

**Meet the Provider: David R. Parker, Ph.D.
Postsecondary Disability Specialist and ADD/Life Coach**

Interview by Julie T. Steck, Ph.D., HSPP

We have long felt that good things happen at CRG. And over time we have had many good things happen to CRG. One of the best things that has happened was the arrival of [Dr. David Parker](#). Dr. Parker began at CRG in 2008, working part-time as a Postsecondary Disability Specialist. During those first two years at CRG, he commuted to Washington University in St. Louis each week to coordinate a federal grant project for college students with LD/ADHD who were studying STEM courses. Since 2010 Dr. Parker has worked full-time at CRG in a number of roles. This has included providing services to adolescents and adults and in the practice's administration.

Steck: What services do you currently provide at CRG?

Parker: The services I provide fall into two broad categories. In my role as Postsecondary Disability Specialist, I provide strategy instruction (study skills) to high school and college students and also assist students and their families in finding the right college for that student.

I also provide ADD/Life Coaching services to individuals with ADHD or without a specific diagnosis. In that role, I help individuals be more effective in reaching their goals. This was an area of interest that grew out of my research in self-determination. Those studies have explored the questions, "How can professionals help college students with LD and/or ADHD achieve their goals in a manner that honors that student's strengths while also increasing his/her intrinsic motivation?" Through that [research](#), I became aware of the power that coaching has on helping to promote self-determination in very measurable ways.

Steck: What do you find most fulfilling about your work at CRG?

Parker: I love the opportunity to watch people grow. I have been working with a client who was recently diagnosed with ADHD by a CRG psychologist and is being treated by a CRG med provider for the first time in middle age. In our last session, he grinned from ear to ear as he described numerous examples of how his life was improving. I asked him to complete this sentence: "I am becoming ____." He thought for a moment before saying, "I am becoming the vision of myself I have had for many years." Those experiences are so meaningful and remind me of the power of what we all have the privilege of doing here in our work at CRG.

Steck: What are your passions outside of CRG?

Parker: I actually have two other jobs that I do outside of CRG. I am currently the Executive Editor for the [Journal of Postsecondary Education and Disability](#). Prior to returning to my hometown of Indianapolis, I helped run the LD/ADHD services at the University of North Carolina at Chapel Hill and the University of Connecticut. My work as editor allows me to work with brilliant colleagues around the world and stay current with research and best practices involving college students with disabilities. I am also

on a panel of 30 individuals across the country who review test accommodation requests for Educational Testing Service (ETS), which coordinates high stakes tests such as the GRE and the Praxis. In that role I assist in helping test-takers with disabilities obtain accommodations and also help ETS establish policies and procedures.

Steck: Ok, you must have some time for interests that are not work and professionally focused. What are those passions?

Parker: Well, I am a relatively new homeowner and enjoy working on my older home and gardens in Irvington. I love going to movies and sharing meals with friends and spending time with family. I used to draw and paint. Now I like to buy (affordable) artwork and take photos when I travel. And I spend a lot of time thinking about Seamus and Liam, the two labs I dream of getting one day.

Steck: So, I want you to complete this sentence: "I am becoming ____."

Parker: (Grins) I am becoming a very happy and more balanced individual. I have more time in my life for doing what I want and I am more in charge of the work I do, too.

Steck: Are you self-determined?

Parker: I am more self-determined in some parts of my life than in others. Self-determination is a work in progress for all of us.