




ADHD CLINICS

# ReFrame Weekly

Edition 16 15/09/2025

A Newsletter for ADHD Brains That Think Differently

 Welcome back!

You are part of a growing ADHD community. ReFrame Weekly is here to help you build momentum, manage focus, and feel understood—one doable strategy at a time.

This edition focuses on making transitions smoother, tasks more visible, and habits more brain-friendly. Simple shifts can help build consistency and reduce mental effort.

**A WEEKLY DOSE OF INSIGHT, STRATEGY & SUPPORT FROM ADHD CLINICS**

## **NeuroMomentum**

**Anchor habits to existing routines—stacking makes them stick.**

(More on page 4)

## **Wired Differently**

**Emotional flooding in ADHD—strategies to slow the storm.**

(More on page 4)

## **Scattered to Sharp**

**Single-tasking with visual cues—ditch the myth of multitasking.**

(More on page 5)

## **The Dopamine Dispatch**

**Video of the week: How to ADHD (Jessica McCabe) YouTube channel.**

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## **ADHD Clinic Services**

**How we support patients from assessment to ongoing care.**

(More on page 6)

## **Quick Quiz**

**Which ADHD-friendly strategy involves attaching a new habit to an existing routine?**

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### **Share Your ADHD Wins or Tips**

*What is one thing that helped your ADHD brain thrive this week?*

 Share it with us at [info@adhd-clinics.co.uk](mailto:info@adhd-clinics.co.uk)

(Subject: "My ADHD Tip")

*We may feature you in a future edition—with your permission!*

## **Clinician Spotlight**

### **Dr Stephen Barrattshaw**

Consultant Psychiatrist, ADHD Clinics.

Dr Stephen Barrattshaw has ADHD. He is also a high performing Consultant Psychiatrist. He is very experienced in the diagnosis and treatment of ADHD in adults.

He originally trained as a nurse and then completed his medical training becoming a consultant in 2020. He has worked in a wide range of specialities and has also been a Director of Medical Education for a large NHS Trust and a Clinical Director for Acute Mental Health for an NHS Wales Health Board. Relaxed, down to Earth but also rigorous and very patient-centred.

His qualifications are MBChB BA BMedSci MSc MInstLM MAcadMed UKAAN MRCPsych  
He is a Consultant General Adult Psychiatrist with an endorsement in Rehabilitation Psychiatry.



He is listed on the specialist register of the GMC with a license to practice medicine – 7274615, is a Member of The Royal College of Psychiatrists and is an Approved Clinician under The Mental Health Act.

"ADHD is not a deficit of effort. It is a difference in wiring. Once we respect that difference, we can unlock growth"  
-Dr Barrattshaw

Appointments available at:

**[adhd-clinics.co.uk/appointments/](https://adhd-clinics.co.uk/appointments/)**

# ADHD Assessment & Treatment Online Course

## **A practical training for professionals.**

Designed for clinicians wanting to deepen their understanding of ADHD across the lifespan. Includes diagnosis, medication, therapy approaches, and real-world case discussions.

**Full-Day ADHD Masterclass | Saturday, 22 November 2025.**


 **Live online session | Programme TBC**


Join our full-day training course designed for psychiatrists, GPs, psychologists, and allied health professionals who want to enhance their skills in assessing and managing ADHD across settings.


## **What the course will include:**


- An in-depth day for clinicians covering:
- ADHD across the lifespan
- Assessment frameworks
- Medication choices & titration
- Psychological & coaching interventions
- Case discussions with Q&A

 **Where:** Live Online via Zoom

 **When:** Saturday, 22 November 2025

 **Time:** 09:30 – 16:30 (UK time)

 **Offer:** 10% off with promo code: **ReFrameWeekly**

 **Book now:** [adhd-clinics.co.uk/adhd-training-course-uk/](https://adhd-clinics.co.uk/adhd-training-course-uk/)

## **NeuroMomentum**

### **Habit Stacking**

Instead of building habits from scratch, attach them to routines you already do. The brain loves anchors.

**Example:** Layla adds journaling right after brushing her teeth at night. The existing habit triggers the new one.

**Try this:** Choose one habit you want to build. Anchor it to a routine you already never miss (like coffee, brushing, or commuting).

## **Wired Differently**

### **Emotional Flooding**

ADHD brains can tip into overwhelm quickly—frustration, anger, or sadness flooding in fast. Recovery can feel hard.

**Example:** Tom felt “snapped at” during a meeting and spiralled. Now he uses the 3B method: Breathe, Break, Boundary. A pause, a short walk, and then returning calmer.

**Try this:** Next time emotion spikes, give yourself permission for a micro-break. Step away before responding.

## Scattered to Sharp

### Single-Tasking with Visual Cues

Multitasking is a myth—especially for ADHD. Focus improves when only one task is visible.

**Example:** Chloe hides all tabs except the one document she is working on. A sticky note on her desk reads: “One thing only.” Productivity doubles.

**Try this:** Cover clutter with a sheet, close unused windows, and keep only the current task visible.

## The Dopamine Dispatch

### Video of the Week

#### How to ADHD (Jessica McCabe)

A YouTube channel mixing science, humour, and practical tips. Each short video breaks down ADHD struggles—from time management to rejection sensitivity—into clear, kind strategies.

**Patient win:** James learned about “body doubling” from this channel and now co-works virtually twice a week—cutting his procrastination in half.

## Quick Quiz ?

**Question: What is "habit stacking"?**

- A) Doing many tasks at once
- B) Anchoring a new habit to an existing routine
- C) Writing tasks on coloured sticky notes
- D) Planning tasks in 2-minute chunks

Email your answer to [info@adhd-clinics.co.uk](mailto:info@adhd-clinics.co.uk)

One correct entry will win a **£5 Amazon voucher** (random draw if more than one).

## ADHD Clinics Service

**At our clinics, we aim to provide end-to-end support for ADHD—from assessment through to ongoing care. Many patients feel relief simply in being understood and validated; we then build structured care on that foundation.**

### **Our services include:**

- Comprehensive Diagnostic Assessments – following NICE guidelines, including developmental history and collateral input.
- Medication Initiation & Monitoring – evidence-based prescribing, careful titration, and side-effect management.
- Therapeutic Support – CBT tailored for ADHD, coaching for skills, and psychoeducation sessions for patients and families.
- Workplace & Academic Support – reports, adjustments, and advice to help patients thrive in work or study environments.
- Long-Term Follow-Up – structured reviews to ensure progress is sustained.
- Support for Co-occurring Conditions – such as anxiety, depression, autism, PTSD, and sleep issues.

Our philosophy is practical, patient-centred, and flexible—because no two ADHD journeys are the same.



## Share Your Tips & Journeys

Have you tried “habit stacking” or single-tasking?

Do you use grounding when emotions flood?

Has a YouTube or podcast resource made a difference in your ADHD journey?

Email [\*\*info@adhd-clinics.co.uk\*\*](mailto:info@adhd-clinics.co.uk)

— we may feature your story in a future edition!

⚠ Disclaimer:

*All names and stories in these examples are fictional and provided to illustrate how strategies might be applied in real life.*

See you next week !

Thank you for reading

If you like ReFrame Weekly, please do write to us [\*\*info@adhd-clinics.co.uk\*\*](mailto:info@adhd-clinics.co.uk)