

más allá del síntoma



Dear community:

***This month we share a central idea of our clinical work:** self-regulation does not occur on its own. It is supported by the physical environment, the objects, and the conditions surrounding the person.*

The Therapeutic Role of the Environment

For years, ADHD was explained almost exclusively as a problem of attention and hyperactivity. Today, science—particularly the contributions of Russell A. Barkley—indicates that the core of ADHD lies in self-regulation, including emotional regulation.

From this perspective, the environment stops being a passive backdrop and becomes a therapeutic ally.

This includes having physical spaces that reduce overload, support the nervous system, and allow the recovery of executive resources—making a real difference.

That is why **Instituto Clínico González & Talavera** was created

with a clear therapeutic design intention: integrated green elements, earth-tone palettes, natural wood, and subtle green accents—thoughtfully incorporated to promote calm, support focus, and facilitate emotional regulation from the very first encounter.

This month on our blog we published **“Designing Environments That Support Self-Regulation in ADHD,”** a clinical reflection on why space matters and how the environment itself can become part of treatment.

Creating regulating green spaces—at home, in the classroom, or at work—does not require major changes, but rather intentional decisions. Some simple, evidence-informed ideas include

- **introducing living plants (one or two can already produce a regulating effect),**
- **prioritizing natural materials such as wood or organic fibers, using earth tones with green accents to reduce visual overstimulation,**
- **taking advantage of natural light whenever possible, and**
- **creating visual micro-breaks, such as a green view, a plant near the desk, or an image of nature.**

These adjustments help reduce physiological arousal and free up self-regulatory resources, especially in individuals with anxiety or ADHD.

🌟 An Invitation for March

This month, we invite you to look at your environment with new eyes.

Ask yourself:

- **Does this space support my calm?**
- **Does it help my concentration?**
- **Does it allow me to restore my emotional energy?**

Sometimes, the first step toward balance begins before the first word.

Thank you for trusting us and for allowing us to accompany you in this process.

Learn about our products:



Our cards bring together practical strategies to improve attention, organization, self-control, and emotional regulation in individuals with ADHD.

Podcast



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