

ADHD Assessments – Are You Feeling Lost or Confused? Look No Further.

Many parents/carers and professionals do not know where to look for high quality Attention Deficit Hyperactivity Disorder (ADHD) assessments and what makes an assessment high quality. Finding the right follow-on support can be tricky too. We're here to help.

Our ADHD assessments follow best-practice. They are delivered by experienced clinicians in line with the National Institute for Health and Care Excellence (NICE) - recommended standards for ADHD assessment and care.

They are also:

- Compassionate;
 - Skilled;
 - High quality;
 - Safe;
 - Holistic (medical and psychological);
 - Face to face;
 - Thorough:
- We take time to understand each client's needs through their own perspective, alongside insights from parents/carers and staff.
 - We use a combination of subjective and objective methods – including structured clinical interviews, validated questionnaires, direct observations, liaison with relevant professionals, and a NICE-recommended computerised assessment – to ensure a thorough and accurate diagnosis.
 - We also assess for common co-occurring conditions.

We use a professional team approach to enhance accuracy.

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What Happens After The Assessment?

Based on a joint understanding of each client's needs, we develop a highly individualised, clinically proven treatment plan. This is shared compassionately with families both in person and in writing. Our approach considers the needs of the whole family system, not just the individual.

A diagnosis may provide an explanation for difficulties experienced but it is not the whole answer. Here at bMindful Psychology we also offer specialist post assessment/diagnostic follow-on support via our multidisciplinary team of skilled and experienced professionals such as Clinical Psychologists; Educational Psychologists; Specialist Educational Needs Teachers and Advisors; Occupational Therapists, Speech and Language Therapists; Psychotherapists, including those trained in creative therapies such as Dance, Art, and movement-based approaches; Paediatrician and Psychiatrist. We use clinically proven and strengths-based approaches to enable individuals to thrive.

For example:

- Psychoeducation and resources.
- Cognitive Behaviour Therapy and skill-based support.
- Family/school/college support to help with management of challenges.
- Clinically proven psychological treatments for additional psychological needs.
- Medication.

If you're seeking answers and support, we're here to help [contact us](#) today to begin your personalised ADHD assessment journey.

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