

Managing Adult Attention Deficit/Hyperactivity Disorder (ADHD)

A CBT Masterclass providing resources, education and clinical support to enhance the ability to better manage ADHD related symptoms.

Who is the program for?

This program is developed for patients who experience symptoms of ADHD or have been diagnosed with ADHD. This program may be useful in addressing their individual clinical needs.

Program content

- Understanding ADHD
- Unhelpful Thinking
- Adaptive Thinking
- Dealing with Difficult Emotions
- Improving Self-Esteem
- Time Management
- Improving Procrastination
- Managing Attention
- Improving Motivation
- Lifestyle Changes



For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email belmonttherapyprograms@aurorahealth.com.au

About the program

This program is run by a multidisciplinary team and is designed for people who are struggling to manage their ADHD symptoms such as attention and motivation difficulties. The program also addresses the psychological impact of ADHD on people such as intense emotions and unhelpful patterns of thinking which may be negatively affecting their day-to-day lives.

The program is based on basic CBT principles applied specifically to the difficulties associated with ADHD and building resilience in individuals diagnosed with ADHD. It teaches participants to use this knowledge to guide, inspire, and motivate themselves to set goals and take action that enriches their life.

When is it held?

Day Program:

Every Thursday from 9:15am to 12:30pm, over 10 weeks. Morning tea and lunch is provided.

Evening Program:

Every Thursday from 5:30pm to 8:45pm, over 10 weeks. Dinner is provided.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or choose to self-fund. We ask that participants confirm any applicable out of pocket or gap costs directly with Belmont Private Hospital.

How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs Day programs.

