

## What does a comprehensive treatment plan look like/include for children?

By: Professor Eric Taylor

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**A**fter diagnosis by a specialist, a comprehensive treatment plan should include a full explanation of the condition and the available treatments in understandable terms, together with an **assessment of any other problems for learning and behavioural and emotional life** that are associated with or complicate the ADHD.

Interventions to be considered should include **medication and/ or evidence-based psychological treatment** such as **cognitive-behavioural therapy**; how to access them if recommended; **potential benefits and harms**; **advice** on education, exercise, and diet. There should be **alternative plans** if any one intervention is declined. There should be information on **local and national support groups** and voluntary organizations and on the right to a **second opinion**.

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### About the Author



Eric Taylor is Emeritus Professor of Child and Adolescent Psychiatry at King's College London and the Maudsley Hospital. He retired after a lifetime of ADHD research, clinical practice and leading the department at the Institute of Psychiatry for over 15 years.

### Resources

- <https://www.minded.org.uk/Component/Details/445682> - Poor Concentration and Overactivity 1
- <https://www.minded.org.uk/Component/Details/445685> - Poor Concentration and Overactivity 2
- Guideline, No. 87 *Attention deficit hyperactivity disorder: diagnosis and management*:  
<https://www.ncbi.nlm.nih.gov/books/NBK493361/>