

## Parenting Group: Supporting Your Child’s Executive Functioning

**Purpose:**

This group program will provide parents and caregivers with important information about executive functioning and how it impacts children and teens with ADHD. Group members will learn tools and strategies to help them support their children with the areas of executive functioning that are challenging for them, and practice applying them in their homes. Through a combination of psychoeducation, self-reflection, role-play, and real-life practice and experimentation, group members will gain insight and skills to help their young people be more successful.

**Participants:**

Parents and caregivers of children 6-18 with executive functioning difficulties associated with ADHD.

**Format:**

10, 90-minute weekly to biweekly group sessions.

**Materials:**

Group members will receive a package of materials that will include information about the group, critical information about each area of executive functioning discussed, core strategies for each skill area, relevant tools, and weekly homework assignments.

**Session Break-Down:**

Session	Topic	Overview
1	<b>Introduction and Assessment</b>	The goal of the first session is to provide group members with an orientation to the group, structure, goals, etc., and to introduce the concept of executive functioning and how it relates to ADHD. Group members will complete assessments of their own, and their children’s executive functioning skills to help them identify key areas to attend to over the course of the group. Participants will also learn a general framework for working with their young people to solve problems as they arise.
2-8	<b>Core Executive Functioning Skills Sessions:</b>  Inhibition Emotion Regulation Motivation Attention Shifting Working Memory Planning Organization Self-Monitoring	Sessions 2-8 will each follow the same general structure. Sessions will begin with a review of the group members’ experiences using the strategies and tools they learned in the previous session. When difficulties arise, group members will consider how to tweak the strategies for greater effectiveness with their young person, and/or trouble-shoot the specific issues that arose. Next, the group will be introduced to a new area of executive functioning, including what it is, its role in ADHD, and how it may impact daily functioning. Then, participants will learn some tools and strategies to address common problems arising from difficulties in that area of executive functioning and consider which strategies might be most useful to address the specific difficulties their young person is experiencing. Participants will engage in role-play and other interactive activities to better understand the skill and practice the tools/strategies

		discussed. They will then choose 1-2 strategies to practice before the next session.
<b>9</b>	<b>Wrap-Up Session</b>	The final session will begin in the same way as the previous 8 sessions, with a review of the group members' experiences using the strategies they chose to address difficulties with self-monitoring. The rest of the group will be spent reviewing the strategies they have been using, tweaking strategies to address any ongoing difficulties, and reinforcing general problem-solving strategies to help them address problems that arise over time. Participants will also have an opportunity to complete another assessment of their own and their young people's functioning in each area of executive functioning. They will also be asked to complete a questionnaire about their experience participating in the group, and its effectiveness in helping them support their young people.
<b>10</b>	<b>Booster Session</b>	Participants will have the opportunity to participate in a final follow up session, approximately 8-12 weeks after the last session. This will provide group members with the opportunity to refresh their learning, and trouble-shoot any challenges that have arisen since the last session. Participants will be asked to complete a follow-up measure to assess ongoing progress.