

Psychosocial treatment for Patients with ADHD

➤ **Psychoeducation Regarding Attention-Deficit/Hyperactivity Disorder**

Learning more about ADHD through lectures, books and online associations.

Lectures, Podcasts and Videos:

📺📺 *The 30 Essential Idea Every Parent Should Know* by Russell Barkley, Ph.D.
(youtube.com.)

📺📺 *Dr. Thomas Brown Podcasts* (DrThomasEBrown.com)

Online resources/Associations such as CADDAC.ca, CADDRA.ca,
DrThomasEBrown.com, Chadd.org

Books:

📺📺 *Driven to Distraction*

📺📺 *Late Lost and Unprepared*

📺📺 *Attention Deficit Disorder. The Unfocused Mind in Children and Adults*

📺📺 *Taking Charge of Attention Deficit Hyperactivity Disorder*

➤ **Self-Management of Attentional Difficulties**

Implementing the following interventions might be helpful:

- Maintain good eating and sleeping habits. Eat frequent, small, nutritious meals. Go to bed and wake-up at the same time each day. Many people with attention problems need two alarms to get them up in the morning. Sleep hygiene is helpful. Physical activity has been consistently shown to increase concentration, improve mood, and promote good sleep.
- **Relaxation Strategies:** Relaxation techniques and activities such as yoga, exercise, and meditation into her lifestyle, to help reduce overall levels of stress and worry, and promote a sense of mindfulness and well-being.

➤ ***Organizational and Time Management Strategies***

- Provide external structure. Use lists, color-coding, reminders, rituals, and files. Keep a notepad in the car, by the bed, and on person in order to remember something. Make and use lists to keep track of regularly schedule tasks, projects, deadlines, and appointments. Some apps can be used.
- Assign a weekly time to organize the work area and plan for the week.
- Break down large tasks into smaller ones. Attach deadlines to the small parts and then the large tasks get done. Large tasks may seem overwhelming and smaller components of the larger task are more manageable. Incorporate small rewards for completing tasks.
- Prioritize. Procrastination can cause several difficulties. Make lists of what needs to be done. Sort the list by importance (A=immediate, B=can wait, C=not essential). Do items on the A-list first.
- Designate a quiet, distraction free area to complete schoolwork and study with minimal interruptions.
- Use of a day planner may help manage time and remember responsibilities.
- Perform one task at a time. Do not start a new task until the current one is complete.
- Create checklists for complicated tasks.

➤ ***Accommodations for Attention-Deficit/Hyperactivity Disorder***

Examples include:

- Using a tape recorder for lectures.
- Extended time for tests/exams and in-class writing assignments. 1.5 x and write exams in a quiet room.
 - Being provided with a copy of handouts, professors' notes or copy of PowerPoint presentations.
 - Designate a quiet, distraction free area to complete schoolwork or work with minimal interruptions.