

# **Managing Frustration Group Treatment for Children with ADHD ages 8-11**

at the **Noble H. Kelley Psychological Services Center (PSC)**



## **What is the Managing Frustration for Children group treatment?**

Children with ADHD often have difficulty managing frustration and coping with negative emotions. Our program teaches children and their parents to **recognize, understand, and cope with frustration** and other negative feelings in a fun and supportive environment.

## **What skills are taught by the Managing Frustration for Children group treatment?**

- Managing frustration      ○ Coping with negative feelings      ○ Reducing “outbursts”
- Recognizing and reducing anger      ○ Problem solving      ○ Reducing “black and white” thinking

## **How is the Managing Frustration for Children group taught?**

- This program is conducted in a group format, with six to nine children enrolled at a time.
- There are a total of 12 weekly sessions, 90 minutes each. The children attend 11 of the 12 sessions, with parents attending one group session without their child.
- Parents are not in the room with the children during the group. Parents are asked to remain in the Center's waiting area throughout the group sessions. Parents receive handouts each week describing the skills.

## **Does my child have to have a diagnosis of ADHD to participate in the group?**

No. Your child can still participate if you suspect they might have ADHD but they have never been tested, or even if they have trouble managing frustration but do not have ADHD.

## **What are the dates/times and cost?**

- The group will be run in the Spring, Summer, and Fall. Participants are expected to attend all sessions if possible.
- The group fee is determined using a sliding scale based on income. A one-time fee covers the entire group program. Participants must also receive an intake evaluation prior to enrolling in the group. The Noble H. Kelley PSC does not bill directly to insurance.

## **How do I sign up?**

- If you are interested in signing your child up for the Managing Frustration for Children group, please call the Noble H. Kelley PSC at **502-852-6782**.
- The Noble H. Kelley PSC is located at Suite 210 of Davidson Hall on the University of Louisville Belknap campus.