

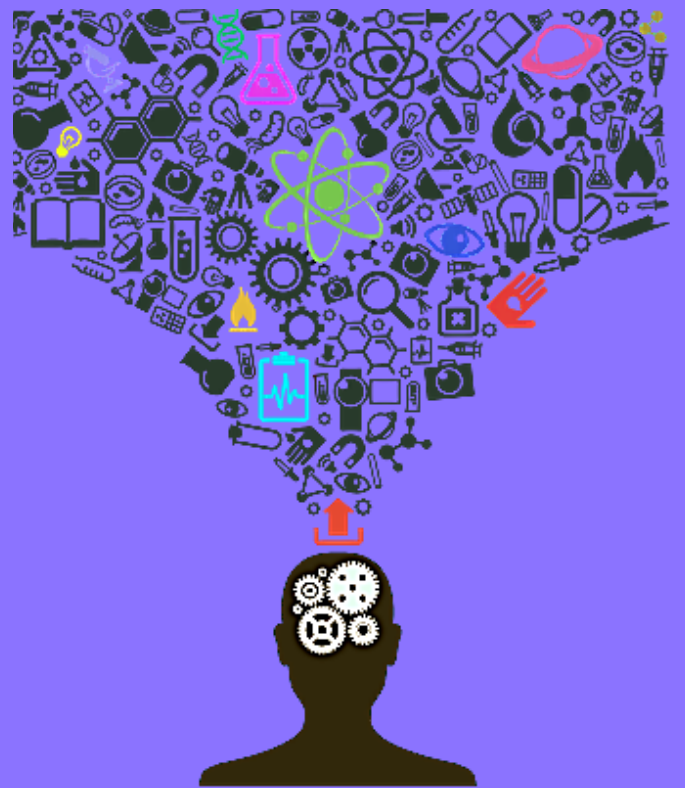
ATTENTION DEFICIT HYPERACTIVITY DISORDER

GROUP THERAPY

Age Group: 21yrs+

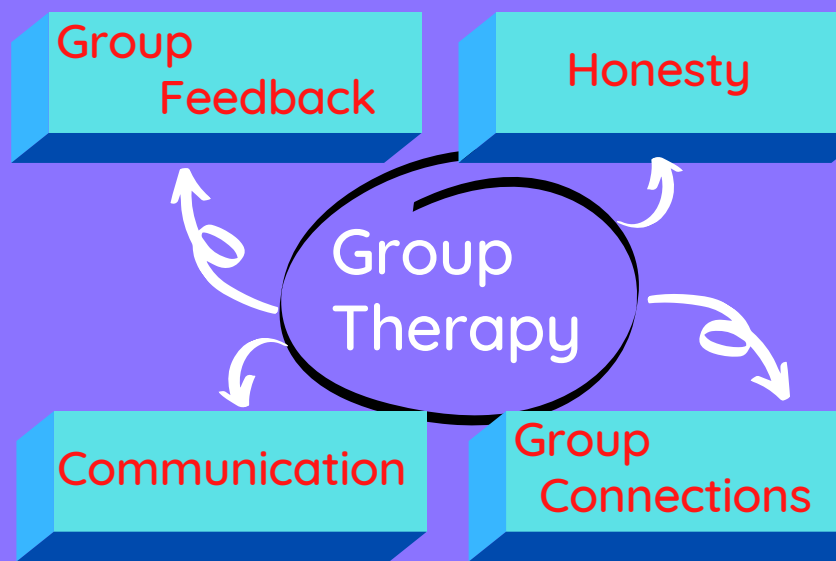
WHAT IS ATTENTION DEFICIT HYPERACTIVITY DISORDER?

Attention deficit hyperactivity disorder (ADHD) is a mental health disorder that can cause above-normal levels of hyperactive and impulsive behaviors. People with ADHD may also have trouble focusing their attention on a single task or sitting still for long periods of time. Adults with ADHD may find it difficult to focus and prioritize, leading to missed deadlines and forgotten meetings or social plans. The inability to control impulses can range from impatience waiting in line or driving in traffic to mood swings and outbursts of anger



BENEFITS TO GROUP THERAPY

Group therapy is a form of psychotherapy that helps people better understand themselves and relate to other people. Going to a group with others who experience the same challenges helps people realize they are not alone. This fosters a safe environment for participants to share ideas and troubles.



THEMES OF THE SESSIONS

1. Attention
2. Time Management
3. Impulsivity
4. Prioritization
5. Procrastination
6. Self-Regulation



DAYS: EVERY MONDAY

PRICE: 2,000/SESSION

Location: ReACH Psychiatry (The Clinic, 4th Floor)- #319, 7th main, HRBR Layout, Kalyan nagar, Bangalore-43 (Landmark- Above health and glow, opposite Banaswadi Metropolitan club)