

ADDaptive MODULES



Biology/ Symptoms

Looking at the Biological components of the brain, ADHD and how this relates to symptoms. (Helpful to map and understand how ADHD isn't always a limitation but a SUPERPOWER)



Treatment methodology

Methods of help, self help, support and mapping progress.



Support Networks

Choosing your tribe, allowing people in, finding support and learning skills to communicate.



Depression and Anxiety

Venn Diagram explaining depression, anxiety it's relationship with ADHD and Recovery. Self Care



Trauma and Negative Experiences

Looking at how trauma affects the brain, different ways of managing experience, and how we can support healing through environments and structure.



Sensory Processing

Tactile, touch, sound, overwhelm. Looking at how the sensory part of the brain can work on overdrive for Neurodivergents.

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Stages of Change

Transtheoretical model of change, where are you at, how do you support change and seize on opportunities.



Window Of Tolerance

Finding your optimal zone of performance, to guide you towards safe, structured and consistent progress.



Dunning Krueger

How much you know? How much you think you know? Actual Knowledge



Stimming

Repetition and reflex movements/ behaviours. Looking at how stimming is a sensory coping mechanism and can be both supportive and invasive.



Hypersensitivity

Have you ever been told you're over sensitive? Maybe you are, but there are reasons for Neurodivergents



Rejection Sensitivity

When you have experienced something more than normal, it is understandable to be sensitive to it. Helping to identify the thinking that underlies sensitivity to rejection and develop skills to grow beyond.

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Compulsive/ Impulsive

Looking at the brain running on autopilot. REWARD centres, and neural stimulation zones. (Spending too much? Love \$2 stores... Maybe theres a reason)



Time Management

Always late? Difficulty maintaining routines... Look at time in a new way, and develop some habits to keep yourself accountable and feel accomplished.



Focus

Tips and tricks for the ADHDer who wants to learn or needs to concentrate....



Hyperactivity

Not just about moving around, sometimes it can feel like not moving at all...



Emotional Regulation

Looking at healthy habits, safe people and maintaining consistent boundaries. This is a must for any person with recovery, and for the Neurodivergent, opens many doors to finding ourselves.



Task avoidance/ completion

Learn how to finish, complete and begin....



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Transitions

Difficulty with regulating the number of different processes involved when changing between space, time or environment and the associated impacts of this.



Functional Awareness

People who are diagnosed late have a hard time in identifying with many things. Look at the impact of Adult ADHD, late diagnosis and how we can look at the impact on our identity.



Cultural Awareness

Looking at how different cultures have shaped us, dysfunction, shame and self abandonment to fit in.