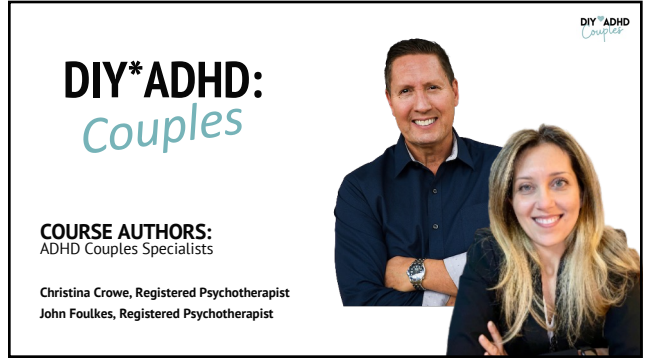
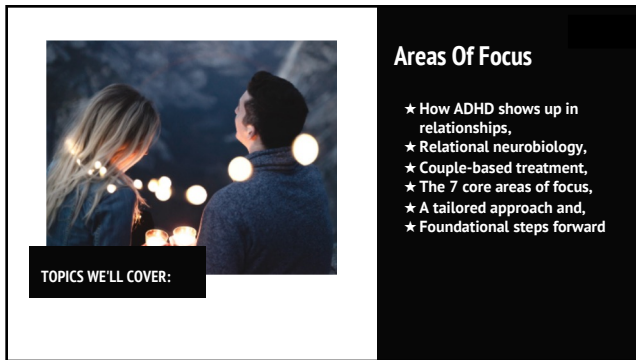




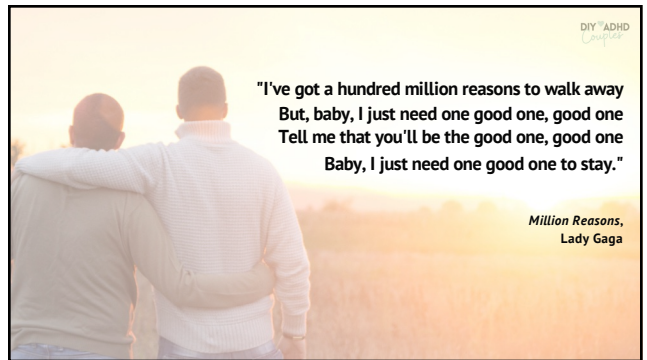
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DIY ADHD
Couples

Who should take this course?

- Couple Therapists,
- Therapists who work with individuals struggling with their relationships,
- Family therapists,
- Therapists who work with parents, co-parents, blended family dynamics
- Clinical Supervisors
- Social Workers
- ADHD Coaches

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DIY ADHD
Couples

A couple with undiagnosed (or diagnosed, but unmanaged) ADHD within the dynamic, has this as a major feature *that sets them apart*:

*The reason these couples cannot be treated the same as 'neurotypical' couples is that the behaviour of the undiagnosed partner(s) is being largely driven by **involuntary brain function**, rather than by choice.*

Christina Crowe, 2019

Crowe, C. Facebook. ADHD couples: relations beyond traditional couples therapy. The Dog Dreyer Blog. April 2020.

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DIY ADHD
Couples

Blending of Modalities

ADHD-Adapted Couple Therapy + Coaching

= relational neurobiology in practice


AECT Model of Practice
ADHD Experiential Couples Therapy

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DIY ADHD
Couples

<h4>Traditional Psychotherapy</h4> <ul style="list-style-type: none"> ▪ Cognitive behaviour therapy (CBT), Interpersonal psychotherapy (IPT), Dialectical behaviour therapy (DBT), Emotionally-focused therapy (EFT). ▪ Insight exploration: Much less directive by therapist ▪ Therapist adopts a neutral stance ▪ Heavy emphasis on homework and driven by patient self-insights. 	<h4>ADHD-Adapted Psychotherapy</h4> <ul style="list-style-type: none"> ▪ More directive and <i>with</i> clients experientially in the session ▪ Therapist balances power dynamics caused by the ADHD factor ▪ More medication psychoeducation ▪ More care coordination ▪ Very skills based ▪ More relational, focus on <i>inner and outer</i> self-awareness. ▪ More somatic in approach ▪ More family/couple oriented. ▪ Early relationship: Non-punitive for missed appointments, much less 'homework'. ▪ Teaching quick consolidation of new skills, strength-finding and building.
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DIY ADHD Couple

ASK THE RIGHT QUESTIONS

Is your partner (or you) behaving the way they are in the relationship because they are *choosing* to do so, despite its effect on you?

Or are they committed to the relationship, yet despite all their best efforts, they can't seem to get it together and **do not know why**.

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Where Are All The Undiagnosed Adults Hiding? ...in plain sight!

"School drop outs, the unemployed, inconsistently employed, and under-achieving, Workman's compensation claimants, Legal substance treatment programs, Smoking cessation and alcohol abuse programs, Substance abuse treatment programs, Compulsive gamblers (only if antisocial personality disorder is co-morbid), Teen pregnancy programs & parents giving up children for adoption, Money and credit problem systems, Marital therapy clinics, Judicial system and prisons, Driving court, Primary care masquerading under greater somatization (vague health complaints), anxiety and mood disorders and seasonal affective disorders, sleeping problems, unhealthy behaviour, low exercise, poor dental self-care, more female obesity, greater sexually transmitted diseases, frequent failures in self-change programs."

Dr. R. Barkley Ph.D., ADHD in Adults - Part I: Nature, Diagnosis, and Assessment, [Lecture], May 2020.

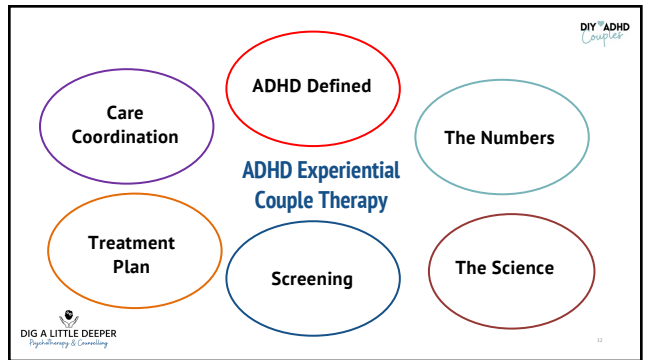
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Challenges *without* an ADHD lens

DIY ADHD Couple

- ADHD symptoms are mislabeled as (only) 'trauma',
- ADHD symptoms are mislabeled as (only) Anxiety or Mood Disorders,
- Hyperfocus on (any) something being a certain way, body focused repetitive behaviours (BFRB's) labeled only as OCD.
- Not looking deeper at Substance Use or Eating disorders
- ADHD impulsivity & lack of self-monitoring labeled as 'anger management issues'.

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