



# INFO SHEET

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## What is Adult ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that is commonly associated with children. However, it can also affect adults. Adult ADHD is a condition in which an individual experiences difficulty with attention, hyperactivity, and impulsivity that can interfere with daily life.

Adults with ADHD may struggle with organization, time management, and completing tasks. They may also have trouble with social interactions, impulsivity, and emotional regulation. Adult ADHD can have a significant impact on work, relationships, and self-esteem.

Here are just some of the symptoms of ADHD

- Difficulty with close attention to details
- Making careless mistakes
- Difficulty remaining focused during conversations, or lengthy reading
- Starting tasks but quickly losing focus
- Being easily side-tracked.
- Difficulty managing sequential tasks
- Often loses things necessary for tasks or activities
- Being easily distracted by extraneous stimuli
- Being forgetful in daily activities

## Treatments

Medications are the frontline treatment for ADHD. There are no behavioral treatments for ADHD. That said, a psychologist can assist someone with ADHD to develop behavioral skills to manage concentration and organization. Similarly, someone

with ADHD can often have other mental health problems such as depression and anxiety. These can be treated with psychological therapies.

## How can the Centre for Clinical Psychology help with Adult ADHD?

The Centre for Clinical Psychology is a mental health clinic that offers evidence-based treatments for a range of mental health issues, including those that can be comorbid with Adult ADHD. The Centre's therapists are highly trained and experienced in using a variety of therapies to help clients manage their symptoms.

At the Centre for Clinical Psychology, clients with Adult ADHD work with their therapist to identify specific challenges and develop strategies for managing their symptoms. These strategies may include behavioural and organizational techniques, medication management, and counseling to address emotional and social difficulties.

The Centre offers a range of evidence-based therapies for mental health problems that can co-occur with Adult ADHD, including Cognitive Behavioural Therapy (CBT), schema therapy, and psychoeducation. The therapist will work with the client to identify the most appropriate therapy for their individual needs.

If you or someone you know is struggling with Adult ADHD, the Centre for Clinical Psychology can help. To book an appointment, call the clinic on 03 9077 0122 or visit their website at <https://ccp.net.au/booking/> to book online. The Centre's team of experienced therapists is here to support you on your journey to managing Adult ADHD and living a fulfilling life.