

Managing Frustration for Children with ADHD

Group Treatment for Children ages 8-11

at the **Noble H. Kelly 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. Children with poor frustration tolerance may have:

- Trouble behaving at home and/or school
- Trouble getting along with other kids
- Difficulty completing HW or other school tasks
- Tantrums, 'Meltdowns,' or 'Explosions'

Our program teaches children and their parents to recognize, understand, and cope with frustration, anger, and other negative feelings in a fun and supportive environment. The program has been shown by research to help children better cope with anger and frustration.

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
- Understanding the thoughts and situations that create frustration

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. Children receive an at-home practice assignment each week.
- Parents are not in the room with the children during the group. Parents are asked to remain available in the Center's waiting area throughout the group sessions. Parents receive handouts each week describing the skills.

What are the dates/times and cost?

- The group will be run on **Wednesday nights from 5-6:30**, starting on **February 22** and ending on **May 23rd**. Participants are expected to attend all sessions if possible.
- The group fee is determined using a sliding scale based on income. The scale ranges from \$12-\$140, depending on household income (one-time fee covers the entire group program). Participants must also receive an intake evaluation prior to enrolling in the group, which costs an additional \$10. 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. Kelly PSC at **502-852-6782**.
- The Noble H. Kelly PSC is located at Suite 210 of Davidson Hall on the University of Louisville Belknap campus.