

PEAK PERFORMANCE

Structured Therapy for
Anxiety & ADHD



**GREEN
FOREST**
THERAPY



WELCOME TO OUR COMMUNITY

We are honoured to be part of your journey toward growth and self-discovery. At Green Forest Therapy, we take a compassionate and neuroscience-informed approach to empower neurodiverse individuals across the lifespan. Our goal is to help you overcome challenges, build confidence, and achieve meaningful, lasting change. Whether this journey is for yourself or a loved one, we are dedicated to helping you understand your unique needs, supporting your goals, and fostering personal growth.

Thank you for placing your trust in us — we look forward to working together.



ABOUT US

MISSION

Green Forest Therapy supports individuals with unique neurological and psychological conditions. Our sophisticated neuroscience-informed techniques are uniquely adapted to the needs of our clients fostering a deep understanding and transformative growth.

VISION

We want to create a world where neurodiverse individuals feel understood, empowered, and equipped to succeed. We aim to create a community of inclusion to help our clients thrive emotionally, socially, and academically.

VALUES

- Accessibility & Inclusion
- Authenticity & Connection
- Integrity
- Transformation
- Community





WHAT WE OFFER YOU:

- Work with ADHD & Anxiety experts to help you build skills
- The space to focus on growth, achievement, and rising above challenges
- Learn how to create a routine flow that works for you
- Neuroscience-based, practical custom-made strategies for your personal challenges
- Understand your brain, and meet your own needs





GLOSSARY

Here are some terms and definitions that might be helpful when looking through this package:


Neuroscience-based Strategies: We create strategies that are based on how your brain works on a chemical level, understanding what happens when we are trying to process emotions, thoughts and behaviours. Optimizing our brain's ability to change.

Applied Behavioural Analysis (ABA): A scientific method for understanding behaviour, ABA is based on principles that examine how behaviours evolve, are influenced by the environment, and how learning occurs. We can learn to effectively build new habits and eliminate habits that no longer work for us.

Mindfulness-based Strategies: Mindfulness-based strategies emphasize intentionally focusing on the present moment with awareness and without judgment. This includes observing thoughts, emotions, bodily sensations, and the surrounding environment.

Executive Functioning: Mental processes that help you set and carry out goals. Executive functioning helps us solve problems, make plans and manage our emotions.

Emotional Regulation: A term generally used to describe a person's ability to effectively manage and respond to an emotional experience.



PROGRAM OVERVIEW - 1

INCREASE UNDERSTANDING OF SELF:

- Develop a clear awareness of unique relationship to Anxiety and ADHD
- Understanding neurological impacts on executive functioning and emotional regulation

IMPROVE EXECUTIVE FUNCTIONING SKILLS:

- Strengthen abilities like organization, time management, planning, procrastination, and task initiation
- Helping clients manage their daily responsibilities more effectively and reduce overwhelm



ADOPT HEALTHY LIFESTYLE HABITS:

- Understand how sleep, diet, and exercise influence cognitive and emotional functioning
- Integrating habits that support sustained attention, better mood, and increased energy

ENHANCE EMOTIONAL REGULATION AND STRESS MANAGEMENT:

- Learn techniques to identify emotional triggers, regulate intense feelings
- Learn to cope with stress and anxious feelings to improving emotional well-being

PROGRAM OVERVIEW - 2

ESTABLISH AND MAINTAIN SUCCESSFUL ROUTINES:

- Implement and sustain structured routines
- Simplify daily tasks, reduce decision-making fatigue, and enhance overall productivity

IMPLEMENT EFFECTIVE WORK STRATEGIES:

- Identify individual learning styles, adopt active learning techniques
- Incorporate tools and resources that make work life more efficient, engaging, and aligned with personal goals



DEVELOP EFFECTIVE COMMUNICATION, SOCIAL SKILLS, & CONFIDENCE:

- Improve listening, conflict resolution, and limit overthinking
- Develop interpersonal skills to foster healthier connections while increasing self-assurance in social interactions

FOSTER A GROWTH-ORIENTED MINDSET FOR LONG-TERM SUCCESS:

- Cultivate resilience, positive self-talk, and flexible thinking
- Participants learn to maintain progress, adapt to challenges, and continue personal development beyond the program's duration

HOW DOES IT WORK?

1

Each session will be 50 minutes. We will learn, discuss and implement a new set of strategies each week. It is important to work on these newly learned strategies throughout the week for your success.

2

During our sessions will use Cognitive Behavioural Therapy, Applied Behavioural Analysis, Mindfulness and Emotion Focus Skills training to help develop new skills and meet your goals.

3

Throughout the program will be encouraged to track and journal your new behaviours, moods, triggers, and routines. At the end of the program you will complete a post test to see how you perceive your executive functioning and its impact on your life.

4

We will monitor progress continuously. You will begin the program taking an executive functioning pre-test. This will determine how you feel about your own executive functioning abilities and performance.



SESSION BREAKDOWN - 1

WEEK 1

Intake Assessment

WEEK 2

Introduction & Psychoeducation
on ADHD & Anxiety

WEEK 3

Psychoeducation on
Therapeutic Modalities (CBT,
ABA, and Strengths- Based)

WEEK 4

Assessing & Establishing
Behavioural Routines

WEEK 5

The Trifecta: Sleep, Diet, and
Exercise for Executive
Functioning

WEEK

6-8

Executive Functions (Select 3):

- Goal-Directed Behavior
- Task Initiation & Time Management
- Planning & Organization
- Working Memory & Information Management
- Emotional Regulation & Selective Focus
- Self-Control: Inhibitory Control & Impulse Regulation
- Problem-Solving & Cognitive Flexibility



SESSION BREAKDOWN - 2

WEEK 9

Effective Personalized Work Strategies

WEEK 10

Emotional Regulation & Stress Response

WEEK 11

Thoughts and Mindset work

WEEK 12

Reflection, Maintenance & Future Planning.

Add on sessions:

- Self-Concept & Self-Confidence
- Interpersonal Relationships & Social Skills
- Boundary Setting
- Parent Sessions





HOUSEKEEPING

Scheduling:

- Appointments will be on a weekly or biweekly basis for effective results.
- You can reach out to the clinic to have your appointments booked ahead of time. You can use your Jane App profile to book appointments as well.

Billing and Fees:

- The clinic requires a credit card placed on file. You can pay for appointments via credit card or e-transfer, please indicate to admin or your therapist for your preferred method of payment.
- Any outstanding fees later than 48 hours will be charged to the credit card on file. You will be informed of all payments being processed - payment will only be processed during or at the end of the appointment.
- If you need to cancel an appointment, provide your therapist 24 hours' notice. All appointments cancelled within 24 hours will be billed a late cancellation fee. All now show appointments will also be billed a no show fee. You can reach out to the clinic to reschedule an appointment or use your Jane App profile to reschedule or cancel an appointment.
- All of this information can be found in your consent form on your Jane App profile.

What is the Jane App?

- The Jane App is a practice management software used by psychotherapy clinics to streamline scheduling, billing, and client record-keeping. It allows clients to book and manage appointments, receive automated reminders, and securely store intake forms and session notes. For billing, Jane supports direct billing to insurance providers, online payments, and invoicing, making the payment process seamless for both clients and practitioners.

We will collaboratively use Jane for:

- Booking sessions
- Logging in and attending sessions
- Access to worksheets and handouts
- Pre-test and post questionnaires
- Billing and receipts
- Accessing your intake form, as well as consent & confidentiality forms

GUIDELINES & EXPECTATIONS



- Once you have registered for the program you will be onboarded to our Jane App booking platform, where you will be required to complete an intake form, consent forms and confidentiality agreements. You will also need to add a credit card to your account.
- Parents can opt in to 3-4 parent sessions throughout the 12-week program to act as an accountability partner to help establish new routines and behaviours. Parents will be provided psychoeducation on the topics discussed and will be informed of what is worked on from week to week. Please let your therapist know that you would like to add on parent sessions.
- All worksheets and handouts will be uploaded to your Jane App profile "documents" tabs - you will be expected to review, practice, or work on the session takeaways in between your sessions for effective results.
- All session takeaways are meant to be broken down to its smallest most manageable size. Each session takeaway is also custom created for you and your lifestyle. If it is not something you can complete, please be transparent with your therapist and communicate what is possible for you.





We are excited to start this journey with you!

LET'S CONNECT - IF YOU HAVE ANY
QUESTIONS OR CONCERNS, PLEASE REACH
OUT BY PHONE OR EMAIL.

PHONE: (289) 872-8744

EMAIL: INFO@GREENFORESTTHERAPY.COM

WEBSITE: GREENFORESTTHERAPY.COM



**GREEN
FOREST**
THERAPY