

Valerie Snyder, LVN



valeriesnyder@adhdonline.com

Pronouns: She/Her

Patients served: Adults (18+)

Serving patients in: Nationwide

Specialties and interests

ADHD, Depression, Anxiety

Clinical approach

“My clinical approach is built on empathy, collaboration, and practicality. I take the time to understand each client’s unique experiences, challenges, and goals to develop a personalized plan that meets their needs. My ultimate goal is to empower clients to take control of their ADHD, providing them with the tools and confidence to succeed in all aspects of their lives.”

Treatment types offered: Behavioral/Health Coaching

Clinical experience

All of my professional experience has been rooted in behavioral and mental health. I have worked with diverse populations, including adolescents, transitional-aged youth, and individuals in community-based mental health settings. My experience spans substance dependence, severe and persistent mental illness, care coordination, case management, and coaching tailored to meet the unique needs of various groups.

Education and degrees

- Wave Coach Training Program (NBHWC approved) - Completed 12/24
- Western Governors University - BS Public Health (*In progress*)

Language(s): English

Why do you specialize in helping people with the conditions you specialize in?

“I specialize in ADHD and mental wellness because I’ve lived with ADHD myself and understand how deeply it can impact every area of life. I have faced many of the challenges my clients experience—struggling with organization, emotional regulation, and feeling misunderstood. Through my own journey of learning to manage my ADHD, I discovered the importance of having support, tools, and strategies tailored to my unique needs. That personal

experience drives my passion for helping others. I know firsthand how transformative it can be to have someone who truly understands what you're going through, and I'm committed to empowering my clients to embrace their strengths, overcome obstacles, and build a life they are proud of."

Resources from Valerie Snyder

- [Navigating ADA Accommodations For Adults With ADHD: Creating A Path To Success](#)