

## Meeting A Crucial Need...

Adults with attention-deficit/hyperactivity disorder (ADHD) may experience significant difficulties with time management, organization, and planning, which medication alone cannot remediate.

The treatment program aims to instill cognitive and behavioral strategies that can compensate for deficits in executive function, or that can encourage individuals to more consistently and effectively utilize the executive skills they already possess.

# PACIFIC psychology CLINIC



## Services provided via Zoom

Call: 503-352-2400  
x8066  
for more details

# Group Therapy for Adults with ADHD

An evidenced-based  
cognitive behavior  
therapy targeting  
executive dysfunction



Offered by Pacific  
Psychology Clinic  
via Zoom

# What should I expect?

## Q&A

The program of treatment is designed to address many of the most common problems and complaints that are documented as areas of deficit for adults with ADHD: inefficiency, inability to complete tasks, difficulties initiating and terminating tasks and activities in a timely fashion, disorganization, poor planning, procrastination, tardiness, forgetfulness, indecisiveness, difficulty prioritizing and perfectionism.

There is a strong focus on out of session exercises in order to reinforce skills that are taught during the group. The structure of the program is designed to increase the likelihood that participants will be reinforced for their efforts to make changes so that new behaviors will be supported and maintained.

This CBT program is designed for a group of approximately six to eight adults to meet weekly for 2 hours over **12 weeks**. Groups are scheduled in the evening so as to allow working adults to attend sessions via Zoom.



### Topics Included

**Time Management:**

Time awareness and scheduling & Overcoming emotional obstacles

**Getting Organized:**

Setting up an organizational system

**Planning a Project:**

*and getting it done!*

### When will groups start?

Monday group:  
May 3<sup>rd</sup>, 2021 6pm-8pm

Wednesday group:  
May 5<sup>th</sup>, 2021 6pm-8pm

### Can I join the group even if it has started already?

Unfortunately this is a closed group. If you are interested, we can put you on a waiting list and notify you when the next group starts.

### How much does the group cost?

Costs depend on insurance and/or income and family size.

### Can I attend this group even if I do not have a diagnosis of ADHD?

All participants must have an established diagnosis of ADHD from a mental health professional.

### Who should I contact to get more information?

Call the PCH ADHD Skills Group:  
503-352-2400 x8066