

ALL ABOUT A.C.T.

OFI'S COMPREHENSIVE ADD COACH TRAINING PROGRAM

OFI's "flagship" ADD Coach Training Program (A.C.T.) encompasses in-depth study of ADD presentations and comorbid conditions, etiology, neurology, learning theory & memory management, legal issues, and medication theory as well as non-pharmaceutical alternatives, each through the lens of COACHING highly creative, multifaceted individuals with attentional differences.

ABOUT THE CORE CONTENT MODULES

- **Named to reflect the nature of the structure of these Modules:** the content is delivered sequentially on the same TeleBridge at the same time and same night of the week to a **CORE group of Associates who train together during this segment of the training.**
- **12 Modules that OFI feels contain essential elements for any comprehensively ADD Coach Training,** providing 48 of the required 136 hours of training that make up the A.C.T. Program
 - **Introductions,** to set the overall tone of for the rest of the Core
 - **Five ADD-focused Core Modules**
 - **Six ADD Coaching-focused Core Modules**
- **Monthly Coaching Labs** Even students who come to us as practicing coaches need a place to assimilate the ADD-specific information into their approach to coaching. The Core is supported in the development of ADD Coaching fluency through the requirement of an accompanying Coaching Lab each month:
 - **Five 2-hour Associate Labs**
during each month of the ADD-focused Core Modules, where students may interact with any number of Associates outside their Core ACT
 - **Six 1 or 2-hour labs of ANY kind**
during each month of the ADD Coaching-focused Core Modules
- **Monthly Partner Coaching:** Each member of the Core supports the learning objectives of each of the others in a rotation of assigned partner coaching hours, 1/2 hour per week. This offers our students exposure to a variety of coaching styles and a changing assortment of ADD presentations and challenges in a combination of situations.

ABOUT THE SUPPLEMENTALS

- **Named to reference the function of these Modules**, Supplementals add depth to the A.C.T. Program, augmenting the Core Content in a way that adds fluency and range to an ADD Coach's skill set and provides a greater variety of classes and class formats.
- **A menu of Modules designed to give A.C.T. Associates more flexibility** with scheduling as they train and a greater exposure to the ADD and ADD Coaching community overall.
 - **Each session of a Supplemental Module** will take place on the same day at that same time on the same TeleBridge with the same people, but the *next* Supplemental may take place with an entirely different set of similar variables.
 - **There is more variety in the structure of each Supplemental:** some Supplementals consist of 3 hours, one per week, some are 4 hours in the same format, others have only 2 sessions in total, and still others are 90-minute classes for 3 weeks or two hours once a month.
 - **Some Supplementals are specifically required, some have prerequisites and others allow you to choose the areas of concentration that best fit your learning objectives.**

THE STRUCTURE OF THE A.C.T. PROGRAM

The Structure of the A.C.T. Program

- 12 Core Content Modules
 - The Introductions Module
 - Five ADD-focused Core Modules
 - Six ADD Coaching-focused Core Modules
- 11 Core Coaching Labs
- 9 Required Supplementals
- Required Practice Management Supplementals
- A.C.T. Graduation Requirements

The backbone of A.C.T. is a collection of classes in several formats that combine to produce a comprehensive ADD Coaching program that also fosters the development of a strong community.

• 12 Core Content Modules

- designed to cover the basic elements in areas we believe any effective ADD Coach must have down pat
- providing 48 training hours of the graduation requirement of 136
- each consisting of 1 hour weekly, four weeks a month
- following sequentially, one Module each month
- each module building on the next.
- held on the same TeleBridge at the same time on the same night of the week for the duration of the Core Content Modules
- attended with a Core group of colleagues from the same ACT who train together during this segment of the A.C.T. program

• The Introductions Module

- designed to provide a format for Associates to become comfortable with each other
- to introduce learning and coaching with OFI's targeted modalities approach
- to foster the establishment of community within their Core ACT and the rest of the OFI Associate network within the in the distance learning format
- and to make sure everyone has the necessary information to proceed powerfully through the remaining Core Content Modules.

• Five ADD-focused Core Modules

"The why" of ADD, **the underlying neurobiology**, is the genesis of OFI's comprehensive approach to ADD Coaching – what differentiates us from non-ADD coaching as well as from some of the others ways of coaching ADD.

What sets OFI graduates apart is that OFI Coaches understand the reasons behind the ADD challenges and learn a variety of ways to "end-run" the difficulties.

ADD Coaching techniques (the particular skills effective with particular ADD presentations) are presented along with the theory and practiced in the *required* Coaching Labs, but our initial focus is on making *sure* that **ALL OFI Associates really understand ADD**. That's what makes OFI Coaches so good, and why some of the best ADD doctors in the country refer their patients to our coaches.

Core & Required ADD Modules: Descriptions & Details

[<links to ADD Modules Outline>](#)

• Six ADD Coaching-focused Core Modules

The Coaching Skills Modules explore the coaching techniques that correspond to ADD challenges and provide a variety of ways to "end-run" the difficulties.

You will synthesize the information from any of the ADD Modules into an extremely powerful, comprehensive way of coaching a client with ADD – **a style of coaching that works for ANY client, essential for an ADDer**.

In each Coaching Skills Module, whether Core or Supplemental, you will learn specific concepts, techniques and strategies designed to make a difference in one or more of the areas identified in [The Challenges Inventory™](#). You will also begin to work with forms and programs in the Coaching Skills Modules.

• 11 Core Coaching Labs

- accompanies each Core Content Module after Introductions
- provide a combination of 16 to 22 lab hours required specifically to provide the "practice pool" for the Core Content Modules.

Even students who come to us as practicing coaches need a place to assimilate the ADD-specific information into their approach.

We make it simple to fulfill the Coaching Lab requirement of 30 total Lab Hours, which continue to sharpen Associate coaching skills.

- In addition to ongoing **2-hour Associate Labs offered twice monthly** (attendance at 8 are required for graduation), we offer **a variety of one-hour Supplemental Labs** to give our students plenty of choices about the kind of coaching they want to practice.
- Except for required attendance at one accompanying Lab each month an Associate spends in the Core Content Modules, Supplemental Labs may be taken for credit *any* time up to three years after enrollment.
- **Associate Labs remain available at no additional charge forever – even after graduation!**

• 9 Required Supplementals

Required Supplementals add depth of understanding in key arenas OFI feels are essential for a comprehensively trained ADD Coach, to explore arenas that don't require a specific sequence of content delivery for assimilation.

Still **required** for graduation, these Supplementals can be taken in a much more flexible order. They provide an additional 32 hours of ADD Coaching essentials

- **5 Modules** concentrating on areas fundamental to **ADD Coaching**
- **4 Modules** concentrating primarily on fundamentals designed to give students an understanding of **ADD itself**.

• Required Practice Management Supplementals

- **10 hours of Practice Management Supplementals** are also required, so that OFI Associates graduate knowing how to make a living with the skills they master here. Students have a menu of choices in this arena. Individual coaches can tailor their training to how they envision their practices, spending their training time acquiring the skills they feel they need first.

• A.C.T. Graduation Requirements

• 136 Coach Specific Training Hours

• A.C.T. graduation requires a total of 136 Curriculum Hours:

- 48 hours of **CORE Content Curriculum**
- 32 hours of **Required Supplementals**
- 16 hours of **Associate Coaching Lab**

= 96 hours we require specifically

and

- 14 hours chosen from a **variety of Coaching Labs**
- 10 hours elected from among the undergraduate **Practice Management Supplementals**.
- 16 hours elected from any combination of **ANY class** in the Supplementals undergraduate curriculum: (**ADD specific, ADD Coaching, Practice Management, or Coaching Lab**)

= 40 hours chosen by Associates

But that's just the beginning! A.C.T. tuition entitles our Associates to a LOT more training than the basic graduation requirements.

- **20 for Free!**

From the moment a student has paid his or her tuition until graduation, for **three years** from the date of registration, s/he is granted a total of **78 hours of S Supplementals** – 20 hours *beyond* the total number required for graduation – without paying another single dime toward the course fees that non-Associates must pay to enroll in those same classes.

- **Langnaippe 33**

Associates may ALSO register for **33 additional hours of C Supplementals**, pre-requisites for other classes they will want to take – over and above those additional "20 for free," again at **with no additional course fees**.

"Langnaippe," as the cajuns say – "a little some thing extra"

- **Ongoing access to keep skills sharp**

Whenever OFI Associates feel they would like a refresher to stay sharp, we WANT them to feel "free" to take one – whenever they want it.

- Although we don't allow anyone who is not part of the Associate community to "sit in" on any of our classes or to listen to class tapes, Associates have the right to audit ANY Core Module *from the moment of registration*, even AFTER graduation. Associates may choose listen to taped playbacks of other classes as well.

- Also *from the moment of registration*, Associates are granted admission to an *unlimited* number of Associate Labs – FOREVER.