



COGNITIVE BEHAVIORAL THERAPY SKILLS FOR ADHD*



WEDNESDAYS

2–3:30 P.M. ET
SEPT. 2– NOV. 17

Olin Health Center
Room 338 (Third Floor)

Register:

Complete a pre-screening
consultation to register. Get
started at
caps.msu.edu/schedule

Being a college student in today's world can be challenging. If you're also managing attention-deficit hyperactivity disorder (ADHD) symptoms, it can be even more difficult!

This group was developed using the structure of cognitive behavioral therapy (CBT) to address the challenges that college students diagnosed with ADHD experience. As a group, we'll work to develop skills and address behaviors related to inattention, forgetfulness, trouble sustaining attention, fidgeting, interrupting others, difficulties with organization and time management.

The group is open to undergraduate and graduate students who have been diagnosed with ADHD.

Jimmy Bruce, PhD, and Abby Baerman, LMSW will co-facilitate the group.

This group begins September 22 and ends November 17, 2021.

Questions? Contact Abby Baerman at warszaws@msu.edu.

*Adapted from CBT for College Students with ADHD: A Clinical Guide to Access