

**THERAPY GROUP**



Are you finding it difficult to manage everyday tasks, stay motivated, or handle overwhelming emotions?

# CBT SKILLS FOR PEOPLE WITH ADHD GROUP



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# CBT SKILLS FOR PEOPLE WITH ADHD GROUP

Are you finding it difficult to manage everyday tasks, stay motivated, or handle overwhelming emotions?

If you live with ADHD, whether formally diagnosed or not, these seminars are designed to help you develop skills to overcome common challenges and feel more in control of your life.

Through Cognitive Behavioural Therapy (CBT) strategies, these seminars offer tools to build self-confidence, reduce procrastination and avoidance, and handle emotions in a more positive way.

## What to expect in the sessions

This 12-week CBT group helps you explore how ADHD can contribute to difficulties like low mood, anxiety, low self-esteem, and feeling stuck.

Each session introduces practical strategies, which you'll be encouraged to try out between sessions. You'll have the chance to reflect, share experiences, and learn from others in a supportive environment.

Sessions are interactive and include guided exercises, group discussions, and occasional breakout room activities. You don't need a diagnosis to attend - just a sense that ADHD-related challenges are impacting your mental health.

## Who will benefit

Growing up with ADHD often shapes how we think about ourselves and our place in the world.

The good news? There are effective strategies to help break this cycle. By learning skills through CBT, adults with ADHD can improve focus, motivation, and self-compassion. These sessions teach you how to handle tasks and emotions in a way that works for you, with an emphasis on kindness and self-care.

## Session topics

- **Understanding ADHD**, executive dysfunction and how this plays a part in persistent depression, low self-esteem and anxiety
- Formulating the triggers and maintenance of key behavioural processes - **avoidance, procrastination, distraction, escape**
- Learning strategies to help engage in alternative behaviours and improve motivation - **task planning, prioritising, breaking things down, etc.**
- **Pacing, activity scheduling and problem solving** to reduce overwhelm and exhaustion
- **Cognitive restructuring and acknowledging strengths**, to develop better self-esteem
- **Emotional regulation** strategies

## Additional considerations

- No ADHD diagnosis is required. These seminars are open to anyone who feels they may struggle with ADHD-related challenges
- Each session includes exercises to practice in-between sessions. Trying these activities will help you get the most out of the therapy

For more information, phone **01924 234 860**