



ADHD Skills Program for Children, Adolescents and Adults using Dialectical Behaviour Therapy Skills with optional creative exercises

Session	Subject	Optional Creative Exercises – Materials needed
1 P. 1-7	Introduction to ADHD and how DBT could assist.	What is it like to have ADHD -Pencils and Paper (sketch pad size paper)
2 P. 8-9	The STOPP and TIPP skill (Distress Tolerance Skills)	Coloured Paper, scissors and glue – represent STOPP skill. Collage of what works for you in TIPP skills.
3 P. 10-14	States of Mind Skill – How to Get to Wise Mind (developing self-insight)	Wise Mind image – texters, coloured pens or paints. What could wisemind look like?
4 P.14-20	Open eyed active Mindfulness- staying present Checking the facts	Watercolours representing how present active Mindfulness felt
5 P.21-23	Guided Imagery - visualization exercise	Placing Objects
6 P.23-24	Dialectics and Validation	
7 P.24-26	How to Manage Your Emotions, Reduce vulnerabilities, Know your Triggers	Found Objects
8 P.26-28	Coping Ahead	Plan your steps ahead-images
9 P.28-29	Which DBT skills could be helpful for some of the ADHD behaviours and situations	Collage of Skills
10 P.30-31	Using Your Coach, increasing confidence.	

If you wish to use some creative exercises some suggestions are in the programs and a list of some art materials are shown above. (No talent is required it is about learning in a non-verbal way through Art Therapy simple tasks). **The total time of verbal and video content is around two hours. You would at least double that if you were going to do the creative exercises.**

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Materials have been sourced from Professor Marsha Linehan's Behavioural Tech.org. (DBT).ADHD specific materials sourced from Stephanie Moulton Sarkis PhD NCC DCMHS LMHC