Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program, Client Workbook

This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD.

Attention Deficit/Hyperactivity Disorder (ADHD) in adulthood is a prevalent and impairing disorder. While medications have been effective in treating adult ADHD, the majority of individuals treated with medications still have symptoms that require additional skills and symptom management strategies. The Therapist Guide provides clinicians with effective means of teaching adult clients skills that have been scientifically tested and shown to help them cope with ADHD. The program has been updated to include the optional use of technology and smart phones to improve organization and planning. Core modules cover the development of systems for keeping track of appointments and tasks, reducing distractibility, and improving adaptive thinking skills, and there’s an optional module on reducing procrastination. Information is also provided regarding holding an informational meeting with a spouse, partner, or family member. The step-by-step, session-by-session descriptions are a practical resource for therapists who deliver the treatment. The companion Client Workbook contains all of the necessary information for participating in the practical CBT intervention. It includes worksheets, forms, and a link to an assessment measure that can be used to gauge progress during treatment.

Overview: Together, the Therapist Guide and Client Workbook contain all the information and materials necessary to deliver CBT for adults with ADHD. Empirically tested and effective CBT intervention for adults with ADHD and residual symptoms not fully treated by medication alone. Also provides options for “high-tech” and “low-tech” strategies, depending on the needs or preferences of the client. New to this Edition: Updated to cover current technology and optional strategies for incorporating it into treatment to help with organization and planning. Clinical components are updated based on research team’s experiences. Optional sessions with partner or spouse has more focus on providing education about ADHD to the partner or spouse, therefore minimizing disharmony.

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