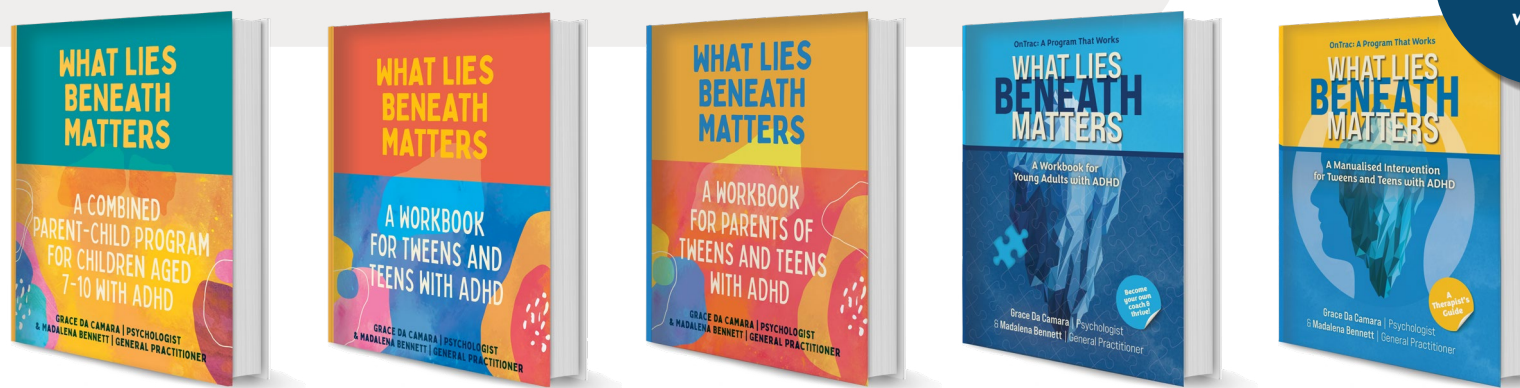


What Lies Beneath Matters Workbook Series

SafeZone Counselling has developed *What Lies Beneath Matters*, a series of workbooks that help guide participants through the OnTrac Program course material or as a self-help guide. There are 5 workbooks in the series:

- > [A Combined Parent-Child Workbook for Children with ADHD | Ages 7-10](#)
- > [A Workbook for Tweens & Teens with ADHD | Ages 11-17](#)
- > [A Workbook for Parents of Tweens & Teens with ADHD | Ages 11-17](#)
- > [A Workbook for Young Adults with ADHD | Ages 18-35](#)
- > [A Manualised Intervention for Tweens & Teens with ADHD, Therapist's Guide](#)



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OUR WORKBOOKS

CLICK HERE
to read about the
Workbooks on our
website

Easy-to-understand content with step-by-step guidance, for use individually, or in [our group programs](#) | Covers all age groups from 7+ |
Written by a Psychologist with knowledge & experience, specialising in working with people affected by ADHD,
and a GP with a multidisciplinary approach to treatment | Helps to educate the health professionals & the community

Praise for *What Lies Beneath Matters* Workbook Series

“This workbook provides realistic, practical, and useful information for children with ADHD. Not only is the book informative, but the many interactive activities and illustrations make it also fun to read. The exercises in this book are educational, easy to complete, and relevant to the world of childhood ADHD. I was impressed with the overall tone being non-judgmental, empathic, and empowering. In particular, I feel this is a great resource for rural Australia where there is a lack of ADHD services.”

Dr Roger Paterson Cert Child Adol. Psych | Tween Workbook

“This informative & interactive workbook is invaluable to any young person who has been diagnosed with ADHD. It is educational and insightful, covering many aspects of adolescent life relatable scenarios. It provides practical strategies, self-reflective exercises, and skill building to positively reinforce the reader's strengths, increase self-awareness and self-esteem; empowering them to advocate for themselves in many settings.”

I highly recommend this book to my patients and their families.

Dr Aggie Bakowski | Paediatrician | Teen & Tween Workbooks

ONTRAC: A CBT-based Manualised Group Program



SafeZone
COUNSELLING

ADHD is a common neurodevelopmental disorder characterised by a pattern of difficulties in behaviour, inattention, hyperactivity/restlessness and impulsivity, commonly diagnosed in childhood but also in adulthood.

What is ONTRAC?

OnTrac is a structured CBT based program for ADHD. The focus is on educating clients about their ADHD and how it affects them in the different domains of their life – home, school, social and workplace. This is achieved through psychoeducation, adaptive thinking and equipping the clients with practical skills and strategies. All programs have a participant workbook.

Why Group Intervention?

Research shows that group therapy provides the opportunity to learn that we are not alone and that others struggle with similar issues. This alone can be very validating, especially with a condition like ADHD where so many myths still exist. In addition, group therapy allows the opportunity to learn from the experiences of others and experience a sense of belonging.

OUR GROUP PROGRAMS

OnTrac is a structured CBT-based group program for ADHD. The focus is on educating clients about their ADHD and how it affects them in the different domains of their life – home, school, work and social settings. This is achieved through psychoeducation, adaptive thinking, and equipping the clients with practical skills and strategies.

Programs are tailored to different age groups as illustrated below. All programs have a participant workbook.

CLICK HERE
for more
information on
our Programs

1 A Combined Parent-Child (CPC) Program Ages 7–10, with a parent	2 Tween Program Ages 11–13	3 Teen Program Ages 14–17	4 Young Adult Program Ages 18–35	5 Parent Program with children who have ADHD	6 Therapist Training
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“Results have shown that the young people taking part in the program have achieved meaningful and significant reductions in ADHD symptoms. Grace’s desire to help young people can be seen in all aspects of her program and sharing her workbook is evidence of her passion.”

Professor Natalie Gasson, Curtin University WA