

Psychological interventions for families of children with ADHD:

- An introduction to the theory and strategies included in the New Forest Parent Training Programme

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The New Forest Parent Training Programme is one of the few timely, tailored and theoretically derived psychological interventions for ADHD. Unlike most evidence-based interventions for ADHD which were originally derived for conduct problems (Incredible Years, Triple P, PMTO) NFPP takes a different theoretical perspective, moving beyond social learning theory to an intervention that is more informed by the heterogeneity of impairments associated with the disorder. This programme includes components of psychoeducation for parents about ADHD and teaches strategies of proactive parenting in the context of a child with ADHD. It aims to enhance the parent-child relationship through play. It also includes an attention and organizational training component to target the underlying neuropsychological basis of ADHD (for example, poor concentration and working memory using games played together by child and their parent. The intervention also directly teaches strategies to target delay restructuring and delay fading to help the children to learn to tolerate periods to waiting. NFPP also has a strong focus on timing and helps parents to understand how they can help their child to understand time using buzzers, timers, and appropriate use of language. The intervention also includes a strong focus on teaching parents how to scaffold so that they can become an effective trainer for their child. The whole philosophy of the intervention is encapsulated in helping parents to deliver strategies at home first before generalising and extending the use of strategies outside the home and sharing them with other adults who are important in the child's life (teacher, soccer coach, grandparent). With an aim of achieving self-regulation where the child can apply the strategies and adapt the strategies for new situations without additional input from the parent.