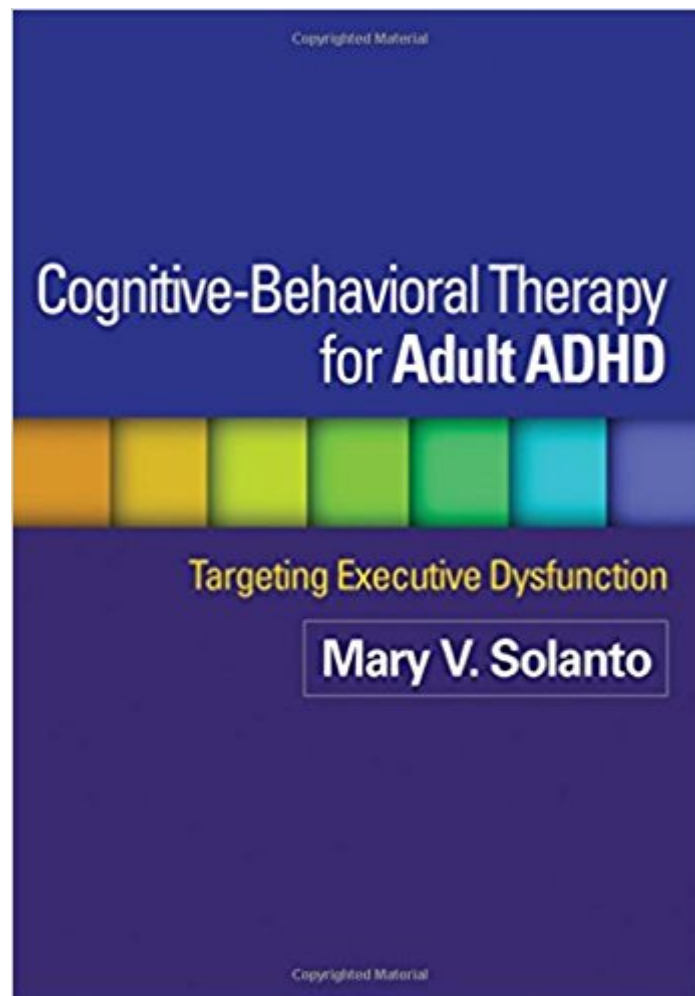




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Cognitive-Behavioral Therapy For Adult ADHD: Targeting Executive Dysfunction



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

"Few have done more than Solanto and her colleagues to advance our knowledge of cognitive-behavioral therapy for adults with ADHD. Now Solanto has produced a detailed, highly useful 'how-to-do-it' guide to implementing this effective approach. The treatment addresses the principal executive function deficits that characterize ADHD and helps adults manage their disorder more effectively. This is a 'must-have' manual for therapists, clinical trainees and graduate students, and others working with adults with ADHD."--Russell A. Barkley, PhD, ABPP, ABCN, Clinical Professor of Psychiatry, Virginia Treatment Center for Children and Virginia Commonwealth University School of Medicine "Solanto, one of the foremost experts in CBT for adult ADHD, has produced a state-of-the-art book that represents a tremendous advance for

clinicians. This practical volume provides the rationale for conducting CBT with this population along with 'how-to' instructions and materials. I highly recommend it."--Lenard Adler, MD, Department of Psychiatry and Director, Adult ADHD Program, New York University School of Medicine "This book presents one of the few evidence-based psychosocial treatments for adults with ADHD that have emerged in recent years. Solanto's group treatment approach is an asset to clinicians. It allows multiple patients to benefit at once as they gain coping skills and receive social support from others with similar impairments."--Steven A. Safren, PhD, ABPP, Department of Psychiatry, Harvard Medical School and Massachusetts General Hospital "Pills do not build skills. Adults with ADHD need to learn the basic organizational skills that are essential to activities of daily living, even when symptoms improve. This book is a clearly written, hands-on tool that will help therapists move beyond the prescription to provide effective psychological treatment."--Margaret D. Weiss, MD, PhD, Department of Psychiatry, University of British Columbia, Canada "Even as an experienced clinician, I found the book peppered with insightful, clever tidbits that shifted my understanding of ADHD and how I work with these clients. We need more books like this!" (ADDitude Magazine 2013-01-24) "An oasis in an evidence-based treatment manual desert....What makes this book and the treatment manual that it contains so unique is that it is based on the treatment administered in past clinical research by Dr. Solanto's group....Further, this is the first manualized group treatment for ADHD in adulthood. Dr. Solanto's treatment is a cognitive-behavioral therapy that targets the executive functioning deficits regularly compromised in ADHD, particularly time management, planning, and organization....I found this book and its evidence-based treatment manual to be a user-friendly, yet detailed 'how-to' resource that also incorporates theory on executive functioning. This book should belong to anybody interested in working with adults diagnosed with ADHD. Adults diagnosed with ADHD often struggle in various aspects of their lives and need to find ways to cope with their presenting concerns. This book provides clear, practical, and accessible guidelines to assist such patients. In a field that is in its early stages of development, this book sets a benchmark for manualized adult ADHD treatments and will serve to ensure the growth of evidence-based approaches to treating ADHD in adulthood." (Archives of Clinical Neuropsychology 2012-10-16)

Mary V. Solanto, PhD, is Clinical Associate Professor of Psychiatry in the Department of Psychiatry at the New York University (NYU) Child Study Center at the NYU Langone Medical Center. Dr. Solanto has worked extensively with adults and children with ADHD. Her research and publications address the cognitive and behavioral functioning of individuals with ADHD, the effects of

psychostimulants, and characteristics of the subtypes of ADHD. Dr. Solanto is active in the training of psychiatrists and psychologists to diagnose and treat ADHD and related disorders. She serves on the editorial board of the Journal of Attention Disorders and presents to adult groups on strategies to improve organization and self-management.

I read about the 12 week cognitive behavior program in the CHADD newsletter and thought I would see if I could do it myself. I found a friend that I check in with every week to go over the lesson. I am finding the program very helpful. It sounds basic, but if you are an adult with ADHD it is very helpful. You have to stick with the program so I encourage you if you are going to do it on your own to have someone you are accountable to.

I have adult ADHD, recently diagnosed. I was a psychology major and know that cognitive-behavioral therapy is a very successful treatment option. 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.

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.

very clearly written guide for ADHD therapists and patients on useful strategies to combat ADHD, particularly in adults. The strategies flow out of CBT, a quite useful therapy for many patients. In CBT, one doesn't so much analyze **why** one does things so much as develop strategies to do better.

Bought a copy to work through with a counselor as my "homework." The first lesson I didn't find useful at all (coming to terms with having ADHD) because it was more of a relief to finally understand some of my executive function patterns. Well written, although a bit simplistic in nature.

Just as advertised, arrived quick, thanks!

Excellent resource for therapists with very good explanations of adult ADHD. The treatment group protocol is clear and very useful.

Still reading. Learned a new word, disphorogenic. Although meant for mental health professionals, I am finding it providing valuable insights.

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