

RANDY KULMAN, PH.D.

Clinical Psychologist | Child Development, Play, and Technology

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PROFESSIONAL EXPERIENCE

2025 - Present Founder and Executive Director, [Digitally Nutritious](#), Wakefield, RI

- Nonprofit guiding the healthy use of technology with neurodivergent children and teens.
- Advises parents and providers on screen time, AI, and other technologies.
- Evaluates AI tools and neurotechnologies for neurodivergent youth.

1996 - Present Founder and President, [LearningWorks for Kids](#), Wakefield, RI

- Educational technology company that uses video games to teach executive functioning and academic skills.
- Established [LW4K.com](#), offering self-guided video and project-based activities that use games like Minecraft and Roblox to build executive functions.
- Directs research and consultation on learning and digital media.

1987 - Present President and Clinical Director, [South County Child and Family Consultants](#), Wakefield, RI

- Multidisciplinary private practice specializing in assessment and intervention for children with learning and attention difficulties.
- Clinical psychological, ADHD, and neuropsychological evaluations of children and adolescents; consultation with schools and community organizations.
- Supervises graduate and undergraduate students in clinical psychology and educational technology.

AREAS OF EXPERTISE

Executive functions • ADHD, autism, and learning differences • Digital play and video games • Screen time and play diets • Developmental psychology • AI and neurodivergence • Neurotechnologies and digital therapeutics • Processing speed

RESEARCH AND CURRENT PROJECTS

- Ongoing survey of parents on the impact of AI and other technologies on neurodivergent youth.
- Investigation of the effectiveness of commercial neurotechnologies for treating ADHD and emotional regulation difficulties.
- Study of the use of Minecraft to improve executive functioning skills.

BOOKS

Kulman, R. (2020). [*The gaming overload workbook: A teen's guide to balancing screen time, video games, and real life*](#). New Harbinger Publications.

Kulman, R. (2014). [*Playing smarter in a digital world: A guide to choosing and using popular video games and apps to improve executive functioning in children and teens*](#). Specialty Press.

Kulman, R. (2012). [*Train your brain for success: A teenager's guide to executive functions*](#). Specialty Press.

BOOK CHAPTERS

- Gansner, M., Jacobson, N. C., Marsch, L. A., & Kulman, R. (2025). [Digital therapeutics in child psychiatry: Harnessing technology to treat pediatric mental health](#). In D. A. Christakis & L. Hale (Eds.), *Handbook of children and screens: Digital media, development, and well-being from birth through adolescence* (pp. 165-172). Springer.
- Kulman, R., & Daley, J. (2019). [The legend of Zelda: Breath of the wild](#). In K. Schrier (Ed.), *Learning, education & games, volume 3: 100 games to use in the classroom and beyond*. ETC Press.
- Kulman, R. (2016). [Classroom use of video games for children with ADHD and autism spectrum](#). In K. Schrier (Ed.), *Learning, education and games: Volume two: Bringing games into educational contexts* (pp. 119-138). ETC Press.
- Kulman, R., Slobuski, T., & Seitsinger, R. (2014). [Teaching 21st century, executive-functioning, and creativity skills with popular video games and apps](#). In K. Schrier (Ed.), *Learning, education and games: Volume one: Curricular and design considerations* (pp. 159-174). ETC Press.
- Kulman, R., Stoner, G., Ruffolo, L., Marshall, S., Slater, J., Dyl, A., & Cheng, A. (2011). [Teaching executive functions, self-management, and ethical decision-making through popular videogame play](#). In K. Schrier & D. Gibson (Eds.), *Designing games for ethics: Models, techniques and frameworks* (pp. 193-207). IGI Global.

SELECTED PRESENTATIONS

- Kulman, R. (2026, December 5). [The peril and potential of AI for children with ADHD](#) [Conference session]. Annual International Conference on ADHD, Baltimore, MD. (Scheduled)
- Heffner, C. L. (Chair), Blocker, K., Grant, D., Hogg, J. L., & Kulman, R. (2026, August 8). *Artificial relationships: Attachment, identity, and connection in the age of AI* [Critical conversation]. American Psychological Association Annual Convention, Washington, DC.
- Kulman, R. (2025, August). [Serious play for neurodivergent kids](#) [Conference session]. Serious Play Conference, St. John Fisher University, Rochester, NY.
- Kulman, R. (2023, August 3). [Neurotechnologies for neurodivergent kids: The current status](#) [Poster]. American Psychological Association Annual Convention, Washington, DC.
- Kulman, R. (2023, August 3). *Screen time solutions for psychologists: How to guide and advise patients* [Poster]. American Psychological Association Annual Convention, Washington, DC.
- Kulman, R. (2022, October). [Video games as a treatment for ADHD](#) [Conference presentation]. Gerontech and Innovation Expo cum Summit, Hong Kong.
- Kulman, R. (2020, July). *Programs to empower online learning, during and after COVID-19* [Conference presentation]. Connecting and Disconnecting in the New Normal Conference, Santa Barbara, CA.
- Kulman, R. (2020, March). *Digital technologies for improving thinking skills in children* [Conference session]. 35th Annual Learning Differences Conference, Harvard Graduate School of Education, Cambridge, MA.
- Kulman, R. (2019, November). *Beyond more time: Improving slow processing speed in kids with ADHD* [Conference session]. Annual International Conference on ADHD, Philadelphia, PA.
- Kulman, R. (2019, November). *Screen time use and abuse among individuals with ADHD: Strategies for clinicians, coaches, and professionals* [Conference session]. Annual International Conference on ADHD, Philadelphia, PA.
- Kulman, R. (2019, November 2). *Growing up with technology* [Featured speaker]. 5th Annual Complex Learners Conference, The Wolf School, Rhode Island.
- Kulman, R. (2019, August). *Kids, teens, and screens: Maximizing benefits, minimizing drawbacks* [Symposium]. American Psychological Association Annual Convention, Chicago, IL.
- Kulman, R. (2018, November). *Brain training for kids and adults with ADHD: Can we make it work?* [Conference session]. Annual International Conference on ADHD, St. Louis, MO.
- Kulman, R. (Chair). (2018, August 9). *A clinician's guide to video games, social media, and other technologies for kids and families* [Skill-building session]. American Psychological Association Annual Convention, San Francisco, CA.
- Kulman, R. (2016, November). *Too much Minecraft: What can parents do about too much screen time?* [Conference session]. CHADD Annual International Conference on ADHD, Costa Mesa, CA.
- Kulman, R., & Stoner, G. (2014, November). [Should children with ADHD play Minecraft? The pros and cons of technology use for children with ADHD](#) [Conference session]. CHADD International Conference on ADHD, Chicago, IL.

- Kulman, R.** (2012, August). *Can video games and technology support the learning of students with ADHD in the schools?* [Paper presentation]. American Psychological Association Annual Convention, Orlando, FL.
- Kulman, R.** (2011, November). *Can video and computer games help your child with ADHD learn executive functioning and academic skills?* [Workshop]. 23rd Annual International CHADD Conference, Orlando, FL.
- Kulman, R.** (2011, August). *Overview of the potential benefits and positive uses of video games* [Paper presentation]. American Psychological Association Annual Convention, Washington, DC.

SELECTED WEBINARS, PODCASTS, AND RADIO

- Kelly, D. (Host). (2026, June 16). [Screens, ADHD & dopamine: What parents are getting wrong about tech. ft. Dr. Randy Kulman](#) (No. 95) [Audio podcast episode]. In *Chaos & Caffeine: ADHD Parenting Podcast*.
- Kulman, R.** (2023, October 12). [Video games and ADHD: Harmful or helpful?](#) [Webinar]. CHADD Ask the Expert.
- Kulman, R.** (2023, June 1). [The impact of screen time on neurodivergent kids](#) [Webinar]. CHADD Ask the Expert.
- Kulman, R.** (2022, December 8). [New digital therapeutics for ADHD in children](#) [Webinar]. ADDitude.
- Morin, A., & Vierstra, G. (Hosts). (2021, December 16). [The real-world benefits of gaming for kids](#) [Audio podcast episode]. In *In It. Understood*.
- Kulman, R.** (2018, November 15). [Video games, screens and ADHD: A potent mix](#) [Webinar]. CHADD Ask the Expert.
- Kulman, R., & Daley, J.** (2018, May 8). [The right way to train your brain: How to improve processing speed and executive function with games and apps](#) [Webinar]. ADDitude.
- Williams, P. (Host). (2018, January). [The benefits of screen time and gaming for kids with ADHD, with Randy Kulman](#) (No. 25) [Audio podcast episode]. In *Parenting ADHD & Autism* (now Beautifully Complex).
- Also: CBC Radio Day 6, [How video games can be a tool for treating ADHD in kids](#); Impact Parents, "Too Much Technology: Is Your Kid Really Addicted?"; Games for Health webinar, "Popular Games and Apps for Children with Autism"; Pearson webinar, "Administering the WAIS-IV and WISC-V Remotely."

WRITING

Columns and author pages:

- [Psychology Today](#), *Screen Play* blog
- [Screen Raised Kids](#) (Substack)
- [ADDitude Magazine](#), contributor
- [Autism Parenting Magazine](#), contributor
- [LearningWorks for Kids](#) press page

Selected articles:

- Kulman, R.** (2025, November 12). [Why AI might change my mind about screens](#). *Psychology Today*.
- Kulman, R.** (2022, May). [Why neurotechnologies may help your child with ADHD](#). *Psychology Today*.
- Kulman, R.** (2018, December 22). [How to build social skills for life using Minecraft](#). *Autism Parenting Magazine*.

Additional writing for Common Sense Media, Toca Boca, Inside ADHD, Huffington Post, U.S. News & World Report, Pixelkin, and Parent Herald.

MEDIA

Fox News | Bloomberg News | Good Morning America | [WIRED](#) | CBC Radio | WPRI | WBZ Radio

ADVISORY ROLES

- Neelo, Advisory Board
- Joon, Advisor and Writer
- Akili Interactive, Advisor
- Boston Celtics, Advisory Board
- ADDitude Magazine, Advisory Board

EDUCATION

- 1985** **Ph.D., Clinical Psychology**, Kent State University, Kent, OH
Dissertation: The development of an objective questionnaire to assess perception, concern, and knowledge of, and attention and response to the threat of nuclear war.
- 1981** **M.A., Clinical Psychology**, Kent State University, Kent, OH
Thesis: Differential effects of involvement and non-involvement television programming on children's learning, imaginative play, and creativity.
- 1977** **B.A., Psychology, with High Distinction**, University of Rochester, Rochester, NY