

# Psychological Treatment for Adults with ADHD

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Registered Psychologist

Consulting at Vita Healthcare  
Mount Eliza | Tuesday – Friday



Vita  
HEALTH CARE



“ I am a registered psychologist with over 20 years of experience working in hospital and private practice settings. ”

### Evidence-Based ADHD Treatment

The Australian Evidence-Based Clinical Practice Guideline for ADHD (AAPPA, 2022) recommends that adults diagnosed with ADHD be offered multi-modal treatment and support that includes both pharmacological and non-pharmacological treatments.

In terms of non-pharmacological options, the guidelines recommend that clients are offered 'cognitive-behavioural interventions' and guidance on lifestyle factors that typically affect adults with ADHD (Sections 3.1, 4.1, 4.2).

As an experienced psychologist working with this client population for the last several years, I can provide psychological interventions and therapies tailored to this client group that are consistent with the AAPPA Guidelines.

### Therapeutic Approaches

I am trained in Cognitive-Behavioural Therapy (CBT), Dialectical-Behavioural Therapy (DBT) and other evidence-based therapies that can assist adult clients with ADHD.

### Assessment and Treatment

Typically, I conduct an initial assessment exploring the client's unique symptom profile eg. areas of executive dysfunction, emotional dysregulation and other co-morbid conditions such as anxiety.

I adopt a strength-based approach that focuses on the client's specific needs and goals that are meaningful to them.

### Therapy May Include

- ✓ Managing impulsivity
- ✓ Improving memory, organisation and future planning
- ✓ Increasing motivation, task initiation and completion
- ✓ Environmental modifications to enhance cognitive functioning
- ✓ Distress tolerance and emotional regulation techniques
- ✓ Processing feelings of grief and loss associated to ADHD diagnosis
- ✓ Mindfulness based techniques
- ✓ Values and goal-setting
- ✓ Coaching on lifestyle factors such as exercise, sleep-wake cycle; creating routine and structure



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### Medicare

Clients with a diagnosis of ADHD and any co-morbid conditions are eligible for a Mental Health Care Plan under Medicare.

This provides clients with an initial 6 visits to see a psychologist, followed by a re-referral for another 4 visits if appropriate.

### Referrals

I am currently accepting referrals for adult clients with a diagnosis of ADHD and I have appointment availability in 2–3 weeks' time.

Please refer to my website [mcairnspsychology.com.au](https://mcairnspsychology.com.au) for more information on the types of psychological services I provide.

### Vita Health Care

Mount Eliza | VIC  
1281 Nepean Hwy  
Mount Eliza VIC 3930

P 5972 2444

E [referrals@vitahealthcare.com.au](mailto:referrals@vitahealthcare.com.au)

### Reference

Australasian ADHD Professionals Association (2022) **The Australian Evidence-Based Clinical Practice Guideline for ADHD** <https://aadpa.com.au/product/australian-adhd-guideline/>