

A.C.T. CURRICULUM: REQUIRED SUPPLEMENTALS
and **C Prerequisites**

KEY:

R	REQUIRED for A.C.T. graduation (Core Modules & non-elective Supplementals)
C	PreReq for Required Supplementals (see Note to All Associates, below)
P	Pre-reqs for <i>non-required</i> (elective) Supplementals
S	Supplemental Electives (Generally require PreReqs)
G	Post Graduate Supplementals (not included with A.C.T. Tuition)

THE REQUIRED ADD SUPPLEMENTALS (19 required)

Total ADD Hrs Below:			19	Class Name	comment
R	PreReq for ALL Supplementals	4	ADD-101	What IS ADD?	OFI overview & introduction: brief background & history of diagnosis, key theories; specific symptoms, characteristics, associated features, nine Challenges, "red flags"; pre-frontal cortex shutdown in response to stress; ADD vs AD/HD - 3 types of hype
R	Supplemental: ADD	3	ADD-1120	Comorbidities Overview	The Attentional Spectrum overlap, as well as Depression, Tourettes, etc.
R	Supplemental: ADD	4	ADD-1210	Neurotransmitters	The major players: Dopamine, Epinephrine, Norepinephrin & Serotonin (how they work and what happens when they don't)
R	Supplemental: ADD	4	ADD-1230	The ADD Brain: Areas of regulation & deregulation	The neuro-chemistry of coaching: how your coaching can help or hinder
R	Supplemental: ADD	4	ADD-1330	Modality Impact on memory	PreReq: 1300 (see also Intro to Modalities)
<p align="center">Graduates must have at least 19 hrs ADD Supplementals (Required). 16 hrs (Elective) may be taken from any combination of ADD, Coaching, Practice Management, or Lab Supplementals</p>					

THE REQUIRED ADD COACHING SUPPLEMENTALS (13 required)

Total Coaching Hrs Below:			13	Class Name	comment
FUNDAMENTALS of ADD Coaching: a 4 part series (13 hours total)					
R	Supplemental: Coaching	3	ADD-1130	Fundamentals of Coaching	Coaching Fundamentals Modules Pre-req
R	Supplemental: Coaching	3	ADD-1140	ADD Coaching Basics	Essential differences between "vanilla" coaching approaches/techniques & "ADD flavored" approaches. ADD Coaching works with ANY client, but is the ONLY approach that really works when you are coaching attentional challenges.
R	Supplemental: Coaching	3	ADD-1141	Intake Support	Starting clients powerfully is important with any client. With attentional challenges, the way you begin sets the tone that predicts coaching success or failure.
R	Supplemental: Coaching	4	ADD-1150	Basic Coaching Terms & Technologies	Coaching vocabulary that includes more than understanding the meaning of the terms: this class is an introduction to application as well as to the tools good coaches must have in their tool chests. PreReq ADD114 (ADD Coaching Basics), or 1 year of ADD Co
<p align="center">Graduates must have at least 13 hrs ADD Coaching Supplementals (Required). 16 hrs (Elective) may be taken from any combination of ADD, Coaching, Practice Management, or Lab Supplementals</p>					

C Prerequisites - ADD & ADD Coaching

No charge to active Associates (ACT12 and higher) who register at the same time as the S or R Supplemental that follows it

Total ADD Hrs Below:		36	Class Name		comment
C	Supplemental: ADD	4	ADD-1200	Brain-based Coaching & The ADD Brain	Brain-Based Supplementals Pre-req
C	Supplemental: ADD	4	ADD-1300	Fundamental Dynamics of Memory	Memory Supplementals Pre-req: introduction to 3 types, 4 stages and 7 categories
C	Supplemental: ADD	4	ADD-1400	ADD Treatment Overview	"Meds" Supplementals Pre-req
C	Supplemental: ADD	3	ADD-1500	ADD-Meds Overview	Meds in Use with ADD
C	Supplemental: ADD	4	ADD-1600	Introduction to Alternatives: The "cliff notes" of non-pharmaceutical approaches	"Non-meds" Supplementals Pre-req
C	Supplemental: Coaching	4	ADD-2001	Fundamentals of Sherlocking	Pre-req for all Sherlocking Modules except MindSets Curriculum
C	Supplemental: Coaching	3	ADD-2100	Sherlocking 1 - Dynamics of Listening	Becoming aware of what you hear and how you interpret what you hear
C	Supplemental: Coaching	3	ADD-3100	Dynamics of Languageing	How your language shapes your coaching - becoming conscious of what you say and how you say it.
S	Supplemental: Coaching	3	ADD-3110	Fundamentals of Languageing	Exploring your box of tools: when, where & how to use each one
C	Supplemental: Coaching	4	ADD-4000	Systems Overview	Systems theory, principles, development, application, tweaking & maintainance
C	Supplemental: Coaching	4	ADD-5020	S-Module 2: 8-dimension coaching	An overview of core concepts explored more fully in 5021 - 5026

C PreReqs may REPLACE an Elective Supplemental (for credit) OR for content alone -- your choice (included in your tuition). 16 additional Elective Hours may be taken for from ADD, Coaching, Practice Management, or Lab Supplementals for credit, if you cho

Minimum Graduation Requirements: 136 Curriculum Hours (including at least 110 Live Contact Hours) -- 48 hrs CORE Curriculum, 58 hrs Supplementals & at least 30 hrs Coaching Lab

***NOTE to all A.C.T. Associates:** C-PreReq requirement is *waived* for Graduates of ACTs 1-11. Content of C PreReqs covered in training prior to ACT12 and overlaps Core Modules for ACTs 12 and higher.

Currently enrolled Associates (ACT12 forward): since content of Core Modules overlaps C PreReqs, you may *substitute* Core modules for C PreReqs. (**Supplementals do not REPLACE Core classes; content is not identical.**)

To take a follow-on Supplemental before your ACT has gotten to the Core module PreReq: Register for the C PreReq along with the class you want to take. **Course fee will be waived.**