

## **P-1130 - PSYCHODYNAMIC PSYCHOTHERAPY AND ADULT ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)**

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**Introduction:** Cognitive Behavioral and related psychotherapies such as Meta-Cognitive Psychotherapy are the most commonly cited and researched psychotherapy modalities in treating Adult Attention Deficit Hyperactivity Disorder (ADHD). The structure and goals of these therapies can be directly adapted to address ADHD symptoms. However, Psychodynamic Psychotherapy is not generally thought of as a common treatment alternative in ADHD. Indeed, psychoanalytically derived psychotherapies are not regularly utilized in the treatment of neurobiological disorders/ADHD. Adults with ADHD have commonalities in psychological developments due to secondary effects ADHD may have on the infant-caregiver interactions and the formation of later psychological structures. Research in the treatment of Adult ADHD demonstrates how patients share common defensive configurations secondary to common sequelae of ADHD such as underachievement and social maladjustment.

**Objectives:** The purpose of this abstract is to examine how the application of psychodynamic theory can be successfully utilized in several ways as a beneficial adjunct treatment of ADHD. Case examples of psychodynamic treatments of adults with ADHD will be presented as will common clinical issues in ADHD treatment.

**Methods:** This poster will present 4 case studies selected from a clinical population of a large metropolitan ADHD in Toronto, Canada and will discuss how psychotherapeutic techniques were utilized in conjunction with psychopharmacological agents to treat the symptoms of Adult ADHD.

**Conclusions:** The use and application of psychodynamic theory can be successfully utilized in significant ways as a beneficial adjunct treatment of ADHD as part of an integrative treatment approach which utilizes both psychotherapeutic and psychopharmacological approaches.