



## Private Practice for Psychological Psychotherapy in Weimar



### ADHD Diagnosis as a Self-Pay Service Without Long Waiting Times

In my practice, I offer comprehensive counseling and psychotherapy based on the latest scientific findings, so you receive the best possible support. My team of experienced professionals is at your side to answer all your questions and make the diagnostic process as simple and stress-free as possible.

It is very important to me to provide you with access to high-quality diagnostics and evidence-based psychotherapeutic treatment without long waiting times.

## Your Mental Health in the Best Hands



I am convinced that everyone has the right to swift and solid diagnostics. Therefore, I have optimized the process so you receive the support you need quickly.

Feel free to schedule an initial consultation to discuss your questions about neurodivergence diagnostics.

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### ADHD Diagnosis for Greater Clarity and Better Self-Understanding

Many people wonder if their sense of being different from others relates to ADHD.

A psychological diagnosis provides clarity - it can stand alone or form the basis for ongoing psychotherapy.



## Welcome to my private practice!



You may also be acquainted with this: challenges in concentration, a sense of inner restlessness, forgetfulness, or the impression of perpetually underachieving. Numerous individuals experience self-doubt and fatigue.

ADHD is frequently underestimated, particularly in women, as they often mask their symptoms for extended periods, presenting themselves as highly competent. An accurate diagnosis can facilitate a deeper understanding of their experiences and open new avenues for progress.

Schedule your upcoming appointments effortlessly online.



## ADHD Diagnosis - Protocol

### Initial consultation (anamnesis):

A comprehensive interview regarding your development, current challenges, social environment, and potential comorbidities.



### Documents and Questionnaires:

You will receive several questionnaires, often including those for close relatives who are familiar with your childhood. Please return these completed for evaluation, along with any available old school reports.



### Diagnostic Interview:

Implementing a standardized testing protocol to investigate ADHD symptoms in relation to your personal history.



### Assessment meeting:

A comprehensive analysis of the test results along with a recommendation regarding the advisability of psychotherapeutic treatment.



Ultimately, you will obtain a written summary of the test results.

**Important: To prevent the oversight of any additional mental illnesses that may have arisen, their symptoms are also documented.**

## What symptoms are most prominent in an ADHD diagnosis?

1. Inattention  
Distractibility, memory lapses, challenges in planning, and maintaining focus.
2. Hyperactivity / internal restlessness  
Restlessness, tension, and a persistent sense of being "on edge."
3. Impulsiveness or reverie  
Impatience, rapid emotional responses, or difficulties in time estimation and adherence to appointments.
4. Impacts on daily life  
How does ADHD present itself in professional settings, interpersonal relationships, or Organizing daily life?
5. Symptoms since early childhood  
Common symptoms of ADHD -  
Were there any earlier indications of patterns, such as heightened distractibility, difficulty remaining seated, or frequent daydreaming?

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