

# ADHD Course Programme

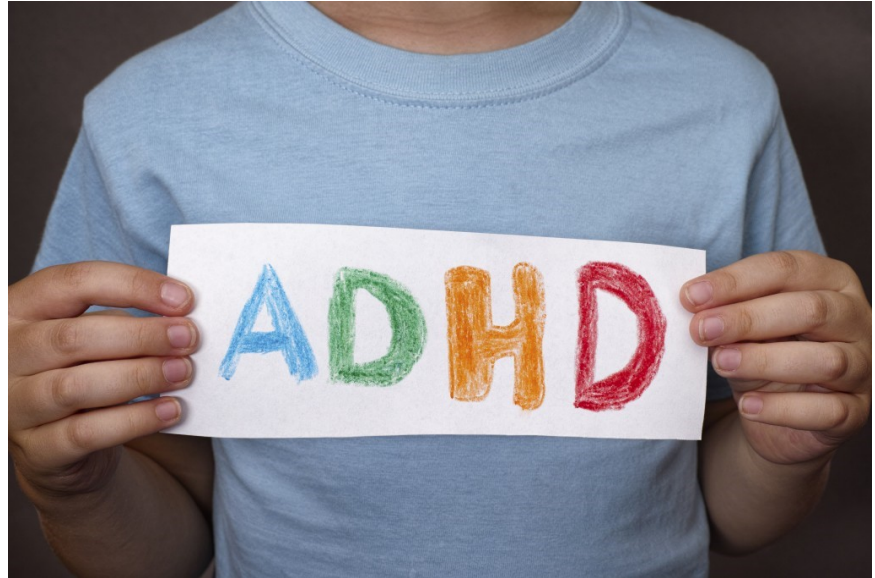
**Saturday 14 April 2018**

**10am—4pm**

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

**For bookings and enquiries  
please contact:**  
**Susan@oxfordadhdcentre.co.uk**

**Cost:**  
**£240 Per Person**  
**£395 Couples**



**Sarah Hamilton** is a Registered Mental Health Nurse and holds a Masters degree in Advanced Nurse Practice. Her specialist area is in Child and Adolescent Mental Health and she has worked extensively with families and young people diagnosed with ASD and ADHD. Sarah has worked in CAMHS for over 15 years, before working independently as an Advanced Nurse Practitioner and ADHD nurse specialist. Her experience includes working as a lead nurse in ADHD and ASD diagnostic clinic, family therapy clinics and ADHD medication clinics. Her therapeutic work includes working on an individual basis, with families and group work utilising cognitive behavioural therapy, solution focused therapy and mindfulness techniques to help and support young people and their families pre and post diagnosis.

This course will take place over 6 hours and topics covered include:

- ADHD - common themes
- A clinical view: classification, assessment and diagnosis
- ADHD core symptoms
- ADHD co-morbidities
- Gender differences
- Advantages of ADHD
- Managing desirable and undesirable behaviours
- Parenting jobs
- Communication and strengthening relationships
- Self-care and well being
- Building resilience
- Managing stress
- Solution focused examples
- Mindfulness techniques

**\*\*Please note that this programme is for parents only\*\***

**Refreshments and lunch are provided**