

OnTrac - A Combined Parent-Child (CPC) Cognitive Behavioural Therapy (CBT) Program for Children (aged 7-10) with ADHD

Empowering Families, Transforming Lives

The OnTrac Combined Parent-Child (CPC) Program is a specialised group-based intervention designed to support children aged 7–10 years with ADHD and their families. ADHD presents unique challenges for children and their caregivers, often impacting relationships, routines, and overall family dynamics. The OnTrac program addresses these challenges by equipping families with evidence-based strategies to promote harmony, enhance resilience, and improve overall wellbeing.

Group programs like OnTrac offer unparalleled benefits for families navigating ADHD:

- **Shared Learning:** Parents and children learn alongside others facing similar challenges, fostering a sense of community and reducing feelings of isolation.
- **Peer Support:** Group settings provide opportunities to share experiences, exchange strategies, and celebrate successes in a supportive environment.
- **Skill-Building Together:** Joint sessions create a collaborative space where children and parents practice skills in real time, strengthening family relationships and reinforcing positive behaviours.

Parent involvement is central to the success of this program. Parents are a child's first and most influential teachers. By attending sessions with their child, caregivers gain essential tools to manage ADHD effectively while nurturing a stronger bond.

Understanding ADHD and Its Impact:

ADHD is a neurodevelopmental condition that affects every aspect of a child's life, including school performance, peer relationships, and family dynamics. Without intervention, ADHD symptoms can place significant strain on families, leading to:

- Increased parent-child conflict
- Higher levels of stress for parents and caregivers
- Struggles with daily routines and transitions

When families work together to understand and manage ADHD, they can create a more harmonious home environment and empower their children to thrive. The OnTrac program provides families with the knowledge and tools they need to navigate these challenges effectively.

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Program Highlights:

The OnTrac CPC Program is a comprehensive, evidence-based approach that meets the needs of both children and their caregivers.

Program Benefits for Families:

- **Improved Parent-Child Relationships:** Learn practical techniques to strengthen emotional bonds and reduce conflict.
- **Positive Behavioural Change:** Gain strategies to address and manage problem behaviours effectively.
- **Reduced Parental Stress:** Build confidence in parenting skills and reduce reliance on punitive discipline.
- **Enhanced Child Wellbeing:** Foster resilience, self-regulation, and a sense of accomplishment in children.

Program Structure:

The OnTrac program is delivered across six sessions and organised into three key modules:

1. Psychoeducation - Building Knowledge and Understanding

This foundational module provides parents and children with essential information about ADHD, including:

- Understanding ADHD and its presentations
- The impact of ADHD on executive functioning and emotional regulation
- Common co-existing conditions
- Evidence-based treatment options

Why this matters: Knowledge is power. Understanding ADHD is the first step toward effective management and improved outcomes.

2. Adaptive Thinking - Shifting Perspectives, Solving Problems Together

This module helps parents and children approach challenges collaboratively and non-coercively by focusing on:

- Identifying and reframing negative thoughts
- Clarifying values and setting meaningful goals
- Developing family-focused problem-solving skills, parents practice active listening, effective communication, and positive parenting techniques.
- Children learn assertiveness, emotional regulation, and self-advocacy skills.

Why this matters: Strengthening emotional and relational skills creates a foundation for better family harmony.

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3. Practical Coping Skills - Building Real-Life Skills for ADHD Management

The final module focuses on practical strategies to manage time, reduce procrastination, and implement changes that make daily routines more manageable. Parents and children work together to:

- Monitor and improve time use
- Identify barriers to productivity
- Develop solutions collaboratively

Why this matters: Practical tools empower children to succeed both at home and in school, while fostering teamwork between parent and child.

Who Is Eligible:

Children aged **7–10 years** with ADHD. Participation of one parent or primary caregiver for all sessions.

Program Logistics:

- **Facilitator:** A registered psychologist, program developer and author of a series of workbooks for ADHD; *What Lies Beneath Matters*
- **Delivery Format:** Online via video conferencing
- **Schedule:** Tuesdays, 4:00–5:30 PM (six consecutive weeks during school terms)

Medicare Rebate Information:

This program is offered under **Medicare's Better Access Initiative** (Group Therapy, item 80123).

Referral Requirements:

- A referral from a paediatrician or psychiatrist, OR
- A Mental Health Care Plan (MHCP) from a GP

At the conclusion of the program, detailed feedback will be provided to the referring professional.

Contact Information:

For more details or to enrol, contact Grace at:

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