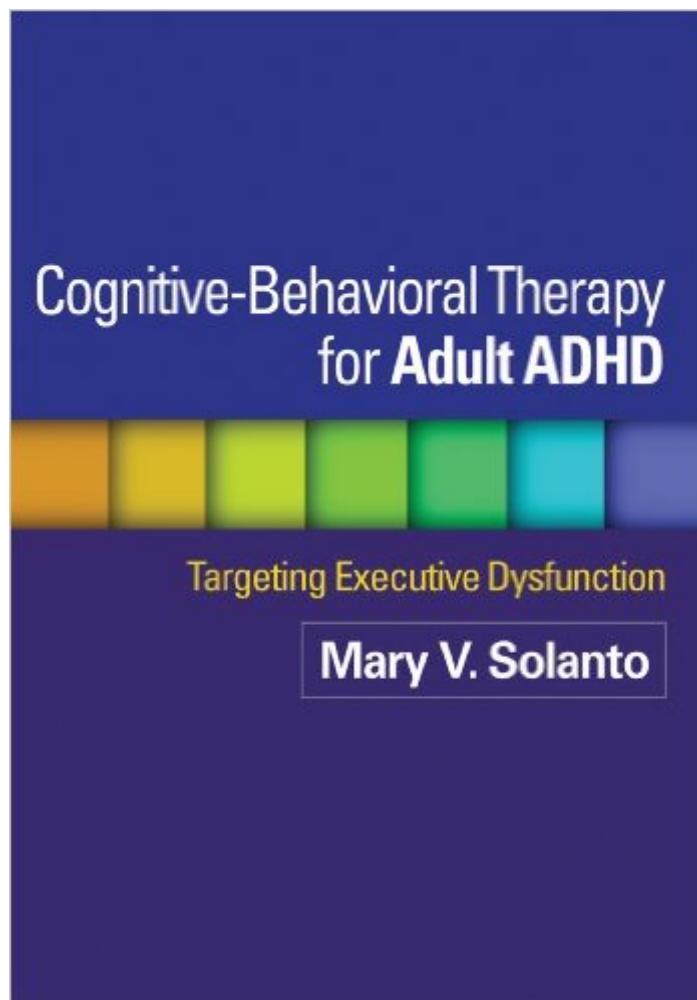


The book was found

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

File Size: 6276 KB

Print Length: 214 pages

Publisher: The Guilford Press; Reprint edition (June 16, 2011)

Publication Date: June 16, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B00FP52KIA

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #320,048 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Group Therapy #67 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Attention-Deficit Disorder #174 in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Psychiatry

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 download the forms for easier use, but the info is not in the book; I had to call the publishing.

This book has a lot 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 too many resources discussing these areas only mention their importance but fail to provide a realistic framework for how to implement them. That being said I do find the book a little uneven. Its chapter on cognitive distinctions is first rate but its chapter on planning is far behind resources such 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 exist within each of the areas it discusses, none exist that are as brief and to the point as this book. Highly recommended.

The book might be excellent if you could read it. It has elected some primitive photo copied looking version that just kills your eyes, zooms into the molecule when you try to control text size, and includes no narration. I want a nice legible professional done digital book, just like the many other books I have purchased from. The photocopied paper is bright white with tiny text, and none of the

digital option appear to work due to this being a cheap photo copy instead of an honest digital book. I have asked them to fix their book, and am waiting for a response. I really have heard great things about the book, there is no reason should make such an inferior replication and attempt to sell it as a digital book.

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.

[Download to continue reading...](#)

ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children, Adhd adult, Adhd parenting, Adhd without ... Adhd advantage, adhd effect on marriage) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Cognitive-Behavioral Therapy for Adult ADHD Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work) Blending Play Therapy with Cognitive Behavioral Therapy: Evidence-Based and Other Effective Treatments and Techniques Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work) Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Cognitive Behavioral Therapy: Break Through Depression, Free Yourself

From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR INNER GREATNESS The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures When Children Refuse School: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Making Cognitive-Behavioral Therapy Work, Second Edition: Clinical Process for New Practitioners Cognitive-Behavioral Therapy Skills Workbook Cognitive Behavioral Therapy : A Comprehensive Guide For Defeating Depression, Overcoming Anxiety, & Eliminate Negative Thoughts Cognitive Behavioral Therapy (CBT): 9 Powerful Techniques to Cure Negative Thoughts, Anxiety & Depression [**FREE GIFT** Instant Transformational Hypnotherapy Masterclass] Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action Behavioral Interventions in Cognitive Behavior Therapy: Practical Guidance for Putting Theory Into Action, Second Edition

[Dmca](#)