

ADHD & RECBT

Understanding Attention, Emotion, and Self-Regulation

Attention-Deficit / Hyperactivity Disorder (ADHD) is not simply a difficulty with focus. It is a neurodevelopmental profile that affects **emotional regulation, persistence, impulse control, motivation, and self-evaluation** across childhood, adolescence, and adulthood.

At the **Hellenic Institute for Rational-Emotive & Cognitive-Behavior Therapy (RECBT)**, we approach ADHD through an **evidence-based, compassionate, and skills-focused framework**, helping individuals move from self-criticism and overwhelm toward clarity, structure, and self-trust.

How RECBT Helps with ADHD

RECBT addresses ADHD not only at the behavioral level, but also at the **belief and emotional level**, where much of the long-term distress is maintained.

Our work focuses on:

- Emotional intensity and frustration tolerance
- Overthinking, mental fatigue, and “brain fog”
- Anger and impulse regulation
- Unrelenting standards and perfectionism
- Low frustration tolerance and self-criticism
- Persistence difficulties and burnout cycles

RECBT helps individuals replace rigid, self-defeating beliefs (e.g. *“I must perform perfectly,” “I can’t tolerate mistakes,” “If I fail, I am a failure”*) with **flexible, realistic, and empowering thinking patterns**.

ADHD Is Not a Character Flaw

Many individuals with ADHD grow up internalizing the belief that they are:

- Lazy
- Disorganized
- Unmotivated
- “Not trying hard enough”

In reality, ADHD reflects **differences in executive functioning and emotional regulation**, not a lack of intelligence, values, or potential.

RECBT supports clients in:

- Separating self-worth from performance
- Building structure without harsh self-pressure
- Developing sustainable habits instead of willpower battles
- Strengthening emotional self-control without suppression

Our RECBT-Based Approach Includes

- Psychoeducation on ADHD and emotional regulation
- Rational-Emotive belief restructuring
- Anger and frustration management
- Habit formation adapted to ADHD neurobiology
- Stress tolerance and resilience training
- Identity and self-esteem repair
- Support for children, adolescents, adults, and families

All interventions are **individualized**, practical, and grounded in scientific research.

Who Can Benefit

- Children and adolescents with attention or emotional regulation difficulties
- University students experiencing overload, procrastination, or burnout
- Adults with ADHD traits affecting work, relationships, or self-confidence
- Parents seeking guidance and support
- High-achieving individuals struggling with consistency and emotional exhaustion

RECBT Goal

Our goal is not to “fix” ADHD, but to help individuals **work with their nervous system rather than against it**—building clarity, emotional balance, self-acceptance, and effective action.

For information, assessment, or therapy services:

Visit www.recbt.gr or contact the Hellenic Institute for RECBT.