



The ADHD Professional

SELF- REFLECTION WORKBOOK

by
Rebecca Loan
Psychotherapist, Counsellor and ADHD Specialist
MBCAP ADHD CC-SP

www.rebeccaloancounselling.com

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Introduction

Working with ADHD

I am one of many professionals working with the complex subject of ADHD.

My role over the past ten years has been to support adults with ADHD, parents of ADHD children, and partners of loved ones with ADHD – exploring past and present experiences, navigating challenges, and working towards creating a more stable and fulfilling future.

I have seen how with good (often holistic) support individuals and families can overcome anxieties, communication issues, self-esteem struggles, relationship conflicts, career burnout, and executive functioning difficulties.

Aiming for 'good' as professionals is a continuous journey involving a combination of personal and professional experiences, continuous learning, regular self-reflection and clinical support with an evolving shaping of our own ethical code of conduct.

Being part of a community of ADHD practitioners is a great way to facilitate all of the above as well as foster an openness to a holistic care model of support for both ADHDers and our peers.

My hope for this workbook is to provide an opportunity to learn more about yourself and how your own experiences, beliefs and practice as an ADHD professional enhance your offer to the ADHD community .

How this workbook supports you and your clients

Self-reflection is essential to turning experiences into meaningful learning and pathways to growth.

The questions in these worksheets arise from the challenges my colleagues and I have faced as professionals working with ADHD in the community.

Their role is to be thought provoking and deepen self awareness , strengthening the foundations of high quality and responsible practice so we can better serve our clients.

Your Self - Reflection sections to complete in this workbook

LEARNING



SUPPORT



EXPERIENCES



My ADHD experiences

Self - Reflection plays an important part in helping professionals to practice safely and responsibly.

Reflecting on our own beliefs and experiences with ADHD is essential for recognising how they may consciously or unconsciously impact our work with clients.

These questions are designed to help you explore and identify your personal ADHD mindset.

1

Where do my experiences of ADHD come from? Are they from my own symptoms, diagnosis and treatment or seeing the impact on others close to me or from the clients I work with?

2

How do I feel about the experiences of ADHD I have seen?

3

What are my beliefs about the root cause of ADHD? Where have I formed my understanding of why ADHD exists from?

My ADHD experiences

4

What do I find most difficult about working with ADHD clients ?
What emotions do I become aware of?

5

Where do I find myself responding or working differently to neurotypical clients?

6

Why do I enjoy supporting clients with ADHD ?

Learning

Ongoing learning about ADHD is essential part of providing informed support.

By regularly updating evidence based knowledge through courses and reading professionals can stay up to date on new developments, strategies and therapies on offer.

This commitment can enhance client outcomes, deepens empathy, and strengthens therapeutic impact.

Our aim is to develop a professional informed, supportive service for adults and families living with ADHD.

1

How do I like to learn and take in information around ADHD ?

2

What have I found most useful in my learning and why?

3

What have I found least useful and why?

Learning

4

What ADHD specific learning resources would I recommend to others?

5

Where do I feel less knowledgeable or confident about ADHD or neurodiversity ?

6

What additional training or reading would I like do?

Support

A network of peer support enables safe, effective practice for professionals.

Collaborating enhances wellbeing, encourages sustainable work practices, and continuously improves service quality, ultimately benefiting both practitioners and their clients.

They can provide spaces to discuss complex cases, receive practical advice, access new learning resources, and make referrals.

1

What does professional support look like for you at the moment?

2

Where or who would you ask questions about your ADHD learning needs?

3

What would you do if you felt strong emotions after a client interaction?

Support

4

Who are professionals specialising in neurodiversity that you feel comfortable referring a client to for other support needs?

5

What are three reasons you personally have for referring on and three reasons why others can refer to you.

6

What additional support would you like to access in the future?

Next steps & thoughts

Working effectively within the neurodiverse space is an ongoing journey that we all navigate whilst expanding our understanding and support for one another as a community of professionals.

Our united aim to provide adult and families living with ADHD with the highest quality of service possible.

Your thoughts- What else would you have liked this worksheet to cover?

Would you like to try any other *free professional ADHD* resources?

BOUNDARIES Top tips for working safely and sustainably with ADHD

LOCAL AND NATIONAL SUPPORT A list of holistic ADHD practitioners

PROFESSIONAL GROWTH MAP - Easy Planning tool for your needs

TOOLS to use with ADHD Adult clients, their partners and parents.

BOOKLIST for Professionals, ADHD clients, their partners and parents.

To find out more about my ADHD Specialist Support, Psychotherapy Counselling services and resources - please visit my website or contact me directly.

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Psychotherapist, Counsellor and ADHD Specialist
Founder of Untangling ADHD

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