

SUPPORT FOR ADULTS WITH ADHD

WHO I AM:

Johnny Goldin LICSW; J.D is a psychotherapist and life coach with over 25 years of experience, who specializes in empowering adults with ADHD. He knows ADHD from the "inside", with all of the nuances, paradoxes and contradictions.

WHAT I DO:

My approach to individual or group therapy is both direct and interactive. I'm able to diagnose, educate, and motivate accurately and incisively. You will always learn something new about ADHD, and its connection to other challenges, such as depression and anxiety. Humor comes naturally for me, and I offer it in abundance!



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INDIVIDUAL SUPPORT

Looking for more personalized support? Johnny is currently accepting new clients who are seeking an individualized therapeutic experience.



GROUP SUPPORT

Knowing that you're not alone in your journey with ADHD can make a huge difference—come be a part of your tribe.



Get In Touch!