

# ADHD: Key Knowledge and Skills for Effective Biopsychosocial Interventions

Powerful psychosocial interventions to help young people and those around them.

A 2-day course for 6-15 people.

## Executive Summary:

AD/HD has become an increasingly common diagnosis in recent years and is one that can cause confusion and concern in parents and carers. They may already be 'at their wits end' in terms of responding to disruptive behaviour and can then be confronted with entrenched viewpoints about whether medical or psychosocial interventions are most effective – and even which ones are morally 'right'. Even from professionals.

This course therefore takes a dispassionate view of the nature of AD/HD, the far reaching problems it can cause for carers. Most importantly though, it details what effective psychosocial interventions are available to benefit both young people involved and also those looking after them.

## In three days you will cover a great deal:

- What is Attention Deficit/Hyperactivity Disorder (AD/HD)? An overview of AD/HD, its history, current controversies and what it is not.
- How AD/HD develops in children, how it is attributable to many causal factors and how this can make diagnosis and intervention more difficult.
- What is a thorough assessment? Outlining the importance of a thorough multi-disciplinary assessment and clear protocol, the need to identify and treat accompanying difficulties and the importance of a clear diagnosis and treatment plan with achievable goals.
- How the impact of AD/HD can cause frustration and distress for the child, their peers, their carers, family, teachers and other professionals involved.
- The need for an overall philosophy of care to address many behaviours at the same time, as well as allowing for acknowledgement and re-enforcement of positive behaviours and emerging strengths (RAID).
- Helpful reframing of AD/HD symptoms, using Attachment, Systemic, Solution-Focused, Narrative and Cognitive-Behavioural approaches.
- The importance of addressing specific problems for the child including hyperactivity, inattention, learning problems, low self-esteem and depression.

- Provision of treatment across settings including individual, family, and group work, as well as intervention and consultation in the home, school and community.
- Template of a parent/carer support & Information group, an important adjunct to individual intervention.
- The need for a good working relationship among all involved and how better outcomes are possible through effective team effort.
- Focus on self-care for parents, carers and professionals looking at how AD/HD can stretch even the most prepared and committed people, and the need for solid self care strategies and plans.
- Developing a future focus; the two reasons why this is a key. How the future can be planned and how it can be achieved. The doubly-essential reasons for achieving this.
- Where to from here? How to capitalise on the course.

### Delegates' Feedback

Average presentation rating: 97%



Average relevance rating: 92%



#### Written Feedback:

"This was an excellent course, well presented and I would recommend it to anyone. In fact I will be advising colleagues to come on one."

To discuss or place an order call **0116 241 8331** or email [office@apt.ac](mailto:office@apt.ac)

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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