

Meeting A Crucial Need...

Adults with attention-deficit/hyperactivity disorder (ADHD) experience significant difficulties with time management, organization, and planning, which medication alone cannot remediate.

The treatment program aims to instill cognitive and behavioral strategies that can compensate for deficits in executive function, or that can encourage individuals to more consistently and effectively utilize the executive skills they already possess.

PACIFIC psychology CLINIC

Hillsboro:

Phone: 503-352-7333
222 SE 8th Ave., Suite, 212
Hillsboro, OR 97123



Downtown:

Phone: 503-352-2400
1411 SW Morrison St.,
Suite 205
Portland, OR 97205

Please visit us online:
www.pacificu.edu/spp/clinic/

Group Therapy for Adults with ADHD

An evidenced-based
cognitive behavior
therapy targeting
executive dysfunction



Offered by Pacific
Psychology Clinic with
locations in downtown
Portland and Hillsboro

What should I expect?

Q&A

The program of treatment is designed to address many of the most common problems and complaints that are documented as areas of deficit for adults with ADHD: inefficiency, failure to complete tasks, difficulties initiating and terminating tasks and activities in a timely fashion, disorganization, poor planning, procrastination, tardiness, forgetfulness, indecisiveness, difficulty prioritizing and perfectionism.

There is a strong focus on out of session exercise in order to reinforce skills that are taught during the group. The structure of the program is designed to increase the likelihood that participants will be reinforced for their efforts to make changes so that new behaviors will be encouraged and maintained.

The CBT program is designed for a group of six to eight adults meeting weekly for 2 hours over 12 weeks. Groups are scheduled in the evening so as to allow working adults to complete the workday and travel to the session.



Topics will include:

Time management: Time awareness and scheduling
Time management: Overcoming emotional obstacles
Getting organized: Setting up an organizational system
Plan a project --and get it done!

When will groups start?
Several groups occur throughout the year. Please contact our clinic for the next start date.

Can I join the group even if it has started already?
Unfortunately this is a closed group. If you are interested, we can put you on a waiting list and notify you when the next group starts.

How much does the group cost?
Each group session costs \$10.00 (\$80.00 if prepaid). We do not bill insurance.

Can I attend this group even if I do not have a diagnosis of ADHD?
All participants must have an established diagnosis of ADHD from a mental health professional.

Who should I contact to get more information?
Call the PPC clinic downtown (503-352-2400) or Hillsboro (503-352-7333).