



CALM
Clinic for Attention,
Learning, & Memory

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Mastering and Managing Adult ADHD Group

Hosted by: Izaak Davison-Kerwood-Licensed Professional Clinical Counselor (LPCC), MA

Navigating adult life with ADHD can be a unique challenge, but you don't have to face it alone. Join our group, where we provide an effective and supportive space for adults to share their experiences, discuss challenges, and find effective strategies for managing ADHD.

About the Host: Izaak brings a wealth of experience in diagnosing and treating ADHD across various settings, including forensic, outpatient, and inpatient. Working with individuals ranging from 6 to 60 years old, Izaak understands the complexities of ADHD and is dedicated to helping you navigate its intricacies.

Group Focus: This group is tailored for adults looking to engage in thoughtful discussions about the unique challenges posed by adult ADHD. From daily tasks to personal goals, we're here to explore effective strategies and provide meaningful support.

Key Features:

- **Expert Guidance:** Izaak offers professional expertise and a diverse background in ADHD treatment. Izaak collaborates with a clinic specializing in diagnosing and treating ADHD across the lifespan, ensuring a comprehensive approach in our group.
- **Evidence Informed Practice:** We use literature and research on ADHD and mood disorders to provide the best possible treatment that we can work together.
- **Join a Supportive Community:** Work with others who have unique and similar experiences to provide real-life advice and experiences for how we have managed ADHD-not just out of a clinical treatment manual.

How sessions work: The 90 minute session will be held in-person at CALM from 10:00-11:30 am every other Saturday (or Friday depending on group members availability). Sessions will accept new clients quarterly, with CALM's next open enrollment starting Feb 3rd 2024. Clients 18+ are welcome to join.

Group Pricing: Group psychotherapy may be paid for by commercial insurance companies. CALM is in network with BCBS providers. CALM charges \$90.00 per session. A sliding scale may be available upon request for those who need financial support.

How to Join: Contact CALM to secure your spot. This group is a serious opportunity to gain insights, strategies, and support for effectively managing adult ADHD. **Izaak offers a free 309 minute consultation session to help determine the best fit for you.** Simply contact office manager Claire at Claire@Calm.us to schedule your consultation session.

Note: While this group offers valuable support, it is not a substitute for individual therapy. We aim to complement your personal development journey and provide a serious platform for addressing the challenges associated with adult ADHD.