



National
Resource
Center
on ADHD
A Program of CHADD

Ask the Expert Webcast Chat Series

Presented by the
National Resource Center on ADHD



**National
Resource
Center
on ADHD**
A Program of CHADD

www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert Can Mental Health Professionals be ADHD Coaches?

How to effectively integrate coaching methods into your counseling practice



Abigail Levrini, PhD

**A recording of today's webinar will be available
in two business days at www.Help4ADHD.org**



**If you are having difficulties with asking questions or
would like to talk with a Health Information Specialist**

**Call the
National Resource Center on ADHD**

(800) 233-4050



**National
Resource
Center
on AD|HD**
A Program of CHADD

Please take our survey!

Send us your feedback about today's webinar!
Following the webinar, a survey will appear on
your screen.

Thank you for helping us plan future webinars
that meet the interests of the ADHD
community!





**National
Resource
Center
on ADHD**
A Program of CHADD

www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert Can Mental Health Professionals be ADHD Coaches?

How to effectively integrate coaching methods into your counseling practice



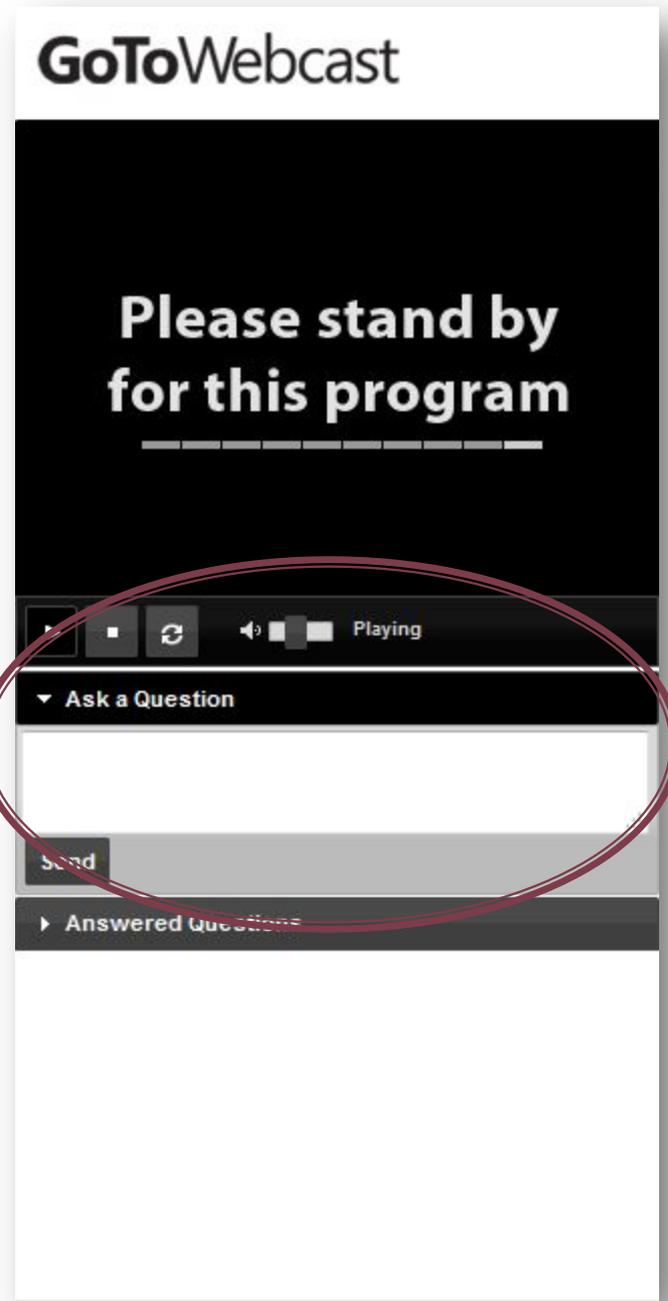
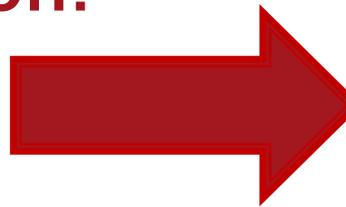
Abigail Levrini, PhD
Licensed Clinical Psychologist
ADHD Coach

Owner, Psych Ed Coaches

Author, *Succeeding with Adult ADHD* (APA, 2012)
and *ADHD Coaching for Mental Health Practitioners* (APA, 2015)

The National Resource Center on ADHD: A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This *Ask the Expert* webcast is supported by Cooperative Agreement Number 1U84DD001049-01 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.

To Ask A Question:





**National
Resource
Center
on ADHD**
A Program of CHADD

www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert Can Mental Health Professionals be ADHD Coaches?

How to effectively integrate coaching methods into your counseling practice



Abigail Levrini, PhD

ADHD Coaching Theory

- ▶ The ADHD coaching model described in Dr. Levrini's new book (APA, In Press) uses two primary theoretical models: CBT and psycho-education. In addition, we rely on executive functioning (EF) as a way of understanding client difficulties and formulating coaching goals. EF is becoming increasingly more popular in the literature as a way of describing the etiology of and the deficits associated with ADHD.
- ▶ According to Barkley, ADHD is not a skill deficit, but a difficulty with behavioral execution and self-regulation. Due to executive functioning deficits, those with ADHD will have significant difficulty implementing and persisting with coping techniques. They find it very difficult to sacrifice an immediate reward either to gain some longer-term reward or to avoid some later harm (Levrini & Prevatt, 2012).

Coaching vs. CBT

Common Elements of ADHD Coaching and Cognitive Behavioral Therapy (adapted from Thomas, Rostain, & Prevatt, 2013)

Elements Associated with Both ADHD Coaching and CBT	Elements Primarily Associated with ADHD coaching	Elements Primarily Associated with CBT
<ul style="list-style-type: none"> • Case conceptualization • Information and psychoeducation • Goal setting • Prioritizing • Motivation • Organizational skills • Planning and scheduling • Problem solving • Maintaining attention and reducing distractibility • Changing procrastination to persistence at tasks • Stress management and relaxation techniques • Impulse control and anger and frustration management • Confidence and self-esteem building • Relationships and communication skills • Memory improvement • Between session homework activities • Medication management as adjunctive to treatment 	<ul style="list-style-type: none"> • Academic skills • Life management and healthy lifestyle (finances, maintaining a home, nutrition, exercise, sleep) • Referral for additional treatment of extensive comorbidities (depression, anxiety, substance abuse) 	<ul style="list-style-type: none"> • Behavior analysis • Mindfulness training • Cognitive restructuring • Emotional regulation • Direct treatment of comorbidities (depression, anxiety, substance abuse) • Family dynamics

Basic Rules of Coaching



- ▶ The Coach is not a teacher or a parent. The Coach will not tell the client what to do. The Coach might make suggestions and give options, but the Coach will primarily help the client determine their own effective strategies and solutions.
- ▶ Coaching helps the client learn how to manage their life by using a problem solving approach. Together, the Coach and client will identify the issue or goal, brainstorm potential solutions, discuss pros and cons of each strategy, select a solution, discuss specific barriers that might arise and how to overcome them, implement a task or strategy in the following week, re-evaluate the strategy the following week, and either redo the strategy (if barriers were encounter) or select a new issue/goal if the strategy was successful.
- ▶ Motivation is a critical part of Coaching. Incentives and consequences are routinely used in Coaching. Initially, the Coach may provide external motivation (reminders, test messages), and play a major role in helping the client manage their incentives and consequences. However, as Coaching progresses, the client will be encouraged to manage their own incentives/consequences and work towards utilizing more internal motivation.

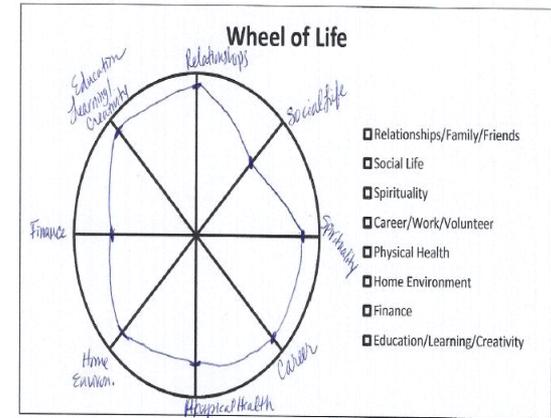
Long Term Goals

- ▶ Goal directed behavior occurs when a person is able to hold a **Long Term/Monthly Goal (LTG)** in their awareness and use the abstract image of that goal to guide and direct their actions.
- ▶ For individuals with ADHD or EF dysfunction, this knack does not come easily. Without the capacity to hold a goal in mind with consistency and focus, the ability to overcome obstacles as they are presented becomes increasingly difficult, further hindering the completion of any LTGs.
- ▶ Being *S.M.A.R.T-P* makes for an effective LTG:
 - *Specific*
 - *Measurable*
 - *Action Driven*
 - *Realistic*
 - *Time Sensitive*
 - *Process Based (rather than Outcome based)*

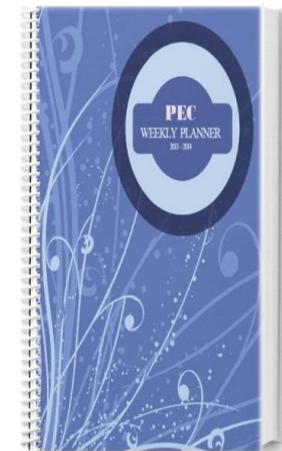


Specific Strategies

- ▶ Specialty Timers
- ▶ ADHD Life Wheel
- ▶ Metaphors
- ▶ Inspiration Toolbox
- ▶ Decision Making Table
- ▶ Juggling Exercise
- ▶ Processing Exercise
- ▶ Eisenhower Grid
- ▶ Learning Style
- ▶ PEC Planner
- ▶ Graphic Organizers
- ▶ Career Tools
- ▶ Apps and Web Products



	URGENT ← → NOT URGENT	
IMPORTANT ↑	1	2
↓ UNIMPORTANT	3	4





QUESTIONS???

THANK YOU!



**National
Resource
Center
on ADHD**
A Program of CHADD

www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert Can Mental Health Professionals be ADHD Coaches?

How to effectively integrate coaching methods into your counseling practice



Abigail Levrini, PhD

Take our survey!

- ▶ Please take a moment to send us your feedback about today's webcast! Following the webcast, a brief survey will appear on your screen. Thank you!





National
Resource
Center
on AD|HD
A Program of CHADD



Ask the Expert

Summer Series: It's all about Family

Register Now at
www.Help4ADHD.org

This is a presentation of the



**National
Resource
Center
on ADHD**

A Program of CHADD

www.Help4ADHD.org

800.233.4050

The information provided in this episode of *Ask the Expert* is supported by Cooperative Agreement Number 5U38DD000335-05 from the Centers for Disease Control and Prevention (CDC). The Ask the Expert webinars' contents are solely the responsibility of the invited guest Expert and do not necessarily represent the official views of CDC. Neither CHADD and the National Resource Center on ADHD, nor the CDC endorses, supports, represents or guarantees the accuracy of any material or content presented in the Ask the Expert webinars, nor endorses any opinions expressed in any material or content of the webinars. CHADD and the National Resource Center on ADHD offer webinars for educational purposes only; the information presented should not be regarded as medical advice or treatment information.