

## **Abstract**

3-9% of children and 2-4% of adults are said to have Attention Deficit and Hyperactivity Disorder in the United Kingdom (NICE 2009;19, GP Notebook).

Characterised by inattention, hyperactivity and impulsivity (APA 2000;92-3), these behaviours are said to be biologically induced by brain deficiencies and abnormalities, with psychosocial causes ruled out as a significant contributory factor (Barkley 2002). The main treatment is stimulant medication prescriptions, the cost for which has risen 8 fold in ten years with the 2011 UK total at almost £50,000,000 (Citizens Commission of Human Rights UK 2012b).

There are critics of this diagnosis who consider it a fraud and refer to actual physical problems and psychosocial factors as being misdiagnosed as ADHD (Breggin 2001b; 52, Baughman & Covey 2006). However, it appears that the PC community is silent on the subject.

This study aimed to address this by attempting to formulate a Person Understanding and practice response to 'ADHD' based upon the experiences of Person Centred Therapists.

An Interpretative Phenomenological Analysis approach was used to interview relevant PC therapists to ascertain what they felt to be their PC perspective of ADHD. Utilising semi-structured interviews, they answered five key questions regarding their understanding, experience and work with ADHDDC as well as share what they felt were the benefits and limitations of other ways of understanding and working with ADHD behaviours and clients.