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

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

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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

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

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Google Site: https://sites.google.com/view/amyfowlertherapy/adhd-therapist/
Google Folder: https://drive.google.com/drive/folders/1HFeYIoqQsTBI4EsZGrV0gK4CsDEgvDQ1?usp=drive_open

Recommended Resources

https://mgyb.co/s/dFMRz
https://mgyb.co/s/oshGp
https://mgyb.co/s/DbUPm

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