



JOIN US!

→ ADHD Workshop

The Adaptive Worry System:

Turning ADHD Anxiety into Inner Guidance

Hosted by Carrie, Zoe, & Alliha

>>>> SIGN-UP [& for more information]

CONTACT US: carrie@irenitherapy.com

Executive Function Exploration • Guided somatic awareness exercises • Interoception and sensory-mapping worksheets • Psychoeducation on ADHD nervous-system dynamics - IFS-informed parts exploration of the "Worry System". Body-doubling for accountability and grounding Identifying personalized regulation strategies • Emotional pattern tracking (RSD, overwhelm, freeze) - Collaborative creation of an "Adaptive Worry Plan"



FREE!
Wednesday
6-7:30 pm

March 25th
April 1st
April 8th

Virtual
Sessions

Irenic
Therapy

