

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 maybe 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

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About the program

This evening 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.

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When is it held?

Every Wednesday from 17:30 to 20:45, over 7 weeks.
Light refreshments are provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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How much does it cost?

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

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