ADHD Coaching in Melbourne for Teens, Adults and Parents

ADHD coaching helps people put good strategies into practice in everyday life. It focuses on the practical side of ADHD: getting organised, managing time, starting and finishing tasks, and building routines that last. At Behavioural Neurotherapy Clinic (BNC), ADHD coaching is provided by our registered psychologists, in the clinic in Doncaster or by telehealth, for teenagers, adults and parents.

What Is ADHD Coaching?

Coaching is practical and goal-focused. Together with your psychologist, you choose a small number of goals that matter in your daily life, work out what gets in the way, and try out strategies between sessions. Regular sessions provide structure and accountability, which many people with ADHD find makes it easier to follow through.

Coaching does not replace medical treatment or psychological therapy. It works alongside them, helping you apply what you learn in therapy and get the most from any medication you take. For an overview of the treatment options for ADHD, see ADHD Multimodal Treatment.

Who Is ADHD Coaching For?

Teenagers

For secondary school students, coaching can focus on study routines, homework planning, exam preparation, managing a phone and screen time, and becoming more

independent with school organisation.

Adults

For university students and adults, coaching can focus on work and study demands, deadlines, household routines, managing money and appointments, and keeping long-term goals on track.

Parents

For parents of children and teenagers with ADHD, coaching can focus on setting up predictable routines, giving clear instructions, using positive reinforcement, and reducing conflict around homework, mornings and bedtime.

What Coaching Can Focus On

- **Organisation:** systems for tasks, paperwork, belongings and digital files.
- **Time management:** planning the day and week, estimating how long tasks take, and using reminders.
- **Getting started and following through:** breaking large tasks into steps and reducing procrastination.
- **Routines and habits:** morning and evening routines, sleep, exercise and study habits.
- **Goal setting:** setting realistic goals and reviewing progress regularly.
- **Self-regulation:** noticing frustration or overwhelm early and having a plan for it.

Coaching and Therapy at BNC

Because our coaching is provided by registered psychologists, sessions can draw on evidence-based approaches such as cognitive behavioural therapy (CBT) when they are needed, and your psychologist can recognise when other concerns, such as anxiety or low mood, need attention as well. Many people combine coaching with therapy. To read about CBT, family therapy and counselling for ADHD, see ADHD Therapy and Psychologists in Melbourne.

Sessions, Fees and Medicare

- **Where:** in the clinic in Doncaster, or by telehealth (Zoom) from home, school or work.
- **Fees:** ADHD coaching sessions are charged at the same fee as a standard psychology session. Please call reception for current fees.
- **Medicare:** because sessions are provided by a registered psychologist, Medicare rebates may apply if you have a GP referral and a Mental Health Treatment Plan. Reception can explain what you need before your first appointment.

If you have not yet had an ADHD assessment, see Adult ADHD Assessment in Melbourne or Child ADHD Assessment in Melbourne.

Frequently Asked Questions

Do I need an ADHD diagnosis to have coaching?+

No. Coaching can help whether you have a diagnosis or are still waiting for an assessment. If you have not been assessed, your psychologist can talk with you about whether an ADHD assessment would be useful.

Can I claim a Medicare rebate for ADHD coaching?+

Yes, in many cases. At BNC coaching is provided by registered psychologists, so Medicare rebates may apply with a GP referral and a Mental Health Treatment Plan. Please check your eligibility with reception or your GP.

Is ADHD coaching available by telehealth?+

Yes. Sessions can be held in the clinic or by Zoom, and many people use a mix of both.

Does coaching replace medication or therapy?+

No. Coaching works alongside medical treatment and psychological therapy. It does not replace them, and you should keep following the advice of your doctor about any medication.

Can parents have coaching without their child attending?+

Yes. Parent coaching sessions can be held with one or both parents, with or without the child or teenager attending.

Book ADHD coaching

Call reception to book a session in the clinic or by telehealth, or to ask about Medicare rebates.

□□ (03) 9848 9100

Updated on: 17/10/2026 by: Dr Jacques Duff – PhD; BA Psych; Grad Dip Applied Psychology; FANSA, Clinical Neuroscientist.