

BEBP CLINIC FOR

# ADHD

## WHAT IS ADHD?

ADHD is a neurobiological disorder unrelated to intelligence, grades/aptitude, or laziness. Symptoms of ADHD include difficulty focusing, impaired short-term memory, and inability to self-regulate.

## HOW DO I SIGN UP?

Talk to your current CAPS therapist to see if the BEBP Clinic for ADHD may be right for you.

You may also call the CAPS Front Desk to ask questions about or schedule a BEBP Clinic for ADHD appointment at **(931) 598-1325**.

**NOTE:** While you do not need an official diagnosis to partake in the BEBP Clinic for ADHD, this is not psychological testing or medication management.

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## WHAT IS THE BEBP CLINIC FOR ADHD?

The **Brief Evidence-Based Psychotherapy (BEBP) Clinic for ADHD** at Sewanee CAPS offers treatment protocols that focus on short-term, evidence-based treatments for ADHD. Each session includes learning new strategies, and if needed, time to review skills learned in previous sessions. The ADHD BEBP Clinic helps students to not feel alone in managing ADHD symptoms and provides them with a way in which to use their strengths to cope with symptoms of ADHD.

## THREE CORE MODULES:

1

Psychoeducation on Organization and Planning

2

Coping with Distractability and Procrastination

3

Adaptive Thinking