

GROUP CBT FOR ADHD

The Neurobehavioural Service offers **Cognitive Behavioural Group Therapy** as a **psychological treatment for ADHD**. Cognitive Behavioural Therapy is a type of psychological treatment which helps people to understand and change the ways in which their thinking, actions, feelings and physiology interact.

The CBT group is specific to tackling ADHD. **It doesn't 'cure' your ADHD but may help you overcome some of the difficulties ADHD can cause** in your life. The group is not a treatment for depression and anxiety.

You are most likely to find the group helpful if :

- you are OK with attending and participating in a **group** session;
- you feel ready to think about **changes which you could make** that may help reduce the impact of ADHD in your day to day living;
- you will try to put the strategies into **action between sessions** and after the group has finished.

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During the group sessions we will spend quite a bit of time thinking about how you can try things out for yourself between the groups. It will involve a fair amount of time and effort on your part but we will support you in planning these changes and problem solving things that go wrong.

What About My Medication?

You can come to the group whether or not you are taking medication for your ADHD but it is probably best if you are on a stable dose of medication by the time you come to the group.

Where & When is the Group?

The group sessions run weekly at the East Brighton Community Mental Health Centre. Each session is for 2 hours with a break. There is a café on the ground floor. Generally the sessions run for 10 consecutive weeks although there may be a break for holiday periods.

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What Does The Group Cover?

Session 1: overview of the group, thinking about whether you are ready to make changes.

Sessions 2-5: time awareness & management, using a diary to plan & schedule, making tasks manageable & using rewards, understanding motivation & activation, prioritising, organising physical spaces and systems.

Sessions 6 to 9: emotional obstacles to using these strategies and understanding how thoughts, behaviours and emotions interact, interpersonal relationships & problem solving.

Session 10: review and preparing for the future.

We will aim to provide an annual drop in workshop for people who have done the 10 sessions to catch up and discuss their progress and any difficulties.

Other Non-Pharmacological Alternatives

Websites:

<http://www.addiss.co.uk/>
<https://aadduk.org/>
<https://www.adhdfoundation.org.uk/>
<https://www.ukaan.org>
<https://www.additudemag.com/>

Books about ADHD:

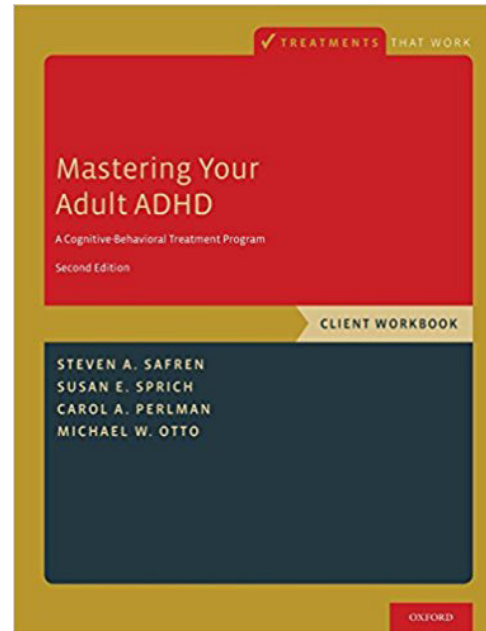
- Driven to Distraction by Edward Hallowell and John Ratey
- Women with ADD by Sari Solden
- What does Everybody Else Know That I Don't by Michele Novotni
- The Couple's Guide to Thriving with ADHD by Melissa Orlov & Nancie Kohlenberger
- Adult ADD: A Guide for the Newly Diagnosed by Stephanie Moulton Sarkis
- The Smart But Scattered Guide to Success by Peg Dawson & Richard Guare
- Taking Charge of Adult ADHD by Russell Barkley
- The Mindfulness Prescription for Adult ADHD by Lidia Zylowska
- Is it You, Me, or Adult ADD by Gina Pera
- Scattered Minds by Lenard Adler

Peer Support Groups:

Brighton & Hove Adult ADHD Support Group: ADHD Aware "We meet every **2nd Wednesday of the month**, drop in any time between **7pm – 9pm** at the Brighthelm Centre Café"

<https://adhdaware.org.uk>

Books which use the CBT approach to tackling ADHD:



Group Cognitive Behavioural Therapy for ADHD