

ADHD Coaching Series

Psychoeducational series to both educate and facilitate change for those with ADHD

- ✦ Psychoeducational series led by prescribing PMHNP
- ✦ Honing coping skills and strategies to maximize executive functioning and living with adult ADHD
- ✦ Core Content Includes 12 week one-hour virtual groups
- ✦ Topics include: *Maximizing executive functioning, neurochemistry of ADHD, pharmacotherapy options and alternatives, psychoeducation about varying aspects of ADHD including inattentive, impulsive, and hyperactive components, and individualized goals for improved outcomes*

Class dates starting in January. For enrollment information please contact intake@cognitive-psychiatry.com or emeryramirez@cognitive-psychiatry.com. Additional information for enrollment is available at www.cognitive-psychiatry.com or by calling (919) 636-5240.



Adrienne Emery-Ramirez, MSN, PMHNP is a licensed psychiatric mental health nurse practitioner who incorporates aspects of CBT, mindfulness, coaching, positive psychology, and medication management into her practice. Adrienne works collaboratively with her patients to achieve their goals and live intentionally!