

COACHING

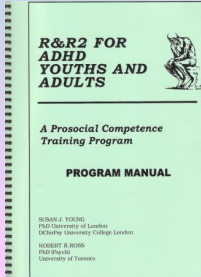
- Behavioural Experiments
 - You change your behaviour and see how it changes behaviour of others
 - Lists, Alarms, Diary, Reminders
- Distract thoughts, positive thinking
- Breathing, Relaxation

Psychological Treatment Programmes

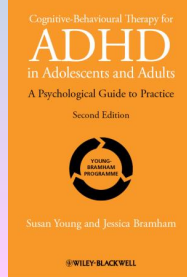
- *Manualised group programme*
- *8-12 years with cognitive, emotional, behavioural and social problems*
- *Individual group programme*
- *5-12+ years*
- *ADHD + behavioural problems*

Psychological Treatment Programmes

Manualised group programme
13+ years
ADHD + antisocial behaviour

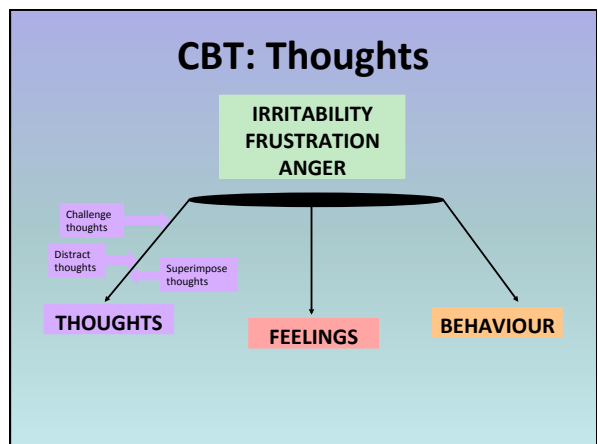
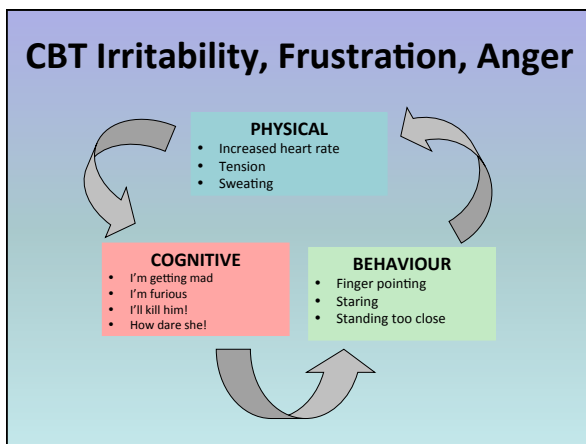
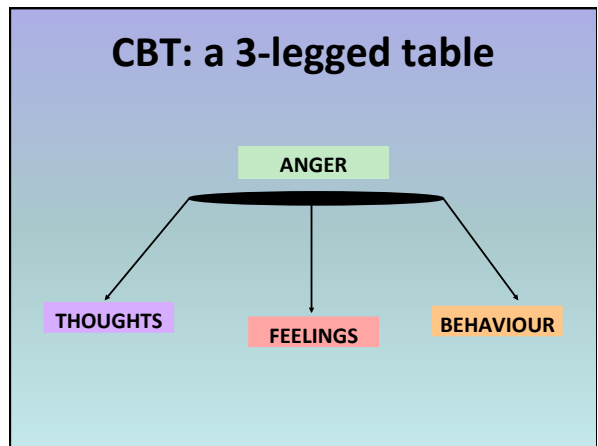
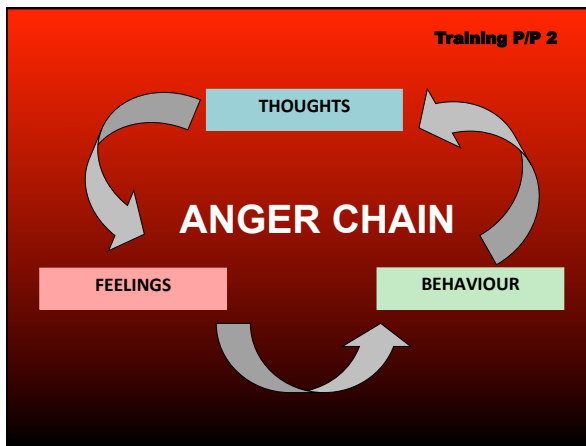


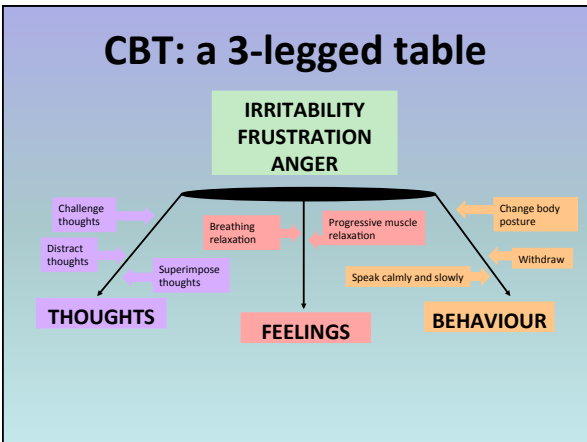
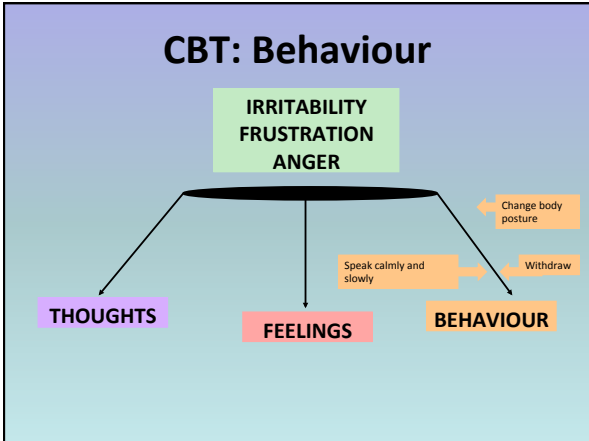
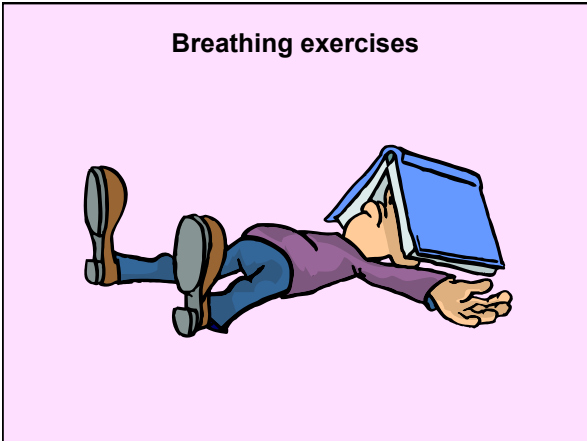
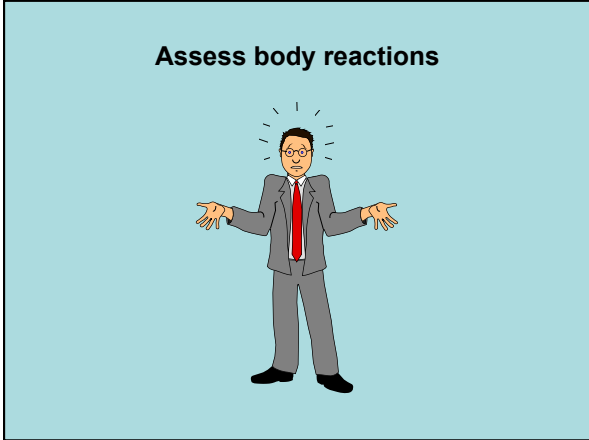
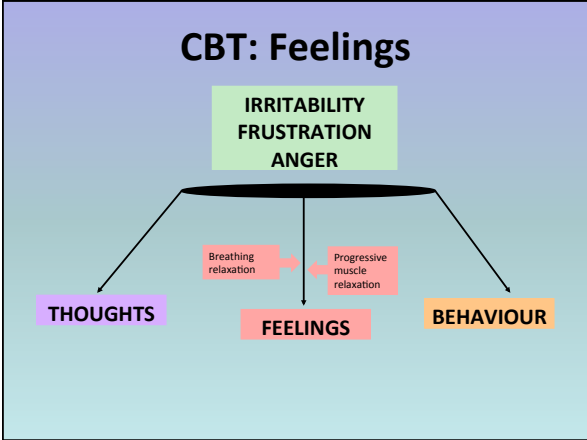
Individual/group programme
Adolescents/adults
ADHD + comorbid problems



Identify "Early Warning Signals"

- Pay attention to what you notice about yourself
- Pay attention to what you observe in the environment





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