

ADHD MENTORING



Professional Training for **Psychotherapists & Counsellors**
on working with **ADOLESCENTS WITH ADHD**

Developed by adolescent counsellor **Terri Lloyd**

Delivered by Psychotherapist **Jenny Ní Fhionnusa**

**Approved and accredited by the Irish Association for
Counselling and Psychotherapy (IACP) for Continuing
Professional Development (CPD) - 14 CPD hours**



BACKGROUND

ADHD is the most common neurodevelopment condition presenting to child and adolescent mental health, paediatric, and primary care services. As a result, statistics reveal that the global prevalence of adolescents aged 12 to 18 years with ADHD stands at 5.6% which represents 1 in 20 of the population. There is currently limited training available for psychotherapists and counsellors working with adolescents to recognise and effectively support this neurodevelopmental condition.

This 14 hour course will support professionals by providing psychotherapists and counsellors of all modalities who work directly with adolescents (who may have diagnosed or undiagnosed ADHD), with the skills and understanding to detect and work effectively with this neurodivergent condition. Through the therapeutic relationship and the neuro-affirmative approach this training will provide professionals with the understanding, skills and strategies to deeply understand and meet the needs of their clients; thereby providing validation, compassion, and acceptance to support their clients on their journey to self- discovery and self- acceptance.





Modules

Day 1

Introductions & Understanding ADHD in Adolescents (2 hours)

M1: Welcome & Introductions

- Group Rules. Course overview:
- Learning objectives of training, current understanding of ADHD

M2: Overview of ADHD

- Definition and common misconceptions.
- Prevalence and demographics in adolescents.
- Impact on daily functioning and well-being.
- DSM-5 criteria for ADHD in adolescents (interdisciplinary collaboration in diagnosis).

Day 2

Neurobiology, Pharmacology, and Comorbidity (2 hours)

M3: Neurobiological Basis of ADHD

- Brain structures and functions.
- Neurotransmitter imbalances.
- How ADHD can present and how it feels.
- Implications for therapeutic interventions and how to support your client.

M4: Pharmacological Interventions and Comorbidity

- Overview of medications for ADHD.
- Co-occurring conditions (e.g., anxiety, depression).
- Collaborative care with psychiatrists.

Day 3

ADHD in childhood (2 hours)

M5: Impact of having ADHD as a child

- Effect of stigma.
- Exploring how ADHD impacts the child's experiences, feelings and behaviour.
- Self-esteem and Self-worth.

M6: The developing adolescent with ADHD

- Exploring the emotional and mental world of a child with ADHD entering adolescence.
- Practical exercises for therapists and clients:
- Mindfulness
- CBT





Modules continue

Day 4

Parental Involvement and Family Dynamics (2 hours)

M7: Engaging Parents in Treatment

- Importance of parental involvement.
- Communicating about ADHD and treatment goals.
- Collaborative goal-setting.

M8: Family Systems Approach

- Understanding family dynamics and genetics.
- Implementing family-focused interventions.
- Role-playing and case discussions.

Day 5

Educational Strategies and Support (2 hours)

M9: Academic Support and IEPs

- Educational challenges for adolescents with ADHD.
- Developing Individualised Education Plans (IEPs).
- Collaboration with educators and school staff.

M10: Practical Study Skills and Organisational Strategies

- Exploring effective study skills.
- Organisational tools for academic success.
- Time management strategies.

Day 6

Social Skills and Peer Relationships (2 hours)

M11: Social Skills Training

- Recognizing social challenges.
- Teaching social skills and problem-solving.
- Group activities for skill development.

M12: Peer Relationships and Bullying

- Exploring ADHD's impact on peer interactions.
- Strategies for addressing bullying.
- Therapeutic interventions for improved social competence.



Modules contd...

Day 7

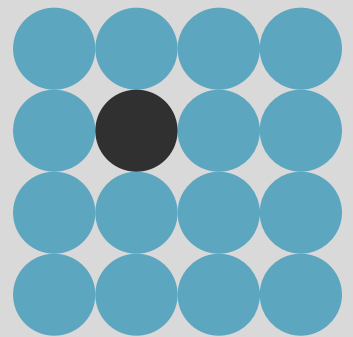
Transition to Adulthood and Relapse Prevention (2 hours)

M13: Transitioning to Adulthood

- Planning for the transition.
- Addressing challenges in independence.
- Supporting clients in education and vocation.

M14: Relapse Prevention and Long-Term Strategies

- Identifying relapse triggers.
- Developing long-term coping strategies.
- Creating a comprehensive relapse prevention plan.



Note

Each week will include a mix of lecture, case discussions, role-playing, and interactive exercises. The training will accommodate various therapeutic modalities, providing a comprehensive understanding and practical tools for psychotherapists and counsellors working with adolescents with ADHD. Reading lists and independent research on topics will be required and discussed. Time will be allocated for Q&A sessions and peer collaboration.

Developed by

TERRI LLOYD

Terri Lloyd Dip MAMBA is a fully qualified therapeutic counsellor for adolescents and freelance neurodiversity consultant specializing in ADHD. She supports adolescents who have ADHD through individualised one to one sessions and also in online courses and workshops. She has over 15 years' experience of working with teenagers and young people in schools and the voluntary sector providing counselling and therapeutic support, and working with charities providing support to parents of children with disabilities.

Terri brings an integrative approach tailored to individual needs, skilled in a variety of techniques: Mindfulness, Art Therapy, Anger Management, WhyTry behaviour programme, 123 Magic, Surviving Your Adolescent, The non Violent Resistant Programme and CBT.

Terri was awarded with a Distinction Masters Degree in Special Educational Needs and Learning Difficulties in 2018 with I.C.E.P Europe – Institute of Child Education and Psychology. She is passionate about using her wide and varied experience and evidence-based knowledge raising understanding and acceptance of ADHD and supporting young people, parents and schools on their ADHD journey.



Delivered by

Jenny Ní Fhionnusa

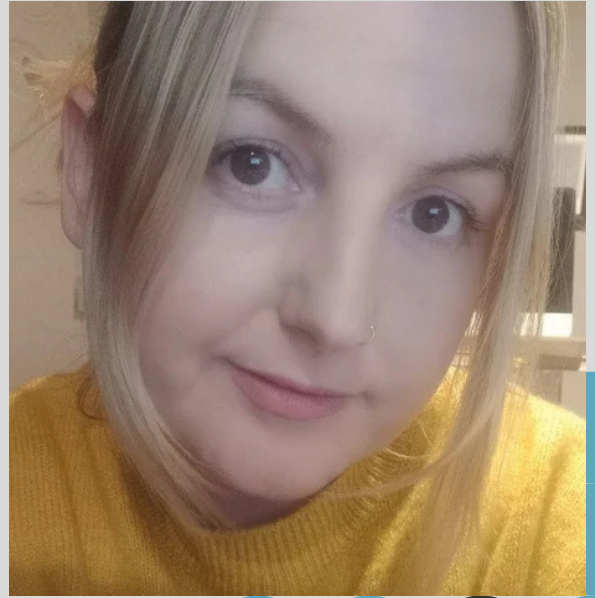
I am a QQI Level 6 Train the Trainer qualified facilitator with over 20 years of experience in training design and delivery. My work is grounded in strong facilitation skills, which I have used extensively to support groups, communities, and families across a wide range of programmes.

For more than 15 years, I have worked within youth and community settings, directly supporting young people, particularly those with ADHD and other forms of neurodivergence, in developing social and professional skills. My experience also includes working in social care and providing autism-specific support, with a focus on building confidence, independence, and practical life skills.

I have over three years of experience with ADHD Ireland, where I worked as an Assistant Psychologist, Assistant Researcher, and Facilitator on their evidence-based ADHD programme. In these roles, I supported programme delivery, research initiatives, and skills-based group work, including facilitating the UniMAAP programme designed specifically for university students with ADHD.

Currently, I work in student mental health and wellbeing within a university setting, supporting neurodivergent students in navigating third-level education and developing the tools they need to succeed both academically and personally.

My approach is practical, inclusive, and person-centred, with a strong emphasis on empowering individuals through tailored support and evidence-informed facilitation. I have a background in Wellbeing, Psychology, and Psychotherapy.



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