***You are invited to***

***Train the Brain with CBT for ADHD* CBT- Cognitive Behavioral Therapy**

**Wednesday, December 5, 7 pm**



 **CBT is a psycho-social intervention that aims to improve mental health. It is a short-term, goal-oriented , practical approach form of therapy. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.** *Consider it B*[*rain*](https://www.additudemag.com/adhd/article/6563.html) *Training for ADHD. A 2016 neuroimaging study of adults with ADHD who completed a 12-session course of CBT showed improvements in ADHD symptom ratings and beneficial changes in the same brain regions that are typically monitored in studies of medication treatment.*

*Presented by*

****Selene M. MacKinnon, Psy.D. Clinical Psychologist Rhode Island Cognitive Behavioral Therapy and Coaching www.ribct.com

Where: Pine Room @ Bradley Hospital East Providence

Members : Free Guests: Donations appreciated  *Hosted by*: CHADD- Children and Adults with ADHD National: [www.chadd.org](http://www.chadd.org) Local: [www.chadd.net/810](http://www.chadd.net/810) 401-369-0045