

LoveCBT

Autism and Adult ADHD: CBT to Support
Adults with Neurodivergent Conditions

25th September 2026

Workshop Programme



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Workshop description

Autism and Adult ADHD: CBT to Support Adults with Neurodivergent Conditions

FRIDAY 25TH SEPTEMBER | HILTON HOTEL, BELFAST

LoveCBT is delighted to present this upcoming day long workshop in the Hilton Hotel, Belfast with Professor Aisla Russell and Dr. Antonia Dittner.

Autism and ADHD are neurodevelopmental conditions associated with high rates of mental health problems such as anxiety and depression. Autistic people and people with ADHD benefit from CBT, if it is adapted to meet their needs.

This workshop is in two parts, part 1 will focus on adapting practice for autistic people and part 2 delivering formulation driven CBT for people with ADHD.

Understand the relationship between autism, ADHD, and common mental health difficulties

Participants will be able to describe how neuro-developmental differences in autism and ADHD contribute to anxiety, depression, and related difficulties, and why standard CBT approaches may require adaptation.

Adapt CBT practice to meet the needs of autistic people

Participants will be able to identify and apply evidence-based adaptations to CBT for autistic clients, including adjustments to communication, structure, sensory considerations, and therapeutic pacing.

Deliver formulation-driven CBT for people with ADHD

Participants will be able to develop and use individualised CBT formulations for clients with ADHD and implement practical strategies that address attention, impulsivity, motivation, and emotional regulation.

Speaker Descriptions



Professor Ailsa Russell

Professor of Clinical Psychology
Centre for Applied Autism
Research University of Bath



Dr. Antonia Dittner

Consultant Clinical Psychologist
South London & Maudsley NHS Trust

Ailsa Russell is a Professor of Clinical Psychology at the Centre for Applied Autism Research, Department of Psychology, University of Bath. Ailsa has worked in a range of services supporting autistic adults with co-occurring mental health problems.

The primary focus of her research is adapting evidence based psychological therapies to meet the needs of autistic people. She has led three randomised trials investigating the usefulness of adapted CBT for co-occurring mental health problems, specifically treating Obsessive Compulsive Disorder (OCD) and Depression.

Antonia Dittner is a Consultant Clinical Psychologist at South London and Maudsley NHS Trust where she leads the National Adult ADHD and Autism Psychology Service, a national service specialising in psychological therapies for adults with neuro-developmental conditions. She has worked in the NHS for over 20 years in a range of settings, and for much of that time with adults with neurodevelopmental conditions.

Antonia has carried out research investigating cognitive behavioural aspects of Adult ADHD, including a randomised controlled trial investigating a cognitive behavioural formulation-driven approach to treating adults with ADHD. She is co-author of a book, 'CBT to Support Adults with ADHD, A Therapist Guide' by Dittner, Chalder, Rimes and Russell (2026, Jessica Kingsley Publishers).



Booking a space

PRICING AND HOW TO BOOK

£130 /delegate

Tickets for the workshop are £130 per delegate with a no-refund policy in place. The price includes space for one individual attendee, each receiving:

- Certification on attendance accreditable for 6 CPD hours
- Interactive training with break-out sessions, practical application and opportunities to ask questions
- Hand outs and training materials distributed throughout the day
- Lunch included for all delegates
 - Please specify dietary requirements on booking by e-mailing plovecbt@gmail.com
- Discounted parking available for delegates*

You can book your space [via our website](#).

Payments are made via Stripe, and you will receive e-mail confirmation after payment has been made with a receipt attached. Please give at least 24 hours for receipt of confirmation.

If you have any issues or concerns throughout, please contact us at plovecbt@gmail.com.

****Parking discount at discretion of the hotel on basis of availability on the day.***

Important information

THE VENUE AND GETTING THERE

The event will be held in the Hilton Hotel, Belfast. The full address is:

Hilton Hotel Belfast
4 Lanyon Place,
Belfast
United Kingdom

The Hilton have parking available, and details will be e-mailed closer to the time of the event. A discount code will be provided as part of your booking.

Full directions on how to get to the Hilton, as well as a map location can be [found on their website here](#).

CONTACT US

If at any stage you need further information, please do not hesitate to contact Paddy below directly.

We look forward to welcoming you at the workshop in September.



Paddy Love

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Testimonials and Feedback

*I liked that we got the handouts well before the event; this allowed me to get well prepared. - **I liked that she used really interesting examples of OCD from clients with a good variety of issues.***

-

*I absolutely loved when she **called the lady up from the audience and went through her own real case.** I thought that was a really clear way to demonstrate the general points she was making, and it showed how to apply the principles in real life cases.*

- ATTENDEE OF VICTORIA BREAM OCD WORKSHOP, 2023

*Having evidenced based techniques translated into real life and cases presented. I have enhanced my understanding of Obsessive Compulsive Disorder. **The social aspect of the day was first class,** thank you!*

- ATTENDEE OF VICTORIA BREAM OCD WORKSHOP, 2023

*As usual from **Love CBT the day was well put together and delivered with professionalism.** Also, it's always a treat to mingle with old acquaintances.*

- ATTENDEE OF DR. COLLETTE HIRSCH WORKSHOP, 2024

I don't have a specific part that I enjoyed more. I loved everything about it. Great presentation, very well delivered, comfortable environment and great food.

- ATTENDEE OF MELANIE FENNEL LOW SELF-ESTEEM WORKSHOP, 2021

Our conference in 2023 was our biggest yet, and renowned success. We had the opportunity to speak to delegates at the event last year.

[Have a watch of our feature video for our 2024 event here to hear what attendees had to say.](#)

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