

DIY ADHD Couples The Workbook

For couple therapists, coaches and ADHD therapists



by:

Christina Crowe, H.BSc. MACP, RP, (Cert) OAMHP (she, her)
Registered Psychotherapist
Validated Supervisor (s-Cert. OAMHP)

and

John Foulkes, BSc., OPC-D Psych, CPCC (he, him)
Registered Psychotherapist, Clinical Supervisor
Certified Emotionally Focused Couples Therapist (EFT)



Contents

01

INTRODUCTION

- Why we made this course,
- Chapter contents and descriptions,
- Who should take this course,
- Learning objectives.

02

CHAPTER 02

- How to make the most of this course,

03

CHAPTER 03

- Resource library,
- Handouts included in the course,
- Importance of grounding in Expert Consensus Treatment Guidelines,
- Ongoing ADHD-specific clinical supervision.

04

CHAPTER 04

Our Concluding Thoughts

Contents

PART 1

Introduction

Overview of the WHAT-WHY-HOW of the ADHD Experiential Couples Therapy approach for Mental Health Clinicians.

PART 2

ADHD Defined

Understanding ADHD and how to determine if ADHD is a unique treatable factor negatively impacting the couples dynamic.

PART 3

The Science

Learn about the neuroscience of ADHD and the role of genetics, gender differences, and the impact on brain functioning.

PART 4

Screening & measuring progress

Identify correlated behavioural issues, mood disorders, addictions, and other neurodiversities that may raise red flags for suspecting ADHD.

PART 5

How does ADHD show up in couples therapy?

Discover how common relationship struggles, such as money problems and chronic disconnection, are rooted in undiagnosed and unmanaged ADHD symptoms.

PART 6

Creating a *couple*-based plan

Developing a 'dual lens' of ADHD-adapted psychotherapy and executive function based coaching, addressing the 7 Core Areas of Relationship Functioning.

PART 7

ADHD Experiential Couple Therapy: Intake and Planning

Create a comprehensive protocol to define how and why ADHD is impacting the relationship dynamic, drawing from attachment inventories, screening tools, and observable symptoms presenting in the clinic.

PART 8

Integrating models of practice

Learn the fundamentals to becoming a multimodal ADHD-affirming clinician, integrating relational and individual therapies with ADHD-adapted coaching.

PART 9

On medication

What is the role of medication as part of the Three Pillars of Treatment and how to support the couple when considering the diagnostic and treatment process.

PART 10

Care coordination

Developing a quality team approach and fostering a continuity of care for couples, using seamless communication amongst community health professionals.

PART 11

Considerations for the therapist

Adopt 'next level' care for the ADHD couple and for YOU the clinician.

PART 12

You did it!

Congratulate yourself for undertaking a challenging but rewarding journey of becoming an ADHD-adapted couples clinician!



WELCOME To DIY*ADHD: *Couples*

ADHD can be difficult to identify due to its heterogeneity. There is a lot of information (and misinformation) to sift through, and it can be difficult to know where to turn for credible information. It can be difficult to find therapeutic experts with significant clinical experience. Couple therapists might feel uncertainty about why therapy wasn't helpful for a couple - was it the modality? the couple? the therapist? the setting? They might experience a loss of confidence, and ultimately pull away from helping myriad couples or families that need them.

DIY*ADHD Couples helps couples therapists learn how to identify ADHD and confidently integrate ADHD-adapted treatment into couples' work.

www.DigaLittleDeeper.ca

DIY  ADHD
Couples



01

Introduction:

We know ADHD is still significantly under-recognized, under-diagnosed, and under-treated among adults globally.

Fluctuating symptoms of ADHD are negatively associated with satisfaction in dating relationships. These symptoms often interfere with people's functioning in more than one domains, but can include general household organization/time management, child-rearing, and communication. In general, adults with ADHD

report less stability in their love relationships, feel less able to provide emotional support to their loved ones, experienced more sexual dysfunction, and have higher divorce rates.

As seasoned couple and ADHD therapists, Christina and John have captured many of the key pieces of information, turning points and critical must do's for today's couple therapists who wants to truly make therapy fit the brains of their clients.



Who should take this course?

Anyone interested in improving the dynamics in ADHD relationships.

The course creators are speaking specifically to issues that arise for:

- 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.



Learning objectives

This course allows you to:

1. Identify the *involuntary* brain-driven behaviours commonly challenging the couples therapeutic process,
2. How to integrate relational neurobiology into your chosen couples therapy modality through AECT Model of Practice: ADHD Experiential Couples Therapy.
3. How to coordinate care with other practitioners confidently and
4. How to provide hope for the future, anchored in science and healthy attachment.

Plus

Couple therapists will come away with a renewed confidence in identifying a truly solvable problem that is a significant unmet need within the couple and family therapy demographics.

Participants will also be able to articulate a vision of hope for couples and families, based on current science and what we know is possible.

Make the most of this course

02

The benefit of an online course, is not only about working at your own pace. It's also about being able to hear how the specialists talk about the subject matter. We all learn in different ways, and part of adult learning is about being able to both absorb *and* experience course material.

Work at your own pace, pause, rewind, take notes. Make note of anything that sounds perhaps familiar, but perhaps might not be said in a way you have heard it before. Or of anything inspiring you to leap to your feet with a resounding, "Yes!"

THOSE are the neurodivergent affirming pieces that matter for couples.

And keep track of the things you would like to bring to your **ADHD trained clinical supervisor**, to continue learning on your journey of helping transform couple experience's in therapy.





03

CHAPTER THREE

We've shared a few of the resources we have developed over the years, including:

- an ADHD specific Couples Intake Form and Assessment Form,
- the *Couples* window of tolerance psychoeducation tool and
- our comprehensive resource library found on the [Digalittledeeper.ca](https://www.digalittledeeper.ca) website, the [ADHD Resource Hub](#).

Please ensure you familiarize yourself with the global or national **treatment guidelines** for adults with ADHD, so you are grounded in best practices and evidenced-based practice.

In Canada, we rely on [CADDRA](#) (for clinicians) and [CADDAC](#) (for patients).

In the US, the equivalents are [ASPARD](#) and [CHADD](#).

The importance of *ongoing* ADHD-specific clinical supervision

Clinical supervision is an important opportunity for therapists to gain and refine clinical skills, learn more about ourselves as a therapists, and ensure we are practicing ethically and with safe and effective use of self (SEUS).

In clinical supervision, we work collaboratively with therapists of all experience levels, to assess your strengths, areas for learning, establish new goals together and track your progress over time. We will also have the opportunity to problem-solve specific cases, ethical issues that arise, and discuss strategies for building and maintaining a successful private practice.

Christina Crowe, RP & John Foulkes, RP are both seasoned trauma therapists and supervise from a neurodivergent-affirming, psychodynamic-relational-neurobiological framework. Both offer specialized areas of focus in neurodivergent-affirming treatment for ADHD (ADHD-Adapted Psychotherapy), ADHD Coaching, Couples Therapy/ADHD Couples.

Learn more about Clinical Supervision at Dig a Little Deeper.

[MORE INFO](#)

THANK YOU

We wish to thank YOU for choosing us to be your guides as you journey into the unique realm of ADHD and its impact on couple's dynamics. We hope you shared in our enthusiasm and passion regarding neurodiverse couples and had more than a few 'aha' moments that made the learning experience fun and valuable.

Final note...we are grateful to our couples who have courageously fought for their relationships and who have become our guides.

Christina

John



DIG A LITTLE DEEPER, PSYCHOTHERAPY & COUNSELLING

Resource Library



INTAKE AND CASE NOTE FORMS

Stay focused and ensure you are covering all of the relevant areas for the couple with our intake and case note templates.

INCLUDED!



HANDOUTS

Psychoeducation tools for clinician's and clients.

INCLUDED!



ADHD RESOURCE HUB

A plan for managing adult ADHD starts with accurate and up to date information. It's getting real about how ADHD affects YOUR life, and learning ALL you can about how your brain works. Explore our tools and info to help your clients get back into the drivers seat of their lives.

[MORE INFO](#)

COUPLE INTAKE FORM

Name _____ Name _____ Date _____

Verbally let the couple know Confidentiality starts now: Yes No

If virtual, verify where the partners are calling from? (Home, car, work?): _____

DESCRIPTION OF RELATIONSHIP DYNAMIC

Positive Attributes:

Negative Attributes:

What triggers a negative shift in the dynamic:

How long has this been a problem for the couple:

Core areas of functioning having challenges:

- Parenting
- Money
- Online Behaviour
- Re-Balancing Workloads
- Addictions
- Re-Connecting
- Your Sex-Life

List outcomes the couple wants to achieve from counselling/coaching:

MEDICAL | TREATMENT

Information provided by each client about medication and/or relevant diagnosis:

Client A:

Client B:

Is either partner interested in getting a diagnosis and/or exploring medication as a treatment option: Yes No

COUPLE INTAKE FORM

CURRENT HEALTH | MEDICAL CONDITIONS

Pertaining to both partner's, do any current health or (physical) medical conditions require medication? Please list:

Concussion history? Yes No Comments, if yes:

(To assess for long haul symptoms that mimic or exacerbate mental health conditions):

Past Covid infection? Yes No

Post-infection symptoms, if any: (*brain fog, trouble concentrating, significant fatigue, depression, sleep problems, anxiety, mood changes occurring specifically after infection*):

ASSESSMENT OF RISK

Has either partner ever had thoughts of harming themselves (describe): Yes No

In the last few days, has either partner had suicidal thoughts (describe): Yes No

If yes, please describe the frequency: Intensity: Duration (min/hours):

Has either partner made a suicide attempt (describe): Yes No

ADDITIONAL INFORMATION

What support does the couple have in their life (describe):

Family History and current situation:

Cultural background and religion:

Recreational drug & alcohol use (describe):

Risks & Benefits of therapy discussed: Yes No

Clinical Measures sent (indicate which):

Electronic Consent Form/Link sent: Yes No

My Notes

A series of horizontal dotted lines for writing notes.

My Notes



DIG A LITTLE DEEPER
Psychotherapy & Counselling

Please note that everything provided here is property of
Dig A Little Deeper, Psychotherapy & Counselling.

Please do not distribute this document without approval.

www.digalittledeeper.ca
admin@digalittledeeper.ca
[@DigALittleDeeperTherapy](https://www.instagram.com/DigALittleDeeperTherapy)

DIY  **ADHD**
Couples