

# TAGTEAM



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著者:Heather O'Neill

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This manual is designed to be an Attention-Deficit Hyperactivity Disorder (ADHD) group treatment curriculum for mental health professionals with the adolescent population.

The ADHD group treatment curriculum, TAGTEAM: The Adolescent Group to Explore ADHD Management, is a ten-week manual geared for individuals ages 15 to 17-years old. There is an additional one-month follow-up group to discuss obstacles and progress for group members. A one-session parent group is also included in the manual to occur either prior to, or simultaneously, to the first group. The parent group includes psycho-educational information regarding ADHD symptoms, tools for parenting interventions, goals and expectations of the group, as well as the role of the parent in regard to the group members having the most successful experience with the group process. TAGTEAM is designed to involve the use of psycho-education, role-playing, art, verbal processing, emotional processing, and cooperative and collaborative activities. Group members are then able to address team work, self-control, self-monitoring, problem-solving, anger management, communication, and self-esteem through a group approach. The weekly group outlines follow a basic format including; the title of the group indicating the main topic, the purpose of the group, goals of the group, materials needed, the main group topic, an activity to complete during the group session, discussion questions, review of the group, a home activity for the next group session, and the parent letter.

作者介绍:

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