

Adult ADHD

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

This program would be beneficial for people who experience ADHD-like symptoms such as difficulties with concentration, attention, and impulse control.

Program content

- Increased awareness
- Understanding values
- Mindfulness
- Goal setting

When is it held?

This open group is held every week for ten weeks as detailed below.

Day: Thursday

8:30am - 8:45am Registration and sign in
9:00am - 12:15pm Group Program

Morning tea is provided.

Contact Deakin Private Hospital's reception on 02 5114 8100 to find out which days this group is offered.

About the program

This program is designed to provide participants with a greater awareness and understanding of ADHD and to introduce skills and strategies based on a Cognitive Behaviour Therapy (CBT) model through practical application to assist in the management of ADHD symptoms and the impact of these symptoms as they relate to task completion and goal achievement.

How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Deakin Private Hospital.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Deakin Private Hospital.