ADHD Therapy and Psychologists in Melbourne: CBT, Counselling and Coaching

ADHD therapy focuses on building practical, everyday skills — attention, planning, self-regulation, and communication — rather than targeting symptoms directly the way medication does. It's most effective as part of a broader multimodal approach, working alongside medical treatment rather than replacing it. At BNC, our registered psychologists provide evidence-based ADHD therapy and counselling in Melbourne for children, teenagers and adults, in clinic in Doncaster or by telehealth anywhere in Australia.

Haven't been assessed yet? Start with our ADHD assessment and diagnosis guide.

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.

In adults, CBT for ADHD focuses on the same core skills, attention, planning and emotional regulation, while also addressing the secondary anxiety, low self-esteem or work/study difficulties that often build up around years of undiagnosed symptoms.

Research reviewed by Cochrane and other independent bodies has found that CBT can meaningfully reduce ADHD symptoms and improve day-to-day functioning, particularly in adults and especially when combined with medication. At BNC, CBT for ADHD is typically delivered as a structured, time-limited program – often around 8 to 12 sessions – with clear goals set and reviewed at each stage, rather than an open-ended commitment.

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.

This often includes structured parent-training strategies – consistent routines, clear expectations and positive reinforcement – which have been shown to reduce conflict and improve behaviour both at home and at school, alongside broader family communication work.

ADHD Coaching

ADHD coaching helps people put therapeutic strategies into practice in daily life. By focusing on skills like organisation, time management and goal-setting, coaching offers regular accountability, supports habit formation and tailors solutions to each person's environment. Coaching does not replace medical treatment or psychological therapy; it works alongside them.

At BNC, ADHD coaching is provided by our registered psychologists for teenagers, adults and parents, in the clinic or by telehealth, so Medicare rebates may apply with a GP referral and a Mental Health Treatment Plan. To find out more, see ADHD Coaching in Melbourne.

ADHD Counselling and Support for Adults

Many adults come to BNC after a recent diagnosis, or after years of managing ADHD on their own. Counselling with an ADHD psychologist gives you space to make sense of your diagnosis and to work on the areas that affect you most, such as:

- managing time, procrastination and workload
- emotional regulation, frustration and burnout
- anxiety, low mood or low self-esteem, which often sit alongside ADHD
- relationships and communication at home and at work

Sessions combine practical strategies with CBT-based techniques and are tailored to your goals. If you have not been assessed yet, start with our adult ADHD assessment.

Which Option Is Right for You?

With several options available, it can be hard to know where to start. As a general guide:

- **Consider CBT** if you or your child are dealing with anxiety, low self-esteem, negative thinking patterns, or need structured, evidence-based skill-building for attention and emotional regulation.
- **Consider Family Therapy** if ADHD is creating tension, conflict or communication breakdowns within the family, or if parents need support putting consistent strategies in place at home.
- **Consider ADHD Coaching** if the main challenge is day-to-day organisation, time management or follow-through, and you want practical, hands-on accountability between sessions.

Many clients benefit from combining approaches – for example, CBT to address underlying thinking patterns alongside coaching for everyday structure. Our psychologists can help you decide which combination suits your situation during an initial consultation.

Sessions, Cost and Medicare Rebates

Therapy is generally most effective when delivered as a structured program rather than a single session. Most clients attend weekly or fortnightly sessions initially, with frequency reduced as skills and confidence build.

With a referral and Mental Health Treatment Plan from your GP or paediatrician, eligible clients can claim a Medicare rebate for a portion of the cost of psychological therapy sessions, for up to 10 individual sessions per calendar year. ADHD coaching is not a Medicare-rebateable service, though some private health funds offer partial cover. Contact our clinic for current session fees and rebate details.

Why Choose Therapy at BNC

Our approach to ADHD therapy is aligned with the Australian AADPA Clinical Guidelines for ADHD, which recommend combining psychological therapy with medication and lifestyle support for the best outcomes. For a full overview of how

therapy fits alongside medication and other treatment options, see our ADHD treatment page.

All therapy at BNC is provided by AHPRA-registered psychologists with experience in ADHD across childhood, adolescence and adulthood. You can meet our team before you book.

Frequently Asked Questions

Does CBT actually work for ADHD?+

Yes. Clinical trials and independent reviews, including a Cochrane review, have found CBT can meaningfully reduce ADHD symptoms and improve daily functioning, particularly in adults and especially when combined with medication. It is also effective for the anxiety, low self-esteem and organisational difficulties that often build up around ADHD.

What is the difference between ADHD coaching and ADHD therapy?+

Therapy (such as CBT) is a clinical, evidence-based treatment delivered by a psychologist that addresses the underlying thinking patterns, emotional regulation and mental health impacts of ADHD. Coaching is a practical, skills-focused partnership that helps put strategies into action day to day, but is not a registered health service and does not attract a Medicare rebate.

Can therapy replace ADHD medication?+

Not usually. The Australian AADPA Clinical Guidelines recommend a multimodal approach that combines psychological therapy with medication and lifestyle support for the best outcomes, rather than relying on any one treatment alone.

How many therapy sessions will I or my child need?+

This varies by individual and goals. CBT is often delivered as a structured program of around 8 to 12 sessions, while family therapy and coaching may continue for longer depending on progress. Your psychologist will discuss an expected timeframe with you after your initial assessment.

Does Medicare cover ADHD therapy or coaching?+

With a referral and Mental Health Treatment Plan from your GP or paediatrician, eligible clients can claim a Medicare rebate for a portion of psychological therapy sessions, for up to 10 sessions per calendar year. ADHD coaching is not a Medicare-rebateable service.

What age can a child start therapy for ADHD?+

There is no fixed minimum age, though most structured CBT programs are designed for school-aged children, adolescents and adults. Younger children often benefit most from family therapy and parent-training approaches, which work through the parents to support the child.

Is ADHD therapy available via telehealth?+

Yes. We offer CBT, family therapy and coaching both in clinic in Doncaster and via Zoom telehealth, so clients across Victoria and Australia can access support.

Ready to get started? Contact us to book an appointment in clinic or via Zoom telehealth.

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