



ADHD Skills and/or Emotion Regulation Group

The ADHD Skills group at OICBT is for adults who experience symptoms of ADHD. This group was designed based on the evidence-based cognitive-behavioural therapy treatment model for ADHD. This group aims to help people enhance their ability to manage their attention and activity level difficulties by teaching behavioural strategies and skills to improve their organization, prioritization, reduce distractibility and procrastination, as well as improve interpersonal skills. Additionally, this group includes an additional module focused on emotion regulation and mindfulness strategies to further address symptoms commonly experienced by adults with ADHD. Each Module includes 10 sessions, with a total of 20 sessions.

Aims of the Group

Module: Skills for Distractibility and Goal Accomplishment

- Prioritization, task lists, calendar
- Reducing procrastination
- Breaking down tasks
- Problem-solving
- Organizing environment
- Increasing attention and reducing distractibility
- Interpersonal Skills

Module: Managing Emotions and Attention

- Emotion Regulation Strategies
- Mindfulness Training
- Understanding Emotions, Thoughts, Behaviours, Physical Sensations
- Healthy Engagement & Acceptance
- Reducing Suffering within a Reality-based approach

Group Format and Dates

- Groups include two modules, each with 10 sessions that are 2 hours in duration. To participate and benefit from the program, participants need to commit to attending all sessions of one module. Attending both modules is not required but highly recommended to attain maximum benefits. An individual can begin with any or both modules. The start dates and day groups are held typically differ for the two modules.
- This program is scheduled Thursdays from 5:00 to 7:00pm (Module: Distractibility and Goal Accomplishment) and Wednesday 5:00-7:00 pm (Module: Emotions and Attention). Updated scheduling information will be provided upon your request and/or referral to the group.

- Please note that all clients must complete a general intake session prior to enrolling in the group to assure suitability for the program. Please check www.ottawacbt.ca or schedule a free information call to obtain the most current cost of a general intake session.

Who will this be helpful for?

This service will be most helpful for individuals who have a diagnosis of ADHD and/or want to improve skills related to prioritization, attention, and distractibility. This group can additionally be helpful for clients aiming towards work reintegration goals (particularly if work requirements require high levels of focus and organizational abilities). **Please note Module “Managing Emotions and Attention” is open to clients with or without attentional difficulties.**

Is there anyone for whom the ADHD Program is not recommended?

Module “Distractibility and Goal Accomplishment” may be less helpful for individuals with a primary presenting issue related to depression, anxiety, trauma, substance use disorder, and/or personality disorders if treatment to address these symptoms have yet to be received. Given that the overlap between cognitive abilities (attention, focus, distractibility and related symptoms) can be explained by varying mental health presentations (such as those noted above), we recommend first seeking treatment in these areas if attention and concentration difficulties followed (vs preceded) any of the aforementioned.

Module “Managing Emotions and Attention” may be less helpful to individuals presenting with substance use disorder or self-harm.

Why Group Therapy?

Concerns about privacy and/or treatment effectiveness can deter individuals from participating in group therapy. Clients are often relieved to know that group participants are not expected to share detailed personal information. Furthermore, much of what differentiates group from individual therapy is shown by research to have added benefits unique to this format. For example, group therapy:

- is more affordable/cost effective than individual therapy
- offers opportunities to learn from peers with shared experiences
- supports an increased sense of community, connection, and belonging.
- provides opportunity to learn from others (increasing self-awareness and insight)
- provides a structured and supportive environment for practicing CBT skills
- Allows opportunities to give support (which can improve self-confidence, self-esteem)

Individual therapy + Group?

It is highly recommended to implement the combination of Individual therapy + Group as this can lead to expedited (faster) progress and more affordable services by the combination of a) group therapy aimed at learning and implementing structured therapy strategies and b) individual therapy aimed at tailoring strategies to your unique needs and circumstances.

How will my involvement in this service connect to other OICBT services (if applicable)?

Involvements in programs/services can occur in parallel (e.g., being involved in two programs/services simultaneously) or sequentially (one after the other) based on a careful assessment of clinical needs and what will allow an individual to best gain from therapy services. The OICBT uses a stepped care model to assess i) type of service needed, ii) intensity level of services, and iii) order/sequencing of services (if applicable). All OICBT services/programs are interconnected so that one can be triaged across services/programs in a way that allows continuity of care and flow throughout (Services: Assessment Stream, Bridging Program, Group Therapy Programs (Anxiety/Depression Group, Core Beliefs Group, ADHD Group (two modules), Individual Therapy, DBT Program, Intensive Treatment Program). The OICBT uses standardized treatment/transfer planning documents that will be shared with your subsequent treatment teams/therapist (if applicable): which entails a detailed summary of your case conceptualization, uniquely tailored therapy strategies implemented; goal and progress attainment, obstacles encountered (or ongoing), and remaining goals and suggested strategies.

What is the process & how long does it take?

We have provided an infographic (end of document) that provides a depiction of the steps in our program. Wait times can vary depending on the next start date (new groups begin every 10 weeks). You will be advised of the current wait-time at the earliest possible juncture.

Please note that all clients must complete a general intake session prior to enrolling in the program to assure suitability. For direct booking of an intake please go to www.ottawacbt.ca, (section new clients) and click on the “Book Now Intake Session Adults/Seniors”

What days/times are available for this service?

For more information on day/time of services please visit our OICBT homepage or use this link: <https://www.ottawacbt.ca/groups-schedule-and-fees>

What is the Fee for Services?

As part of standard clinical practice, rates for services increase regularly (typically, yearly) by approximately \$5 to \$15 per clinical contact hour; however, the increase can vary by program. Please visit <https://www.ottawacbt.ca/current-fees> for a list of current rates for services as well as for any upcoming rate changes (these are published when available, typically 3 months in advance of any rate change). For new clients, the costs of services will be determined by the anticipated or scheduled start date of services, as opposed to when a client is placed on a waitlist.

Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

Who should I contact if I wish to discuss this service?

To make an appointment, or to get more information about this service, including the fees, please go to www.ottawacbt.ca, and click on the “Book Now – Free Information Call Adults/Seniors”. If you have any other questions, you can contact us by phone (613-820-9931 x:0) or by email at info@oicbt.ca