

# Managing Adult ADHD

Providing resources, education and clinical support to develop strategies to maintain and support focus, motivation and goal achievement .

## Who is the program for?

People diagnosed with ADHD, who experience ADHD-like symptoms such as difficulties with concentration, attention, and impulse control will find this program useful in addressing their individual clinical needs.

## Program content

- Understanding ADHD.
- The CBT model
- Unhelpful thinking styles
- Adaptive thinking
- Dealing with difficult emotions
- Time management
- Improving procrastination
- Managing attention
- Improving motivation
- Lifestyle changes
- Relaxation
- Mindfulness
- Goal Setting
- Relapse prevention

## When is it held?

Tuesday evenings 5.00pm-8.30pm

## About the program

The Managing Adult ADHD Program is for individuals to learn practical CBT-based skills because some components aim to change behaviour and others aim to change cognitions. It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life. Participants will develop practical applications to assist in the management of ADHD symptoms and the impact of these symptoms as they relate to task completion and goal achievement as well as gaining knowledge to guide and motivate them in order to set goals and take action.

## How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Currumbin Clinic.

Referral form can be found at:

<https://currumbinclinic.com.au/doctors/gp-specialist-admission-referral-form>

## How much does it cost?

Participants 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 gp costs directly with Currumbin Clinic