

ADHD Workshops Programme

Monday 3, 10, 17 July 2017

6.30pm-8.30pm

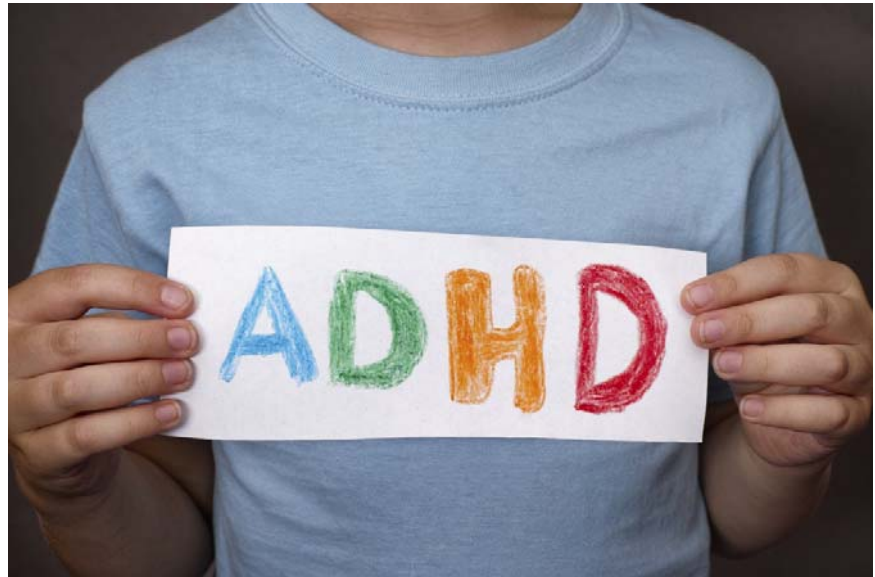
Venue:
**Oxford ADHD
Centre**
**40 Windmill Road,
Headington OX3 7BX**

**For bookings and enquiries
please contact:**

Susan@oxfordadhdcentre.co.uk

Course (3 weeks) Cost: £240pp

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 three x 2 hour weekly sessions and topics covered include:

- Preconceived Ideas
- A Clinical Perspective of ADHD
- The 3 Core Symptoms according to the DSM V
- Executive Functions & Associated Difficulties
- Co-morbidities
- Developmental Course
- Gender
- Advantages of ADHD!
- Managing Challenging Behaviours
- Basic Parenting Philosophy
- Structure/Boundaries vs Nurture
- Parenting Jobs
- Managing undesirable behaviours (STOP x 3)
- Encouraging desirable behaviours (START x 7)
- Strengthening you relationship with child
- Self-care and Wellbeing
- Building Resilience & achieving greater Well-being
- Stress - What is it and the body’s response?
- Stress - responses in children/the stress of parenting stressed children
- Stress - when “time-out” is needed / using Solution Focused responses
- Stress - tackling it in stages!
- Perspective - how it can define our outlook
- Resilience - definition, domains and building blocks of resilience
- Resilience - developing a practical toolkit
- Mindfulness - definition, relaxation imagery and “Sparkly Moments”!