ADHD Multimodal Treatment in Melbourne in Clinic or via Zoom

The Australian National Clinical Guidelines for ADHD states that "Combined pharmacological and non-pharmacological treatment was better than either alone. Each mode was more effective than the other in targeting specific aspects of ADHD: Pharmacological treatments were more effective for reducing core ADHD symptoms, and non-pharmacological treatments were more effective for improving functional outcomes for people with ADHD.

ADHD Treatment: What Clinical guidelines recommend

The following are the recommendations from the Australian ADHD clinical guidelines for a multimodal approach in the treatment of ADHD. The guidelines state that a multimodal approach is more effective to capture all the aspects of ADHD than medication alone.

1. **Stimulant or non-stimulant medication**
2. **Parent psychoeducation and Counselling**
3. **Cognitive Behavioural Therapy**
4. **Family therapy**
5. **Diet & Nutrition if needed**
6. **ADHD coaching for day to day practical strategies**

Stimulant or non-stimulant medication for ADHD

Stimulant medications: Clinical reviews highlight that stimulants provide symptom relief for many children and adults, with improvements in behavioural control, social functioning, and academic performance for many individuals diagnosed with ADHD. Side effects such as appetite suppression and sleep disturbances occur, and need to be carefully monitored and appropriately dosed (Journal of Attention Disorders). Not everyone responds well to stimulant medications, and non-stimulant medications can be tried (Australian ADHD clinical guidelines)

Non-stimulant medications, offer an alternative for those who cannot tolerate stimulants or for whom stimulants are ineffective. These agents can be helpful for individuals with coexisting conditions like tics, anxiety, or a history of substance misuse, where stimulants may not be suitable (CNS Spectrums; Psychiatry (Edgmont);Australian ADHD clinical guidelines).

As recommended in the guidelines, all treatments come with risks and benefits, and individual results may vary. Please consult a licenced professional for advice tailored to your circumstances.
"Medication decisions are made by a paediatrician or psychiatrist. The following information is provided for general understanding only. Psychologists at this clinic focus on the non-pharmacological components of treatment listed below."

Parent Psychoeducation and Counselling for ADHD

Parents are provided with information about ADHD, including its symptoms, causes, and what to expect as their child grows. Counselling offers emotional support, guidance on parenting strategies, and helps parents manage their own stress. The goal is to empower families to respond constructively to challenges and build a supportive environment for the child.

Cognitive Behavioural Therapy (CBT) for ADHD

CBT for ADHD focusses on helping children or adolescents develop better self-control, manage impulsivity, and improve organisational skills. It teaches practical techniques for coping with distractions, planning tasks, and managing emotions.

Therapy often includes skill-building exercises and homework, with progress reviewed regularly. Read more about ADHD therapy options

Family Therapy for ADHD

Family therapy involves working with the whole family to improve communication, solve problems, and reduce conflict. The therapist helps family members understand each other's perspectives and strengthens relationships. This approach can address issues such as sibling rivalry, parental stress, and overall family functioning, making day-to-day life smoother for everyone. Read more about ADHD therapy options

Diet and Lifestyle (from Dietitian or Nutritionist)

If deemed necessary, dietitians or nutritionists can assess dietary habits and recommend adjustments that may support overall health and wellbeing in children with ADHD. They might address issues like irregular eating patterns, nutrient deficits, or sensitivities to certain foods. Advice often extends to lifestyle factors such as sleep routines and physical activity, aiming to optimise daily functioning.

ADHD coach

An ADHD coach is not a substitute for medical treatmentor psychological therapy. An ADHD coach can enhance medical and psychological treatment by helping clients with ADHD put therapeutic strategies into practice in daily life. By focusing on skills like organisation, time management, and goal-setting, coaches offer regular accountability, support habit formation, and tailor solutions to the client's unique environment. This practical, hands-on approach bridges the gap between clinical recommendations and real-world implementation, empowering clients to better manage their ADHD and advocate for their needs (CHADD; Browning et al., 2012).

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