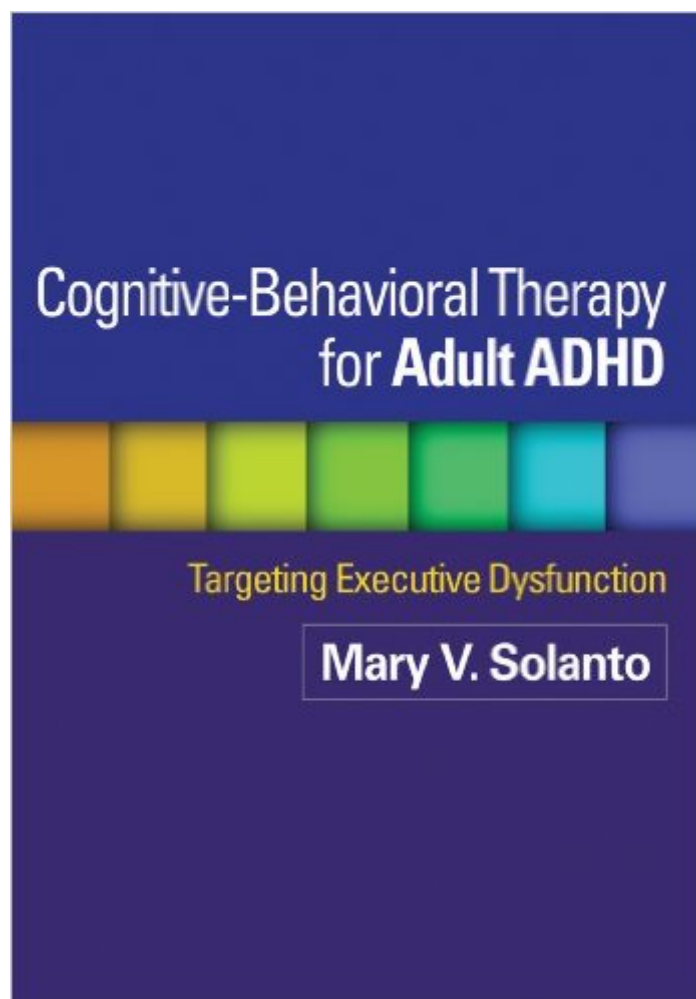


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# Cognitive-Behavioral Therapy For Adult ADHD



## Synopsis

This highly practical book provides evidence-based strategies for helping adults with ADHD build essential skills for time management, organization, planning, and coping. Each of the 12 group sessions--which can also be adapted for individual therapy--is reviewed in step-by-step detail. Handy features include quick-reference Leader Notes for therapists, engaging in-session exercises, and reproducible take-home notes and homework assignments. The paperback edition includes the adult ADHD criteria from DSM-5. The treatment program presented in this book received the Innovative Program of the Year Award from CHADD (Children and Adults with ADHD).

## Book Information

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## Customer Reviews

I am a psychiatry resident and wanted to build some CBT training skills for high functioning adults with time management and organization issues. The book is geared towards group therapy but I am using it in individual therapy. I am finding the skills to be broadly applicable and I have even started to use some of the skills myself. Like many CBT manuals it is formatted with first sections in introduction to the techniques and theory behind them as well as patient assessment tools. Then

there are specific sessions with skill building techniques and homework handouts. After basic behavioral skills are addressed cognitive barriers to organization and procrastination are addressed. I am finding it a valuable addition to my library and skill set.

I have adult ADHD, recently diagnosed. I was a psychology major and know that cognitive-behavioral therapy is a very successful treatment options. I have been hesitant to see a professional, as I have seen friends become dangerously over-medicated. I wanted a book I could use myself, but a lot of the books out there seem hokey; I needed something legitimate and that approached things from a scholarly perspective but also was user-friendly. Although I ultimately selected this book, I'm sure there are a few other good ones available. This book was very helpful for me. I read through it once without actively doing the exercises, and even that was helpful. I did a few of the exercises the first time through, when they seemed particularly relevant to something I was struggling with. Now I'm going to work my way back through the book and actually "treat" myself. I suspect these kinds of exercises will have more effect the more I do them, so I am considering just re-reading and re-doing this book throughout the coming years.

As mentioned, not only for therapists. You can down load the forms for easier use, but the info is not in the book; I had to call the publishing.

This book has alot of practical information regarding CBT techniques for ADHD. It's nice to see the focus on daily achievable habits within areas such as planning, procrastination and time management. Far to many resources discussing these areas only mentions their importance but fails to provide a realistic framework for how to implement them. That being said I do find the book a little uneven. It's chapter on cognitive distinctions is first rate but it's chapter on planning is far behind resources such classics as "7 habits of highly effective people". That being said it's still a good book with a perfect form for people with ADHD, because while better resources do exists within each of the areas it discuss, non exists that are as brief and to the point as this book. Highly recommended.

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So just to be clear - this is for mental health professionals to guide them in working with ADHD. BUT, I am not a mental health professional, and I do have ADHD, so I didn't necessarily notice that. That being said - I LOVE THIS BOOK. I decided to read it anyway, and am totally using the exercises in it. I think this is a great read.

Well, I have ADHD, so I haven't gone too far into this book. What I've been able to do is incredibly informative and definitely helpful. When I get past this very busy period in my life--in another month or so, I'll benefit greatly from this book. It outlines clear, easily-implemented strategies for adults with ADHD, with helpful refrains like, "If it's not on the planner, it doesn't exist."

I am a therapist and if I wasn't, this book may be a little too clinical. It gives very detailed charts and plans for primarily the inattentive type of ADHD. It doesn't address the hyperactivity part as well.

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