

Specialist-Led ADHD Training and Supervision for GPs and NPs

From February 2026, GPs and NPs in Aotearoa will have expanded responsibilities in ADHD assessment, diagnosis, and prescribing. A group of experienced clinicians specialising in ADHD, including six clinical psychologists and a consultant psychiatrist, are offering tailored training and supervision opportunities for GPs who want to build confidence and competence in this area.

We aim to provide practical, evidence-based support on:

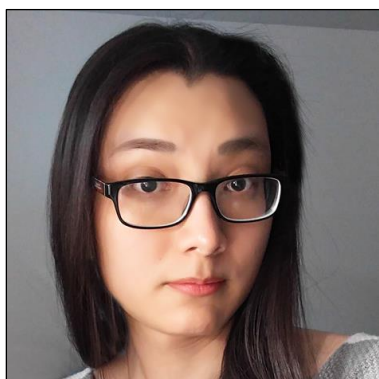
- Conducting comprehensive ADHD assessments according to the [framework published by the Ministry of Health](#)
- Best practice approaches for medication initiation and monitoring (Dr Samantha Chow)
- Ongoing case consultation and supervision
- Online training and post-assessment client support courses (see last page)

Our goal is to help GPs and NPs deliver safe, effective care for people with ADHD

Please see our individual bios below and contact us individually to discuss your requirements.

Dr Samantha Chow, Consultant Psychiatrist

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I am originally from Malaysia and have lived in New Zealand since 2006. I graduated from the University of Otago and completed training in psychiatry via the Royal Australian and New Zealand College of Psychiatrists (RANZCP). I have been involved in mental health work for over 15 years, both in the public and private sectors. I specialise in general adult psychiatry (adults aged 18 and over) and have a special interest in transgender health, ADHD, neurodiversity, anxiety/depression, and existential crises. My preferred pronoun is 'she/her'.

Dr Petra Hoggarth, Registered Clinical Psychologist

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I have been a clinical psychologist since 2012, and have been assessing and treating ADHD since 2020. Most of my therapy clients are neurodivergent, and I have two neurodivergent children. I have trained psychologists in ADHD assessment, and I supervise several for ADHD assessment and therapy. I also use AI as part of assessment and report writing (with client consent). I am available for training for individuals or groups/workshops (by negotiation), as well as supervision/case consultation, in-person in Christchurch, or via Zoom around Aotearoa.

Dr Amy Wang, Registered Clinical Psychologist

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I am a clinical psychologist with expertise in ADHD assessment and management for children and adults. I offer supervision and case consultation to clinicians in best-practice approaches for ADHD assessment and management.

Dr Brigitte Gorman, Registered Clinical Psychologist

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I am a clinical psychologist in private practice with specialised expertise in ADHD assessment and treatment across the lifespan. I earned my PhD developing a parent stress management programme for families navigating ADHD and contributed to Professor Julia Rucklidge's randomised controlled trial examining micronutrients in ADHD treatment. Since 2010, I have conducted hundreds of adult ADHD assessments, with a particular passion for unravelling complex presentations and differential diagnosis. My approach is informed by both professional expertise and lived experience; as someone with ADHD myself and mother to three teenagers, two of whom have ADHD. I bring a unique combination of clinical rigor, research background, and personal understanding to my work with individuals and families affected by ADHD. I provide training and supervision to GPs and other healthcare professionals, helping to build capacity for ADHD recognition and support in the wider medical community. Available for assessments, consultation, and professional development opportunities.

Charlotte West, Registered Clinical Psychologist

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I have been working in the area of neurodivergence, primarily assessments and therapy for symptoms related to autism spectrum condition, for 20 years, and have been conducting assessments and providing therapy for ADHD since 2019. Additionally, I have provided assessment and treatment for the impact of trauma and complex post-traumatic stress disorder for 30 years. I provide training in the assessment and treatment of neurodivergence, including differential diagnosis of multiple conditions that share overlapping symptoms. I provide supervision to colleagues, and I'm available to provide training and/or supervision for individuals or groups, in-person or via telehealth consultation.

Kate Harris, Registered Clinical Psychologist

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Since 2021, I have been providing ADHD assessments and therapy for neurodivergent clients, including through the ACC Sensitive Claims Service and within the justice system. I am currently establishing an assessment clinic for adults in North Canterbury. My background also includes clinical research with the University of Canterbury's Mental Health and Nutrition Research Group, where I conducted assessments with children undergoing treatment for ADHD. In addition to clinical work, I supervise other psychologists who are completing ADHD assessments and delivering therapy to neurodivergent clients. I am

available for training (individuals or groups, by arrangement), as well as supervision and case consultation, either in person in Christchurch or North Canterbury, or online.

Felicity Daly, Registered Clinical Psychologist

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I am a clinical psychologist working in Ōtautahi, Christchurch. I qualified in 2012 with my PGClinDipPsysc and have a Masters degree within the area of behavioural pharmacology. I have working experience within forensic psychology, neurodivergence, compulsive behaviours, anxiety, mood, personality disorders and complex trauma. I enjoy working with individuals who have more complex presentations and needs. I have delivered multiple trainings (across professional backgrounds) and been a guest lecturer at Canterbury University at both an undergraduate and postgraduate level. I have also provided supervision to other clinical psychologists for the past decade. I can offer training (group and individual), and case consultation and supervision.

Training and support courses from Felicity Daly:

I, alongside clinical psychologist Kate Harris, am currently developing a downloadable ADHD assessment package to streamline the practical aspects of ADHD assessments and associated paperwork. It will also include videos discussing experiences with common differential diagnoses and potential psychological mechanisms to consider for each. For more comprehensive information as to what will be included, please visit the following link:

[For Professionals — Felicity Daly Psychology Adult ADHD Assessments](#)

I am also currently developing an affordable **post-diagnosis client support package** for clients who have been recently diagnosed with ADHD in adulthood. Each treatment course will have specific focuses, involving both online self-paced learning and professional support. Please find further information at the following link. You are welcome to provide this option to assessment clients where appropriate: [ADHD Courses — Felicity Daly Psychology Adult ADHD Assessments](#)