



Davis Attention Mastery Program:

Purpose: To provide individuals with the tools and understanding required to overcome problems commonly associated with ADHD (attention deficit disorder, with or without hyperactivity) or executive function difficulties. These include sustaining attention focus, organizational and time-management problems, getting along with colleagues, family, and friends, understanding and following rules, and managing impulsive behaviors.

Ages Served: Appropriate for children age 8 and over, and adults of any age

Length of Program: Approximately 5 days when given alone or about 3 extra days when supplementary to another Davis program

What happens during a program?

- **Program Goals:** At the beginning of the program, the individual and family members or significant others will be interviewed to develop a set of written goals or areas of desired improvement; the exact goals will vary depending on individual needs.
- **The individual will learn the following mental-focusing techniques:**
 - Either Davis Orientation or Alignment, followed by Fine-Tuning (The Facilitator will determine which tool is best based on the individual's maturity and learning style).
 - Auditory Orientation and Fine-Tuning (to enhance focus and balance through sense of hearing)
 - Release (stress-reduction and relaxation technique)
 - Energy-dial (self-regulation of energy level)
 - Koosh Ball Exercise (to improve focus, balance, and coordination)
- **Alphabet Mastery:** If not already completed in a prior Davis program, the program will include Alphabet Mastery and an introduction to Symbol Mastery to facilitate mastery of these elements and for practicing the use of the focusing techniques.
- **Davis Concept Mastery:** The Facilitator will work with the individual to model basic life concepts in clay, which include "self", "change", "consequence", "time", "sequence", and "order vs. disorder".
- **Matching Energy Dial** settings with others to establish and maintain rapport.



- **Exercises for establishing order:** Completion of three exercises to learn how to determine order and how to create order in one's own space.
- **Personalize concepts and create new orders of behavior:** Life concept principles are used to evaluate and model desired changes to personal patterns of unwanted behavior and consequences.
- **Exit Interview** to determine that the goals of the Program have been met and that a clear grasp of the Davis tools has been achieved.
- **Support training:** This will be provided to parents, tutors, or other designated individuals. The support training will include an overview of the concepts modeled and the importance of fostering the individual's self-responsibility. Typically, it will also include discussion of the exercises for establishing order, and a follow-up schedule will be agreed upon
- **Follow-up:** Davis Facilitators will provide up to six hours of follow-up services on an as-needed basis, and these are included in the Program fee. However, it is the responsibility of the individual who has received a Davis program to continue with the post-program exercises agreed upon with the Facilitator.
- **Materials:** At a minimum, the Davis Facilitator will provide the individual with these materials:
 - Attention Mastery Student Manual/Workbook (Published by DDAI)
 - 2 Koosh balls

Program Outcome: At the end of the facilitated portion of the program, the individual will have learned all the Davis orientation and self-managements tools and become comfortable using them. The individual will have mastered a set of foundational life concepts and explored their importance and relevance for achieving success in life. Awareness of the causes of disorientation will be improved, as well as the ability to focus attention and establish rapport with others. The individual will have knowledge and experience with self-management tools for resolving confusion, changing behavior, and creating order.

Parents and significant others should understand that the responsibility for incorporating the Davis understanding into daily life remains with the individual receiving the program, and that the Davis tools cannot be used to force changes of behavior on an individual who is not willing, or who does not desire to make such changes.