



HUMANISTIC

PSYCHOLOGISTS OF CHICAGO

GROUP THERAPY FOR WOMEN WITH ADHD

Are you a self-identifying woman (18+) who has been newly diagnosed with ADHD or is struggling to cope with your ADHD symptoms, such as:

- Chronic fatigue and exhaustion from excessive masking throughout your day
- Emotional hyperarousal – you feel things very deeply and often have big highs and overwhelming lows to your day or week
- Time blindness
- Perfectionism
- Rejection Sensitivity Dysphoria (RSD) – intense vulnerability to the perception, not reality, of being rejected or criticized by others
- Poor self-worth
- Engaging in toxic or unhealthy behaviors or relationships
- Difficulty with boring, repetitive tasks
- Issues with inattention or hyperattention to unimportant tasks (excessive daydreaming, rumination, or spinning thoughts)
- ADHD paralysis or overstimulation – daily responsibilities or duties such as laundry, grocery shopping, or cleaning are impossible due to feeling overwhelmed by your environment, so you freeze or are stuck (unable to stop scrolling or turn off TV).

Facilitated by experienced clinical therapist, Dr. Jayna Hamet, and supervised by licensed clinical psychologist Dr. Rebecca Bergen, this group is dedicated for women (18+) with ADHD to have a safe affirming space to support, inspire, and encourage each other. An initial intake with Dr. Hamet will also be required to determine that the group is right for you and to assess your individual needs. This will be a separate cost which can also be billed to your insurance.

The groups will be held in person at our office at Humanistic Psychologists of Chicago 1945 W. Wilson Ave, Suite 6113, Chicago, IL 60640.



DID YOU KNOW...

- **ADHD can present differently in men versus women.**
- **Hormones influence ADHD symptoms – not only within menstrual cycles, but through life.**
- **Women with ADHD are often misdiagnosed with Depression and/or Anxiety.**
- **Many women are often diagnosed later into their 30's or 40's.**

GETTING STARTED...

When are the groups?

You can join anytime.

Can I join any group session?

Yes, this is an open group. However, there is a maximum of 10 participants per meeting. Thus, we will require an RSVP to each meeting. When meetings become filled, you'll be placed on a waitlist until there is an opening.

Why Group Therapy?

Group therapy can be greatly beneficial for people with ADHD to learn from others struggling with similar challenges. It also can increase self-acceptance by connecting over shared experiences with other women.

**contact your insurance to determine if group therapy is a covered benefit*