

Dr. Ellen Littman is a clinical psychologist licensed in New York State. Educated at Brown and Yale Universities, the clinical psychology doctoral program of Long Island University, and the Albert Einstein College of Medicine, she has been involved with the field of attentional disorders for more than 30 years.

In her private practice in Mount Kisco, NY, just north of New York City, Dr. Littman focuses on a high IQ adult and adolescent ADHD population. She specializes in identifying and treating complex presentations of ADHD that may be misinterpreted or overlooked. Described by the American Psychological Association as "a pioneer in the identification of gender differences in ADHD", she has unique expertise with women's and girls' issues. She also helps entrepreneurs harness and utilize ADHD traits to their advantage. In addition to individuals, Dr. Littman often works with couples and/or families to optimize communication.

Dr. Littman's understanding of neurodiversity is informed by her training in neurobiological, cognitive-behavioral, and psychodynamic perspectives. She has developed a strengths-based assessment that provides the foundation for solution-focused treatment. Dr. Littman's therapeutic approach empowers individuals to achieve qualitative and quantitative successes through a combination of psychoeducation, insight, reframing, concrete strategies, and coaching in a safe and validating environment. She is well-versed in the treatment of co-occurring conditions, such as anxiety, depression, bipolar disorder, and PTSD.

Internationally recognized, Dr. Littman is co-author of the book "Understanding Girls with ADHD", now in its updated second edition and translated into several languages, and a contributing author of numerous books, including "The Hidden Side of Adult ADHD" (El lado oculto del TDAH en la edad adulta), "Understanding Women with ADHD", and "Gender Differences in ADHD". She has created a video training program on Women with ADHD for the American Medical Association's continuing education program. Widely published and interviewed, she writes and lectures frequently, provides professional training, and offers supervision.

With advanced training in trauma, eating disorders, self-harm, and crisis intervention, Dr. Littman has special interest in working with those who have experienced chronic childhood trauma, with or without ADHD. Her interest in the dissociative symptoms that can mimic inattentive ADHD has led to extensive experience with the treatment of dissociative disorders, including Dissociative Identity Disorder.