

Adult ADHD: Key Knowledge and Skills.

Powerful knowledge and interventions to understand and help adults with ADHD.

A 2-day course for 6-15 people (1-day version also available).

Executive Summary:

AD/HD has become an increasingly common diagnosis in recent years and is one that can cause confusion and concern. Recently increasing emphasis has been placed on adults with ADHD, a group that has not received the attention they deserve.

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

Who is this course for?

All professionals who work with adults with AD/HD, either 'sometimes' or often.

Course content:

- What is Attention Deficit/Hyperactivity Disorder (AD/HD)? An overview of AD/HD, its history, current controversies and what it is not. How it manifests itself in adults. DSM 5 diagnostic criteria. What does Adult ADHD 'look like'?
- How AD/HD develops, 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 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 to conduct a case formulation and the importance of doing so. Illustrative case study. A form to help with case formulation.
- Practising case formulation using delegates' own patients.
- How the impact of AD/HD can cause frustration and distress for the person concerned, their family, and any professionals involved.
- The treatment of Adult ADHD: NICE Guidelines. Treatment by Education about ADHD, by enhancing existing coping strategies, by introducing new strategies, by changing the situation to fit the patient. Review of delegates' own patients.

- Group interventions with Adult ADHD: reviewing and learning from life experiences. Tackling problems as they arise.
- The need for an overall philosophy of care to address many behaviours at the same time, as well as allowing for acknowledgement and reinforcement of positive behaviours.
- Course review and small-group quiz recapping the course content.
- Where to from here? How to capitalise on the course.
- Registration and feedback.

What this course will do for you:

1. You will know about ADHD: what it is, how it develops, what the diagnostic criteria are, how it appears in adults.
2. You will be able to do a proper structured assessment of people with ADHD, and have a form to help you do so.
3. You will be able to make sense of the information you gather in the assessment, to produce a case formulation with a resulting treatment plan.
4. You will know about treatment strategies for adults with ADHD, both individually and in groups. You will know about what NICE recommends, and you will know about Biopsychosocial interventions. You will have information sheets to give to your patients, and to work through with them.
5. You will know how to 'take the course forward'.
6. You will feel much more confident about helping people with ADHD.

What you receive as a result of attending the course:

All delegates are registered at APT HQ as having attended the course, and receive a certificate to acknowledge their attendance and registration. As a bona fide APT event, this course automatically has accreditation from The Association for Psychological Therapies. This accreditation is given weight by the fact of over 93,000 professionals having attended APT training.

To discuss or place an order call **0116 241 8331** or email 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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