



Jessica Shepherd Counselling |
The ADHD Hub

ADHD THERAPY OPTIONS | ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE PACKS

www.jessicashepherdcounselling.com

This guide has been created to help you understand the ADHD services available within my practice. I specialise in working with children, teens, and adults through a neurodivergent-affirming, ADHD-focused approach, offering options that range from coaching and counselling to blended therapy and functional needs profiles. The aim of this guide is to give you a clear overview, so you can choose the support that best fits your needs.





www.jessicashepherdcounselling.com

TABLE OF CONTENTS —

Practitioner Profile	03
About the practice	04
ADHD Therapy Coaching	05
ADHD Symptoms & Functional needs Profiles	09
ADHD Family Support	14
ADHD Relationship Therapy	17
The ADHD Hub Subscription service	21
Contact Information	22



PRACTITIONER PROFILE

JESSICA SHEPHERD

PSYCHOTHERAPIST | ADHD SPECIALIST
ADHD-CCSP DIP.COUNSEL MBACP

My Professional Qualifications

- Level 4 Higher National Diploma in Counselling (Herne Bay Counsellor Training)
- Qualified ADHD Assessor (trained under Prof. Susan Young)
- ADHD Specialist Certifications (PESI, Evergreen ADHD Clinical Services, Naturalistico ADHD Coach)
- Autism & Neurodiversity training (Level 3)
- Registered Member of BACP (No. 00983954)
- Qualified Breathwork & Meditation Teacher (Noble Work Foundation)

My Personal Experience

I live with ADHD myself, so I understand the overwhelm, the masking, and the intensity that can come with a neurodivergent brain. This isn't just theory for me — it's lived experience.

✨ This fuels my commitment to creating a space where you can drop the mask, move freely, and feel understood.

My Neurodivergent Ethos

- ND minds aren't broken — they're different
- Difference deserves celebration, not correction
- Every session is tailored to your unique brain patterns (movement, breathwork, structure, or flexible approaches)
- This isn't a one-size-fits-all model

Why I Do This Work

Too many ND people are made to feel “too much” or “not enough.” My practice exists as a safe space where stimming is welcome, emotional intensity is understood, and ND traits are seen as strengths.



www.jessicashepherdcounselling.com
email@jessicashepherdcounselling.com
Text/Whatsapp - 07530953169

JESSICA SHEPHERD COUNSELLING & ADHD PRACTICE



☀️ ABOUT THE PRACTICE

This practice is built on the belief that neurodivergent people don't need fixing — they need understanding, celebration, and support that actually works for them. Everything I create, from ADHD Symptom & Functional Needs Profiles to therapy sessions and resources, is designed to be accessible, affirming, and practical. My approach combines specialist training with lived experience, making sure every report or session reflects real daily life and can be used confidently with schools, GPs, or benefits systems.



THERAPY/COACHING OPTIONS

My approach to therapy is designed with neurodivergent people in mind. Sessions are structured to be flexible, accessible, and free from clinical jargon — so you feel understood rather than “tested.” The next sections will show how this ND-friendly approach creates a safe, practical space for real progress, whether in therapy or coaching.

1

ADHD COACHING

2

ADHD COUNSELLING

3

ADHD FOCUSED THERAPY

ADHD COACHING

ADHD Coaching is a practical, goal-focused service for teens and adults who want support with the everyday challenges of ADHD. Unlike therapy, coaching is future-focused and designed to give you tools, structure, and accountability to manage life more confidently.

🕒 How it Works

- Sessions are 50 minutes each
- Available face-to-face or online
- Client-led: you set the focus, I support you in reaching your goals
- You'll leave each session with clear, manageable tasks to try out between meetings
- Progress is tracked together, so you can see real changes over time

🧠 What We Work On

ADHD Coaching can help with:

- Executive functioning difficulties (planning, organisation, time management)
- Staying on top of work, school, or studies
- Managing home and family life more smoothly
- Building coping strategies for overwhelm and procrastination
- Strengthening routines and follow-through

✨ **The aim is to help you feel more in control of daily life, with strategies that actually fit your brain.**



ADHD COUNSELLING

ADHD Counselling is a therapeutic space for children, teens, and adults to explore thoughts, feelings, and experiences through an ADHD and neurodivergent lens. Unlike standard counselling, these sessions are specifically designed for ND minds and thought patterns, so you don't need to explain or mask — the approach starts from a place of understanding.

🕒 How it Works

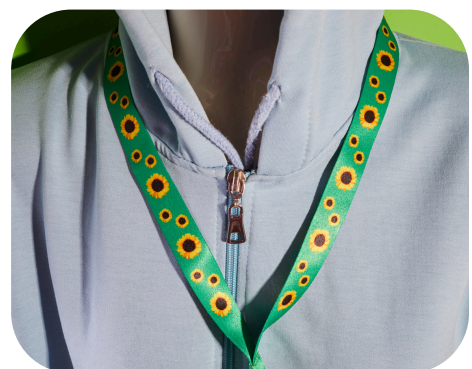
- Sessions are 50 minutes each
- Available face-to-face or online
- Flexible structure: sessions can move at the pace and style that works best for you
- Focus on emotional wellbeing, identity, and daily challenges
- ND-aware CBT skills and coping strategies are integrated into the work, tailored for ADHD

🧠 What We Work On

ADHD Counselling can help with:

- Managing overwhelm, anxiety, or low mood linked to ADHD
- Building self-esteem and reducing self-blame
- Understanding thought patterns and emotional triggers
- Processing life events and challenges from an ND perspective
- Strengthening coping skills and emotional regulation

✨ **The aim is to give you a safe, non-judgemental space where your ND brain is understood — while supporting you with skills that improve everyday life.**



ADHD FOCUSED THERAPY

ADHD-Focused Therapy is a blended approach for children, teens, and adults that combines the depth of counselling with the practical tools of coaching. It's designed specifically for neurodivergent minds, offering both a safe therapeutic space and structured skills to manage daily life.

🕒 How it Works

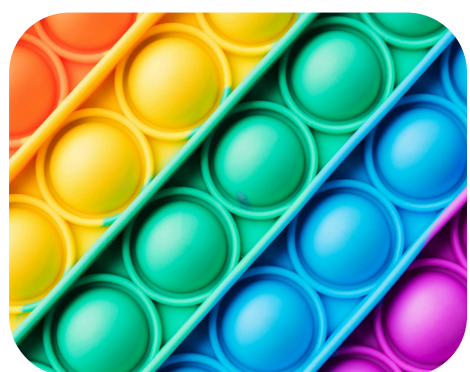
- Sessions are 50 minutes each
- Available face-to-face or online
- Flexible and client-led: we work with what feels most important to you
- Integrates counselling, CBT skills, coaching, and life strategies
- Each session balances therapeutic reflection with practical steps you can take away

🧠 What We Work On

ADHD-Focused Therapy can support with:

- Understanding ADHD traits and their impact on identity, emotions, and relationships
- Building coping strategies for executive functioning challenges (organisation, routines, follow-through)
- Managing emotions and thought patterns in an ND-aware way
- Strengthening self-esteem and reducing self-criticism
- Blending therapeutic insight with real-life skills for home, school, or work

✨ **The aim is to provide the best of both worlds: the understanding and support of therapy, combined with the structure and skills of ADHD coaching — all tailored to the way ND minds work.**





ADHD SYMPTOMS & FUNCTIONAL NEEDS PROFILE

ADHD Symptom & Functional Needs Profiles are for children, teens, and adults (ages 6+) who are showing signs of ADHD and need structured evidence to move forward. They're designed for families who want a clearer understanding of ADHD traits, how these impact daily life, and practical recommendations for support. The profiles are especially helpful if you're preparing for an NHS or private referral, applying for an EHCP, or seeking evidence for school, workplace, or benefits applications.

1

STANDARD ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE

2

ENHANCED ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE

3

COMPREHENSIVE ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE

4

ADHD APPEALS SUPPORT

STANDARD ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE



The Standard Profile is the starting point for understanding ADHD traits and how they may be affecting daily life. It offers a clear, structured overview of symptoms and functional challenges, creating a report that can be shared with schools, GPs, or used to support NHS/private referrals.

How it Works

- 1 session (up to 2 hours)
- Delivered online (Zoom only)
- Includes core ADHD symptom screening (inattention, hyperactivity, impulsivity)
- Involves both parent and child statements (where relevant)
- School is contacted for feedback
- You'll receive a summary report with recommendations

What It's For

The Standard Profile can help with:

- Taking the first step towards understanding ADHD traits
- Collecting evidence for GP/school to strengthen referrals
- Providing clarity for parents and young people about daily challenges
- Creating a baseline overview that can be built upon with more detailed packages if needed

✨ **The aim of the Standard Profile is to give families a clear first step and professional evidence they can confidently use to move forward.**

ENHANCED ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE



The Enhanced Profile goes deeper than the Standard option, offering a more detailed picture of ADHD traits and their impact on daily life. It not only explores symptoms but also looks at functional skills and the challenges faced across home, school, and social settings. The result is a more comprehensive report that families can use with confidence when seeking support.

🕒 How it Works

- 1–2 sessions (up to 3 hours total)
- Delivered online or face-to-face (your choice)
- Includes everything from the Standard Profile ✓
- Adds a functional skills screening (organisation, self-care, safety, communication)
- Explores the impact of ADHD across settings (home, school, social/emotional)
- Option to include additional neurodiversity modules: masking, rejection sensitivity (RSD), sensory processing, sleep, strengths, and girls & ADHD
- You'll receive an expanded written report with perspectives from both parents and school

🧠 What It's For

The Enhanced Profile can help with:

- Building a fuller understanding of ADHD traits and functional impact
- Providing stronger evidence for referrals to GPs or private services
- Supporting school applications and adjustments with clear examples
- Giving families more insight into how ADHD is shaping daily life

★ **The aim of the Enhanced Profile is to create a more rounded, in-depth view of ADHD traits and needs, making it easier to access the right support.**

COMPREHENSIVE ADHD SYMPTOM & FUNCTIONAL NEEDS PROFILE



The Comprehensive Profile is the most in-depth option, designed to give families a gold-standard evidence pack. It combines ADHD criteria screening with a full functional abilities profile, parent/school feedback, and tracking tools to build a detailed report that can be used for referrals, EHCP applications, and benefits such as DLA or PIP.

How it Works

- 2–3 shorter sessions (4–5 hours total, spread out to reduce fatigue)
- Delivered online or face-to-face
- Includes everything from the Enhanced Profile 
- Parent tracker pack provided (symptom log, sleep diary, routine & regulation trackers)
- Tracker data analysed and built into the report
- Full functional abilities profile (executive functioning, independence skills, daily living)
- Structured school liaison and feedback included
- You'll receive a comprehensive written report suitable for education, healthcare, and benefits

What It's For

The Comprehensive Profile can help with:

- Providing gold-standard evidence for EHCP applications
- Supporting DLA/PIP claims with detailed functional examples
- Strengthening NHS or private ADHD referrals with in-depth data
- Giving families and professionals a complete picture of daily impact and support needs

 **The aim of the Comprehensive Profile is to provide a thorough, multi-setting, evidence-based report that can be confidently used across education, healthcare, and benefits systems.**

ADHD APPEALS PROCESS SUPPORT



Appeal

The Appeals Support Profile is designed for families who have already been through part of the ADHD process but have been refused diagnosis, support, or funding. It focuses on gathering new and additional evidence, reviewing past reports, and building a strong, structured case to present in an appeal.

How it Works

- 2 sessions (approx. 3 hours total)
- Delivered online or face-to-face
- Review of previous reports and rejection letters
- New evidence gathered from school, family, and trackers
- In-depth functional abilities profile included
- A detailed appeal report and structured appeal letter prepared
- Optional school liaison to support your case

What It's For

The Appeals Support Profile can help with:

- Challenging a refusal of ADHD diagnosis or support
- Providing fresh evidence to strengthen your appeal
- Supporting applications for EHCP, DLA/PIP, or specialist schooling
- Making sure families feel confident and supported through what can be a stressful process

★ **The aim of the Appeals Support Profile is to create a robust, evidence-based case so that families have the best chance of overturning a decision and securing the support they need.**



ADHD FAMILY SUPPORT

ADHD Family Support is for parents, carers, and siblings who want guidance in understanding and managing the challenges that ADHD can bring at home and in school. It provides space to learn about ADHD traits, explore strategies that work for neurodivergent children and teens, and build confidence in supporting daily routines and emotional wellbeing. This service is especially valuable for families navigating school meetings, referrals, or benefits applications, and for those who want practical tools to create calmer, more supportive home environments.

1

WHAT IS ADHD FAMILY SUPPORT ?

2

WHAT WE COVER

WHAT IS ADHD FAMILY SUPPORT?



ADHD Family Support is designed for parents, carers, and siblings who want guidance in understanding and managing ADHD at home and in school. It provides education, practical strategies, and emotional support to help families feel more confident and less overwhelmed when navigating daily routines, school meetings, or wider family challenges.

How it Works

- Sessions are 50 minutes each
- Delivered online or face-to-face
- Can be booked for parents only, the whole family, or siblings
- Focus on education, strategies, and confidence-building
- Tailored to your family's unique needs and circumstances

What It's For

ADHD Family Support can help with:

- Understanding ADHD traits and how they affect family life
- Building strategies for routines, emotional regulation, and communication
- Supporting parents to feel confident in school/EHCP meetings
- Managing the needs of siblings and reducing conflict at home
- Helping families work together, rather than feeling isolated or misunderstood

The Aim

The aim of ADHD Family Support is to give families the knowledge, tools, and confidence to support their child effectively while also looking after their own wellbeing. By working together, families can create calmer home environments, feel prepared for professional meetings, and ensure every child's needs are recognised.

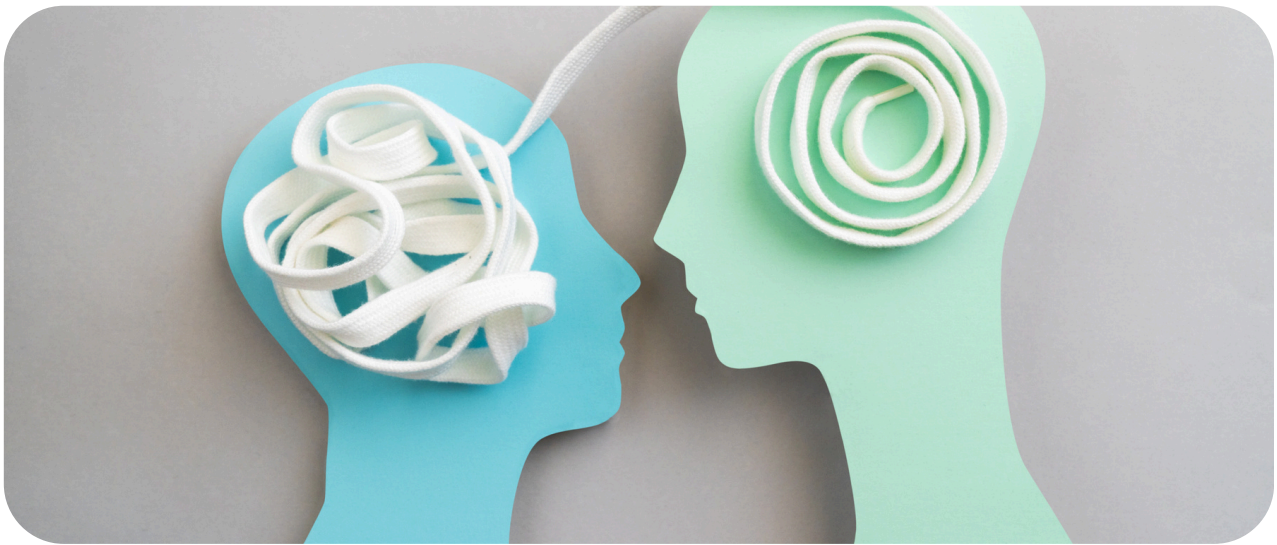
WHAT WE COVER



Family support sessions can include:

- Understanding ADHD traits – how inattention, hyperactivity, impulsivity, masking, or rejection sensitivity can show up at home and in school
- Daily routines & structure – creating smoother mornings, evenings, and transitions without constant battles
- Emotional regulation support – tools to help children manage big feelings, and strategies for parents to stay calm during meltdowns
- Parent confidence in school/EHCP processes – preparing for meetings, knowing what language to use, and how to advocate effectively
- Sibling support & dynamics – helping brothers and sisters understand ADHD, reducing conflict, and making sure everyone feels heard
- Home environment adjustments – sensory-friendly strategies, homework support, and practical changes that reduce overwhelm for the whole family

✨ **The aim of this section is to show parents that family support isn't just "talking about ADHD" — it's hands-on guidance for everyday life, school systems, and family wellbeing.**



ADHD RELATIONSHIP THERAPY

ADHD can have a huge impact on relationships — whether both partners are neurodivergent or just one. Differences in communication, emotional regulation, executive functioning, or sensory needs can create misunderstandings, frustration, or distance. ADHD Relationship Therapy provides a safe, supportive space to explore these challenges with an approach that fully understands neurodivergent brains and relationship dynamics. This service isn't just for couples together in therapy — it also supports individuals who want to strengthen their relationship by learning more about themselves or their partner.

1

COUPLES (WHERE BOTH PARTNERS HAVE ADHD)

2

COUPLES (WHERE ONE PARTNER HAS ADHD)

3

INDIVIDUAL SUPPORT WITHIN A RELATIONSHIP

ADHD COUPLES (BOTH ADHD)



♥ ADHD Relationship Therapy – Couples (Both ADHD)

When both partners have ADHD, the relationship can be full of energy, creativity, and shared understanding — but it can also come with unique challenges. Differences in regulation, communication styles, or executive functioning can sometimes lead to misunderstandings, conflict, or cycles of frustration. These sessions create a safe space to explore how ADHD shows up in both partners and to develop strategies that build connection and reduce stress.

🕒 How it Works

- Sessions are 50 minutes each
- Available online or face-to-face
- Joint sessions for both partners, with options for occasional individual check-ins
- Focused on teamwork, shared strategies, and practical solutions
- Tailored to your unique dynamic and relationship goals

🧠 What It's For

ADHD Relationship Therapy for couples where both partners are ADHD can help with:

- Building shared strategies for communication, organisation, and conflict resolution
- Reducing cycles of misunderstanding or blame
- Supporting emotional regulation when both partners struggle in different ways
- Recognising ADHD as a shared trait and turning it into a source of understanding rather than division
- Strengthening teamwork and mutual empathy

★ The Aim

The aim of ADHD Relationship Therapy for ADHD couples is to create a supportive framework where both partners feel heard, understood, and able to thrive together. By focusing on collaboration and practical strategies, couples can turn ADHD from a point of tension into a shared strength.

ADHD COUPLES (ONE ADHD)



♥ ADHD Relationship Therapy – Couples (One Partner ADHD)

When only one partner has ADHD, differences in attention, communication, or emotional regulation can sometimes feel like living in two different worlds. The neurodivergent partner may feel misunderstood or criticised, while the non-ADHD partner may feel overwhelmed, unheard, or unsure how to support. These sessions create a safe, balanced space where both perspectives are valued, helping couples build empathy and practical strategies to strengthen their relationship.

🕒 How it Works

- Sessions are 50 minutes each
- Available online or face-to-face
- Joint sessions with both partners, with optional one-to-one space if needed
- Focused on improving communication, empathy, and shared understanding
- Practical tools for managing differences in routines, expectations, and emotional needs

🧠 What It's For

ADHD Relationship Therapy for couples where one partner has ADHD can help with:

- Creating a shared language to talk about ADHD without blame
- Supporting the non-ADHD partner to better understand traits and challenges
- Supporting the ADHD partner in recognising how symptoms impact the relationship
- Building realistic expectations and boundaries that work for both partners
- Reducing conflict and increasing empathy and connection

✨ The Aim

The aim of ADHD Relationship Therapy for couples where one partner has ADHD is to bridge the gap between different ways of thinking and processing. By focusing on empathy, communication, and practical adjustments, couples can strengthen their bond and move forward with greater clarity and respect.

ADHD COUPLES (INDIVIDUAL SUPPORT)



♥ ADHD Relationship Therapy – Individual Support Within a Relationship
Sometimes the best way to strengthen a relationship is by working on understanding and growth individually. These sessions are designed for partners — ADHD or non-ADHD — who want one-to-one support to explore their role in the relationship, build self-awareness, and learn strategies that can improve connection. Whether you're the ADHD partner wanting to better understand your patterns, or the non-ADHD partner wanting guidance on how to support without burning out, these sessions give you space to reflect and grow in a way that benefits the relationship as a whole.

🕒 How it Works

- Sessions are 50 minutes each
- Available online or face-to-face
- One-to-one format: focus is solely on you and your perspective
- Tailored to whether you are the ADHD partner or the non-ADHD partner
- Practical and therapeutic tools offered to improve relationship dynamics

🧠 What It's For

Individual ADHD Relationship Therapy can help with:

- For the non-ADHD partner: understanding ADHD traits and learning supportive strategies without feeling overwhelmed
- For the ADHD partner: building self-awareness, emotional regulation, and practical relationship skills
- Developing healthier communication patterns from an individual standpoint
- Strengthening confidence and clarity in navigating relationship challenges
- Creating change that directly improves the partnership, even outside joint sessions

✨ The Aim

The aim of individual ADHD Relationship Therapy is to give each partner the space to grow, reflect, and learn in a way that strengthens the relationship overall. By supporting one person at a time, couples benefit from greater self-awareness, empathy, and practical tools to reduce conflict and build connection.



THE ADHD HUB SUBSCRIPTION SERVICE

The ADHD Hub is a monthly subscription service designed for adults with ADHD and those exploring neurodiversity. It offers practical tools, connection, and a supportive community where you don't have to explain yourself — everyone just gets it.

🕒 What's Included

- Weekly body doubling sessions – live, guided sessions to help you focus and get things done alongside others
- Monthly live support groups (2 hours) – safe spaces to share, learn, and connect
- Workshops & webinars – interactive sessions on ADHD-friendly strategies, relationships, routines, and thriving as a neurodivergent adult
- On-demand resources – downloadable ADHD-friendly guides, planners, and tools
- Private members-only Facebook group – a moderated, supportive community for daily connection
- Positive neurodiversity advocacy – practical tips for explaining ADHD to loved ones, managing work/school conversations, and adapting your environment

💰 Price

£10 per month

🌟 Purpose

The ADHD Hub is more than a membership — it's a movement. It's about changing how the world understands and supports neurodivergent people, while giving you practical tools, safe spaces, and a community of people who know exactly what living with ADHD is like.

To explore this option further please contact Jessica on email@jessicashepherdcounselling.com or send a text/whatsapp to 07530953169



JESSICA SHEPHERD
COUNSELLING

CONTACT US



07530953169 (TEXT/WHATSAPP)



email@jessicashepherdcounselling.com



www.jessicashepherdcounselling.com