

Abstract

This thesis deals with the use of mindfulness techniques at adult clients with ADHD aiming to determine the beneficial effects of this kind of intervention. An eight-week long mindfulness course carried out by means of the action research was attended by twelve adults with ADHD in total. The course designed as eight individual online meetings helped to get a deeper insight into the benefit and demands of the individual techniques as they are perceived by the participants. The level of the attentiveness change was monitored by the Face Facet Mindfulness Questionnaire (FFMQ-15-CZ) both before and after attending the course. The analysis of the participants' answers, which have become the main method to collect the data, shows that the mindfulness method has brought changes in the participants' lives; among them getting conscious, present, the ability to slow down, calm down and stop, thanks to which they have managed to better face the ADHD manifestation. Mindfulness appears to be another possible intervention which can help adults to reduce difficulties caused by this disorder.