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**Abstract**

Employment support for an individual with ADHD through psychotherapy and the triple pathway model:  
A case study

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Individuals with ADHD have an impaired reward system and are prone to motivation challenges. This case study describes the psychotherapeutic process for a client with ADHD who had difficulty establishing and maintaining their motivation to work. The client's ADHD symptoms made it difficult for them to set goals, and the themes discussed in their therapy sessions fluctuated. Through psychoeducation and utilizing the findings from cognitive task experiments and brain function measurements, the client was able to gain a comprehensive overview of their own traits and condition, and was able to discuss their challenges accurately and with appropriate insight. In the resulting collaboration between the client and therapist, we focused on work motivation and examined rewards that would enhance client-specific motivation. A reward was set up to increase altruistic motivation. The employment support for the individual with ADHD presented in this paper is an attempt to apply the pathological model of cognitive psychology to support individuals with ADHD and to devise a reward model.

**Keywords:** ADHD, employment support, reward, motivation, altruism

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