Progressive Therapy Associates

Battling chronic overwhelm and "never living up to potential"?
*You're not alone—**and you're not broken.***

Cognitive-Communication Therapy for ADHD

Attention - Executive Functioning - Building Insight

ADHD often includes internal battles that others can't always see—***but may deeply affect daily life.*** Cognitive-communication therapy aims to support individuals with ADHD in building practical skills and strategies for managing real-world demands more effectively.

Does this sound familiar?

- Feeling capable—but overwhelmed by everyday demands
- Struggling to start tasks and finish them
- Energy coming in bursts… then crashing
- Forgetting details, appointments, or what someone just said
- Interrupting, losing your train of thought, or having trouble mentally organizing your words
- Managing work, home life, or appointments feels harder than it "should"
- Hearing you're "not trying hard enough"—but you are
- Exhibiting performance that's consistently.... inconsistent

We want you to know: *you are not alone... **and you're not imagining the struggle.*** *These challenges are often related to how the brain regulates **attention, emotions, and executive functioning.*** There's a different way forward! You don't have to keep pushing through burnout or frustration. *With the right supports, **meaningful change is possible.***

Progressive Therapy Associates

We're here to help!

Improve. Empower. Renew.

701-356-7766 SMS 701-997-5556
www.progressivetherapyassociates.com
www.proadhdcoaching.com

IMPROVE. EMPOWER. RENEW.

Empowering Individuals with ADHD

to reach their full potential each and every day!

Speech-language pathologists work on more than speech—we help support the thinking and communication skills needed for everyday life. We are uniquely trained in how attention, executive functioning, and self-regulation impact thinking, communication, and daily life performance.

How We Help

Assessment and treatment is tailored to your unique brain and lifestyle. Cognitive-communication therapy focuses on building practical skills to help you function more effectively in daily life—not just in theory, but where it matters most. We help you:

- Manage attention, focus, and mental energy
- Improve organization, planning, and follow-through
- Communicate clearly and confidently
- Reduce overwhelm and increase independence

Education

Understanding key neurobiological factors and skills impacted by ADHD supports optimizing your strengths and abilities. We translate neuroscience into real-life insight. When you look at life through the "ADHD lens" without self-judgment, things start to make more sense and become more manageable.

Common ADHD Challenges

- Executive functioning (planning, prioritizing, task completion)
- Attention & working memory (staying on track, remembering information)
- Impulse control & self-monitoring
- Emotional regulation & frustration tolerance
- Time management & task initiation
- Communication breakdowns (losing thoughts, disorganized expression)
- Daily life management (work, parenting, routines, appointments)

Strategies to Support You

Our approach is personalized, practical, and strengths-based:

- Identify what's getting in the way in your real life
- Build compensatory strategies that actually work for you
- Develop routines and systems to reduce mental load
- Practice skills in functional, meaningful contexts
- Support consistency, follow-through, and independence

We aim to help you:

- Feel more in control of your day
- Follow through with less stress
- Communicate more effectively
- Build systems that work ***with*** your brain—not against it

Free Consultations

When you need a little more information and a face-to-face meeting to make sure it's a match for you!

Contact us today!

Progressive Therapy Associates & ProADHD Coaching

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