



**Stability**  
MENTAL HEALTH



# Psychiatrist for ADHD in Adults



Psychiatrists, as part of a comprehensive treatment approach, often recommend various strategies to address the multifaceted challenges faced by adults dealing with ADHD. These interventions are non-pharmacological and focus on improving behavioral, emotional, and social functioning.



## About **COURTNEY P, MSN, PMHNP, CAS**

Courtney joins our team with over 20 years of experience as a healthcare provider. She is a Psychiatric Nurse Practitioner and Certified Autism Specialist. In her early career as a paramedic, she identified the need for improved mental health treatment. Her interest in the interconnectedness of mental and physical health led her to a career in nursing where she felt she could make an impact.





## Mindfulness and Stress Reduction Techniques

Psychiatrists recommend mindfulness practices and stress reduction techniques to help adults with ADHD manage feelings of overwhelm and anxiety. Mindfulness-based interventions aid in increasing attentional control, reducing impulsivity, and fostering emotional regulation.

# Conclusion

In conclusion, psychosocial interventions recommended by psychiatrists for adult ADHD encompass a range of strategies aimed at improving daily functioning, enhancing coping skills, and fostering overall well-being. These interventions, when integrated into a comprehensive treatment plan, can significantly improve the quality of life for adults grappling with ADHD challenges.



Contact Us

Website: [www.stabilitymentalhealth.com](http://www.stabilitymentalhealth.com)

Phone: (509) 361-5154

1700 Westlake Avenue North, Seattle,  
Washington 98109