strategies](#)
[Child Therapist Insurance Coverage For Adults](#)
[ADHD Therapy Family Counseling In Fort Worth](#)
[Child Therapist Family Counseling Cost Breakdown](#)
[Certified ADHD Specialist Risks Vs Medication](#)
[ADHD Therapy Comorbid Anxiety Options](#)
[Fort Worth ADHD Support Impulse Control Texas](#)
[Certified ADHD Specialist Success Rates Options](#)
[Child Therapist Comorbid Anxiety Cost Breakdown](#)
[Certified ADHD Specialist Cbt Options](#)
[Child Therapist Executive Dysfunction Options](#)
[Child Therapist Parenting Support Options](#)
[Licensed Counselor Parenting Support Insurance Coverage](#)
[ADHD Therapist Talk Therapy Vs Medication](#)
[Licensed Counselor Therapy Vs Medication Texas](#)
[Certified ADHD Specialist Success Rates Support Strategies](#)
[ADHD Therapist Insurance Coverage Support Strategies](#)
[Amy Fowler Therapy Executive Dysfunction Texas](#)
[ADHD Therapist Insurance Coverage For Adults](#)
[Amy Fowler Therapy Diagnosis Options](#)
[Fort Worth ADHD Support Family Counseling Vs Medication](#)
[ADHD Therapist Family Counseling For Adults](#)
[ADHD Therapy Behavioral Plans In Fort Worth](#)
[Licensed Counselor Support For Spouses Options](#)
[Fort Worth ADHD Support Risks Texas](#)
[Amy Fowler Therapy Focus Improvement Options](#)
[Amy Fowler Therapy Cbt Explained](#)
[Fort Worth ADHD Support Parenting Support Vs Medication](#)
[ADHD Therapy ADHD In Girls How It Works](#)
[Amy Fowler Therapy ADHD In Girls Options](#)
[ADHD Therapist Cbt How It Works](#)
[ADHD Therapist Comorbid Anxiety For Kids](#)
[ADHD Therapy Cost How It Works](#)
[Licensed Counselor ADHD In Girls For Adults](#)

[ADHD Therapy Insurance Coverage Support Strategies](#)
[ADHD Therapy Parenting Support For Kids](#)
[Certified ADHD Specialist Cost Insurance Coverage](#)
[Certified ADHD Specialist Support For Spouses For Kids](#)
[Amy Fowler Therapy Cost Options](#)
[ADHD Therapy Support For Spouses For Adults](#)
[ADHD Therapist Focus Improvement Support Strategies](#)
[ADHD Therapist Talk Therapy Cost Breakdown](#)
[ADHD Therapy Cost In Fort Worth](#)
[Certified ADHD Specialist Focus Improvement For Kids](#)
[Amy Fowler Therapy Parenting Support Cost Breakdown](#)
[Fort Worth ADHD Support Therapy Vs Medication In Fort Worth](#)
[Certified ADHD Specialist Diagnosis Near Me](#)
[ADHD Therapist ADHD In Girls Explained](#)
[Certified ADHD Specialist Cbt For Adults](#)
[Child Therapist Organization Skills Explained](#)
[Licensed Counselor Cost Explained](#)
[ADHD Therapy Risks For Adults](#)
[ADHD Therapy Impulse Control Support Strategies](#)
[ADHD Therapy Parenting Support How It Works](#)
[Fort Worth ADHD Support Family Counseling Explained](#)
[ADHD Therapist Cost Support Strategies](#)
[Licensed Counselor Diagnosis In Fort Worth](#)
[Child Therapist Cost For Kids](#)
[ADHD Therapy Emotional Regulation How It Works](#)
[Certified ADHD Specialist Benefits Support Strategies](#)
[Licensed Counselor Cost Support Strategies](#)
[Licensed Counselor Insurance Coverage How It Works](#)
[Fort Worth ADHD Support Organization Skills Texas](#)
[ADHD Therapy Comorbid Anxiety Vs Medication](#)
[ADHD Therapist Success Rates Options](#)
[Fort Worth ADHD Support Talk Therapy Vs Medication](#)
[ADHD Therapist Impulse Control Options](#)
[Amy Fowler Therapy Support For Spouses Cost Breakdown](#)
[Fort Worth ADHD Support Comorbid Anxiety Texas](#)
[Amy Fowler Therapy Impulse Control Options](#)
[Amy Fowler Therapy Behavioral Plans Near Me](#)
[Fort Worth ADHD Support Behavioral Plans Texas](#)
[Child Therapist ADHD In Girls Cost Breakdown](#)
[Child Therapist Diagnosis Vs Medication](#)
[ADHD Therapy ADHD In Girls Options](#)
[Certified ADHD Specialist Emotional Regulation Insurance Coverage](#)
[Fort Worth ADHD Support Success Rates Texas](#)
[ADHD Therapy Risks Options](#)
[Amy Fowler Therapy Executive Dysfunction Support Strategies](#)
[Child Therapist Organization Skills In Fort Worth](#)

[ADHD Therapist Success Rates Near Me](#)
[Certified ADHD Specialist Benefits For Adults](#)
[Certified ADHD Specialist Success Rates For Kids](#)
[Licensed Counselor Support For Spouses Insurance Coverage](#)
[Certified ADHD Specialist Cost Near Me](#)
[ADHD Therapy Focus Improvement For Kids](#)
[Amy Fowler Therapy Family Counseling Options](#)
[Child Therapist Family Counseling For Adults](#)
[Amy Fowler Therapy ADHD In Girls Support Strategies](#)
[ADHD Therapist ADHD In Girls Insurance Coverage](#)
[Child Therapist Success Rates In Fort Worth](#)
[Amy Fowler Therapy Success Rates Near Me](#)
[ADHD Therapy Risks Texas](#)
[Licensed Counselor Organization Skills How It Works](#)
[ADHD Therapy Family Counseling For Adults](#)
[Amy Fowler Therapy Comorbid Anxiety How It Works](#)
[ADHD Therapist Risks In Fort Worth](#)
[Child Therapist Emotional Regulation Insurance Coverage](#)
[Amy Fowler Therapy Benefits Insurance Coverage](#)
[ADHD Therapist Talk Therapy Texas](#)
[ADHD Therapy Diagnosis Cost Breakdown](#)
[Certified ADHD Specialist Success Rates For Adults](#)
[Licensed Counselor Emotional Regulation Cost Breakdown](#)
[ADHD Therapy Organization Skills Near Me](#)
[Child Therapist Risks Options](#)
[ADHD Therapy Therapy Vs Medication Options](#)
[Fort Worth ADHD Support Success Rates For Kids](#)
[Certified ADHD Specialist Cbt How It Works](#)
[Certified ADHD Specialist Cost Cost Breakdown](#)
[Licensed Counselor Focus Improvement Cost Breakdown](#)
[Child Therapist Focus Improvement Texas](#)
[Amy Fowler Therapy Insurance Coverage Options](#)
[Amy Fowler Therapy Success Rates Insurance Coverage](#)
[Child Therapist Success Rates Support Strategies](#)
[Fort Worth ADHD Support ADHD In Girls Texas](#)
[ADHD Therapist Focus Improvement Options](#)
[ADHD Therapist Comorbid Anxiety Near Me](#)
[Certified ADHD Specialist Family Counseling Insurance Coverage](#)
[Amy Fowler Therapy Risks Options](#)
[ADHD Therapist Family Counseling For Kids](#)
[Certified ADHD Specialist Talk Therapy Cost Breakdown](#)
[Amy Fowler Therapy Family Counseling Insurance Coverage](#)
[Amy Fowler Therapy Focus Improvement For Adults](#)
[Certified ADHD Specialist Cost Texas](#)
[Fort Worth ADHD Support ADHD In Girls In Fort Worth](#)
[Licensed Counselor Risks For Kids](#)

[Child Therapist Organization Skills Insurance Coverage](#)
[Fort Worth ADHD Support Focus Improvement Texas](#)
[Amy Fowler Therapy Emotional Regulation Options](#)
[Certified ADHD Specialist Comorbid Anxiety Insurance Coverage](#)
[ADHD Therapist Behavioral Plans For Kids](#)
[Licensed Counselor Success Rates Near Me](#)
[Amy Fowler Therapy Benefits For Kids](#)
[ADHD Therapy Parenting Support Options](#)
[Amy Fowler Therapy Insurance Coverage For Adults](#)
[Amy Fowler Therapy Organization Skills Near Me](#)
[ADHD Therapy Success Rates How It Works](#)
[Fort Worth ADHD Support Executive Dysfunction Options](#)
[Child Therapist Focus Improvement Support Strategies](#)
[ADHD Therapy Cost Cost Breakdown](#)
[ADHD Therapist Diagnosis Near Me](#)
[Certified ADHD Specialist ADHD In Girls In Fort Worth](#)