

ADHD Workshops Programme

Thursday 2, 9, 16, 23, 30 March 2017

6.30pm-8.30pm

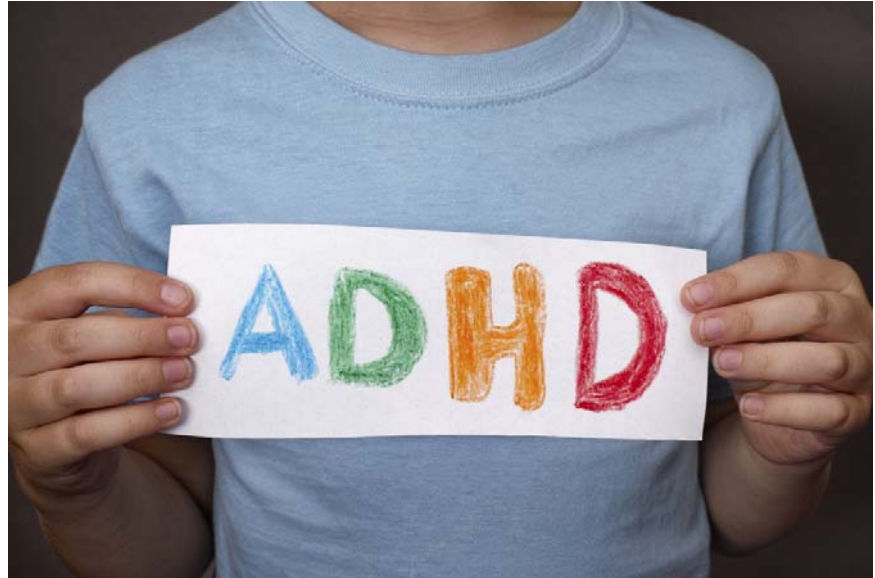
Venue:
**Oxford ADHD
Centre**
**40 Windmill Road,
Headington OX3 7BX**

**For bookings and enquiries
please contact:**

Susan@oxfordadhdcentre.co.uk

Course (5 weeks) Cost: £275pp

Discounts available for couples



Lyn Oualah is a qualified teacher with almost 30 years of classroom experience. She is accredited in 6 Positive Parenting Programmes (PPP) and has been the lead facilitator for the Level 4 programme in her current role for the past 6 years. As a Solution Focused “Champion” (2010), Lyn is keen to promote ways of finding and creating solutions that keep all parties engaged and committed to achieving the agreed targets on the intervention plan.

This course will consist of five x 2 hour weekly sessions and topics covered include:

- Preconceived Ideas
- Current Concerns & Worries vs. Wants and expectations from the Course
- How the ADHD Brain works
- Responding to ADHD – The choices we face
- A Clinical Perspective of ADHD - The 3 Core Symptoms
- How Mindset affects Behaviour
- Behaviour Management x 3 (Routines, Consistent Rules, Giving Clear Instructions)
- Ideas for managing Hyperactive Behaviours
- Role of Exercise vs. Meditation & Mindfulness
- Sanctions & Rewards
- Concept of “Fit for Purpose”
- Routines & Consistent Rules – Sorting out what is/isn’t essential!
- The Anger Cycle
- Managing constant Demands and Anger
- The Power of Language
- Responding to Incidents at Home/3rd Party Involvement
- Triangle of Roles – Persecutor, Victim, Rescuer
- Ideas for managing Impulsive/Inattentive Behaviours
- Ideas for Behaviour Management at School
- Treatment Options for ADHD – A Multi-Modal Approach
- Coping Strategies for Parents – Advocacy/ Agency support

An ADHD book and refreshments will be provided