



# ENLIGHTENED MINDS

## MANAGING ADHD GROUP PROGRAMME

12-session programme with modules focusing on the difficulties associated with ADHD. These are 1) executive functions, 2) distractibility, 3) adaptive thinking, 3), lifestyle management. This programme is interactive throughout and will be supported by shared personal experiences. You will be provided with handouts and challenged to engage in between-session work that is individual to your goals.

### **Session 1: Introduction and Goal Setting**

- Introduce participants and establish a safe, supportive environment.
- Overview of ADHD and its impact on executive functions, emotional regulation, impulse control, and stress.
- Goal-setting for the program.

### **Module 1: Difficulties with Executive Functions**

#### **Session 2: Understanding Executive Functions**

- Explore the concept of executive functions and their role in daily functioning.
- Discuss common challenges with time management, organization, and planning in the short-term and long-term.

HW: Psychoeducation

#### **Session 3: Time Management and Organisation Strategies Part 1**

- Provide practical strategies for improving time management skills.
- Discuss techniques for organizing tasks and maintaining focus.
- Group activities for applying organisational tools.

Skill/HW: Using a calendar and task list

#### **Session 4: Organisation Skills Part 2**

- Prioritising with ABCs and Eisenhower matrix

Skill/HW: Applying the above

#### **Session 5: Problem-Solving and Managing Overwhelming Tasks**

- How to solve problems effectively and how to take a task that, at first, seems overwhelming and break it down into manageable steps.

## **Module 2: Coping with Distractibility**

### **Session 6: Distractibility Part 1**

- Develop awareness of environmental factors that contribute to distractibility
    - Establish a workspace with all the items required to complete the task close at hand.
  - Get a baseline length of time that the person can hold their attention on any one, non-stimulating task.
    - 'Distractibility delay' task. Write down distractions but not address them until the 15-minute time period is up and a timer has gone off.
- HW: Practice distractibility delay task

### **Session 7: Distractibility Part 2**

- Managing the environment

## **Module 3: Managing Thoughts and Emotions**

### **Session 8: Adaptive Thinking Part 1**

Cognitive restructuring

- Low self-esteem and negative predictions about one's ability to succeed in the future
- 'Overly positive' thinking - overestimating ability to accomplish a task or complete it within a specified time, and then have negative thoughts about themselves for failing.

### **Session 9: Adaptive Thinking Part 2**

### **Session 10: Emotional Regulation in ADHD**

- Explore how ADHD affects emotions and self-regulation.
- Discuss common emotional challenges associated with ADHD.

## **Module 4: ADHD, Lifestyle and Common Problems**

### **Session 11: ADHD and Lifestyle (including Sleep)**

- Explore the importance of lifestyle, exercise, diet and sleep.
- Strategies for each.

### **Session 12: Review, Reflection, and Future Planning**

- Review key concepts and skills covered in each module.
- Allow participants to reflect on their progress and achievements.
- Discuss strategies for maintaining gains and planning for the future.