

PSYCHOEDUCATION

SESSION I

PROGRAM

Content

Session 1: What is ADHD

Session 2: How does it affect me?

Session 3: Treatment options

Session 4: What can I do?

Format

4 sessions, 90mins

Slides, clips, exercises, questions

Respect and trust

INTRODUCTIONS

Let's get to know each other:

- Name
- How long have you known that you have ADHD/ADD?
- Do you have any expectations for the course?

PSYCHOEDUCATION

What and why:

- Teaching about a given diagnosis (in this case ADHD)
- Not therapy, but education
- Helps differentiate, what is linked to ADHD and what is something else
- Knowing where you differ from the majority makes it easier to create surroundings that gives you the best opportunity to thrive
- Recognition and normalization

WHEN PEOPLE DON'T BELIEVE YOU HAVE ADHD



MYTHS



FACTS



MYTHS

"Not a real disorder/Everyone has a little bit of ADHD"

Fact: Neuropsychiatric disorder

"It is a disorder that children have"

Fact: Often diagnosed in childhood, but 2-4% of adults have ADHD

"An excuse for laziness or indifference"

Fact: Executive challenges make it difficult to channel energy and focus

"You have to be hyperactive to get the diagnosis"

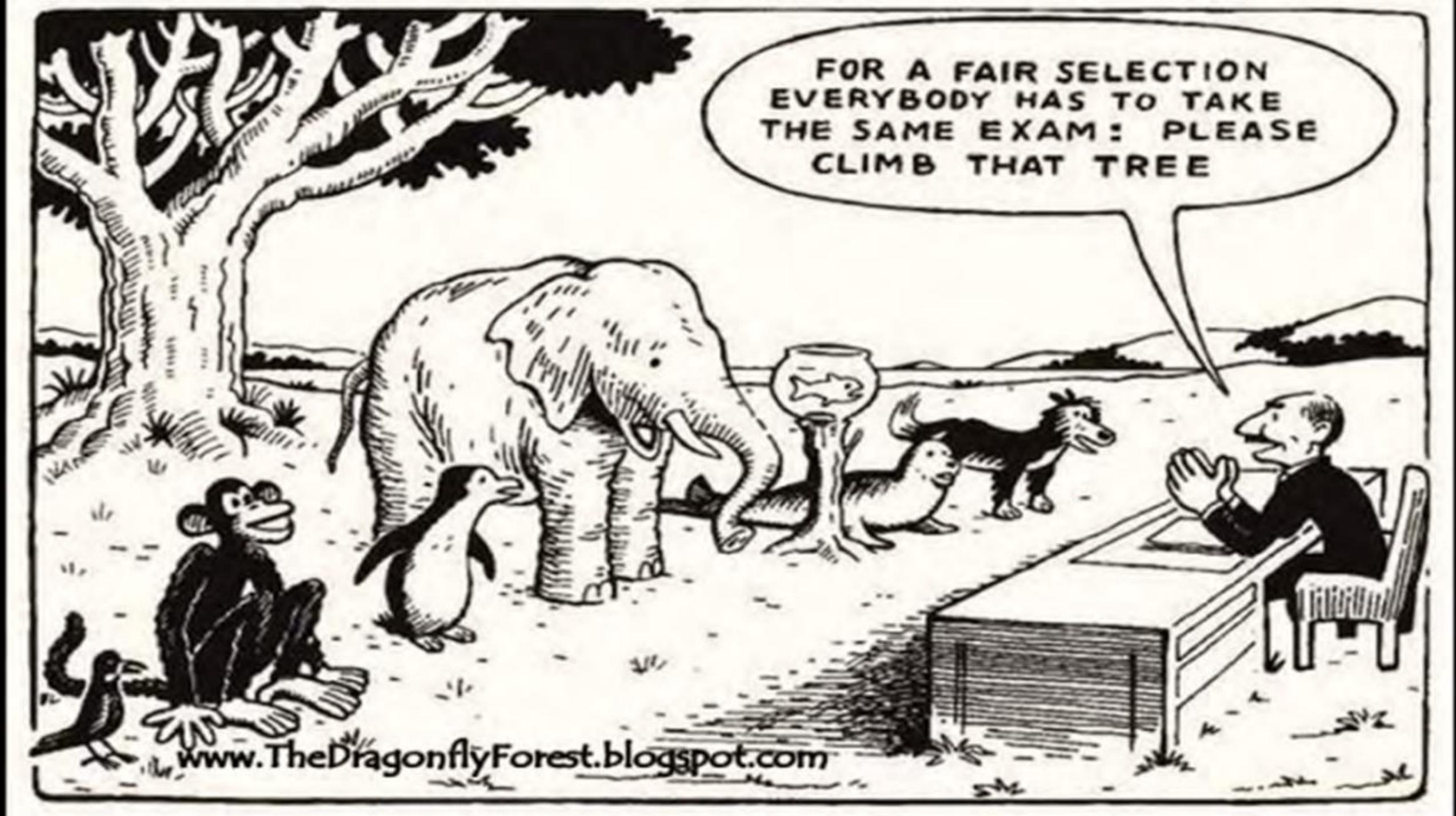
Fact: Not everyone with ADHD experiences hyperactivity

"Medication is the only treatment"

Fact: Medication can be helpful for some. Others find help in e.g. therapy, learning new strategies or lifestyle changes

BREAKOUT ROOMS (10 MINUTES)

- How has the experience of getting an ADHD diagnosis been for you?



FOR A FAIR SELECTION
EVERYBODY HAS TO TAKE
THE SAME EXAM: PLEASE
CLIMB THAT TREE

POSSIBLE CONSEQUENCES OF UNDETECTED ADHD

Shame

Self-criticism

Loneliness

Low self-esteem and self-confidence

Other consequences?

I need to pull
myself
together!

Why can't I,
when others can?

I'm too much!

Maybe I'm just
lazy...

I'm stupid

SO... WHAT IS ADHD?

- **A**ttention
- **D**eficit
- **H**yperactivity
- **D**isorder

Starting point before the age of 12

Must impact functioning negatively

Must be present in different settings

Cannot be explained by other disorders

PREVALENCE

3-5 %

Children with ADHD in Denmark

2-4 %

Adults with ADHD in Denmark

3000 in 10 years

In 2001, almost no adults registered with hyperkinetic disorders. In 2011, the number was 3,000.

92.800-185.600 in 2019

Adults in DK with ADHD if calculated by the adult population in 2019



THREE CORE SYMPTOMS

- Inattention
- Hyperactivity
- Impulsivity

CORE SYMPTOMS: INATTENTION

- Easily distracted by stimuli (internal and external)
- Problems with staying focused on longwinded tasks
- Attention to details is either too much or too little
- Tendency to daydream and be mentally absent or distracted
- Difficulty planning, organizing and generally creating structure in everyday life
- Difficulty starting and finishing tasks
- Forgetfulness

CORE SYMPTOMS: HYPERACTIVITY

- Often in motion (legs moving, fidgeting, nail-biting ect.)
- Unpleasant to stay seated
- Restlessness (inside and outwards)
- Intensely engaged in activities
- Always keeping busy
- Talks a lot

CORE SYMPTOMS: IMPULSIVITY

- Answers questions before they are fully verbalized
- Finishes other people's sentences
- Finds it difficult or unpleasant to wait in line or traffic
- Tendency to interrupt others
- Making decisions without thinking of the consequences
- Says yes to things you don't have time to do
- Finds it difficult not to react on emotions

POLL: SYMPTOM BINGO

So... Let's see if you have paid attention:

Which of these symptom clusters are **NOT** clinically related to the ADHD diagnosis?

OTHER SYMPTOMS

- Memory
- Sense of time
- Emotional regulation
- Restless thoughts
- Sleep-disorders

CO-MORBIDITY

Common co-morbid disorders in people with ADHD

- Depression (around 50%)
- Anxiety (studies find between 25% and 50%)
- OCD (12 % of OCD patients have ADHD as well)
- Autism (50-70 % of people with ASD have ADHD)
- Bipolar disorder (7 %)
- Addiction (10%)
- Personality disorders (ex: 14 % of children with ADHD will get a BPD diagnosis later)

AETIOLOGY

...or cause of ADHD:

- A combination of nature and nurture
- Genetic factors are attributed 70-80% of the causation
- Circumstances surrounding the pregnancy and birth is found to correlate as well
- And lastly how we are brought up and our early experiences influences how the ADHD shows and the strategies used to navigate it

QUESTIONS AND FEEDBACK

- Any questions about today or the following sessions?
- Any feedback on this format of psychoeducation?