Cognitive Behavioral Therapy For Adult Adhd Targeting Executive Dysfunction

A central source of frustration for most adults with ADHD is that they know what they need to do but they have difficulties turning their intentions into actions. These difficulties also interfere with their ability to use self-help books and to get the most out of psychosocial treatments that provide coping strategies that promise to improve their functioning. Drs. Ramsay and Rostain are experts in the assessment and treatment of adult ADHD and are leaders in the development of effective psychosocial treatments for this group of patients. Their newest book, The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out is a coping guide for adults living with ADHD, one that does not just present useful coping strategies but also provides specific tactics designed to help readers implement these skills in their daily lives and brings them to life in a user-friendly format. The authors discuss many different settings in which ADHD may cause difficulties, including work, school, matters of physical health and well-being, and the issue of excessive use of technology. Although written for consumers, clinicians will find the book to be a clinically useful tool for their adult patients with ADHD, serving as a companion to the newly updated and expanded second edition of Drs. Ramsay and Rostain’s professional treatment manual, Cognitive-Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach.

"This volume is a ground-breaking first step in standardizing the psychosocial treatment of adults with ADHD." - Dr Sam Goldstein, University of Utah "I think it is a uniquely valuable guide to how psychological thinking and treatment can be helpful to adults with ADHD - I recommend it to all professionals taking on this work." - Professor Eric Taylor, Head of Department of Child and Adolescent Psychiatry, King's College London Institute of Psychiatry "What emerges fro this perspective is clinical wisdom. I could see and feel both the patient and the therapy." - Margaret Weiss, Director of research, ADHD Clinic, Children's and Women's Health Centre, Canada There is increasing recognition of the prevalence of ADHD in adulthood, which is estimated to be around one percent in the general population. These people have often experienced lifelong underachievement; they feel misunderstood and have not received the help they need. Reflecting the growing awareness of this problem, ADHD in Adults provides a comprehensive account of the presentation of adulthood ADHD, its assessment and treatment. Written by experienced practitioners in the field, the book introduces a cognitive behavioural model of ADHD from which the authors developed the Young-Bramham Programme. This is a unique, modular framework for assessing and treating people with adulthood ADHD and associated problems using practical intervention techniques. The book is accompanied by the Young-Bramham Programme Companion Website, www.wiley.com/go/adhdadults that provides downloadable materials for use by clients and therapists. ADHD in Adults is
invaluable reading for clinicians working with adult ADHD clients in many different settings including primary care, adult mental health, learning disability, forensic, neuropsychiatry and neuropsychology. It will also be a useful self-help resource for ADHD clients, friends, family and supporters.

For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there. No one is a better guide to how to get the best care—and what sufferers can do for themselves—than renowned ADHD researcher/clinician Russell A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments. Specific techniques are presented for overcoming challenges in critical areas where people with the disorder often struggle—work, finances, relationships, and more. Finally, an authoritative one-stop resource for adults with ADHD who are ready to take back their lives. See also Dr. Barkley's bestselling resource on childhood ADHD, Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents.

Improve your outcomes by adjusting your thinking and changing your behavior Did you know you have the ability to change your thinking and control your actions from the inside out? Whether you suffer from an anxiety disorder or OCD, you struggle with diet or substance abuse, or you're simply unhappy with the results you're getting in life, cognitive behavioral therapy can teach you how to think and act more constructively. The pages in this book offer the tools you need to learn how to improve your outcomes in life simply by changing the ways in which you think. Discover powerful tools to identify and overcome self-defeating patterns, effective techniques for coping with anger issues, depression, and anxiety, helpful exercises for developing a realistic and positive attitude, and so much more! Keep the setbacks at bay, stay focused on your goals, and enjoy the results of your new outlook on life!

Cognitive Behavioural Therapy for Adolescents and Young Adults: An Emotion Regulation Approach provides a unique focus on therapeutic practice with adolescents and young adults, covering everything from psychological theories of adolescence to the treatment of common emotional difficulties. Beginning with a review of development through adolescence into adulthood, and the principles of CBT, the book highlights problems with traditional models of CBT for adolescents and young adults. In a fresh approach, this book separates CBT from diagnosis and grounds it instead in emotion science. Adolescents and young adults learn not about disorders and symptoms, but about emotions, emotional ‘traps’, and how they can use CBT to bring about change. There are chapters on fear, sadness, anger, emotion dysregulation, and happiness. Each chapter provides an outline of emotion science, a clear cognitive behavioural formulation (‘trap’), and evidence-based interventions. Clinicians are walked through the process using case
illustrations. Cognitive Behavioural Therapy for Adolescents and Young Adults represents a transformation of CBT practice, and will become a valuable treatment manual to training and practising mental health professionals, especially psychotherapists specialising in CBT.

This is the first book to integrate cultural influences into cognitive-behavioral therapy (CBT). This engagingly written volume describes the application of CBT with people of diverse cultures and discusses how therapists can refine cognitive-behavioral therapy to increase its effectiveness with clients of many cultures.

"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"--

Cognitive-behavioral therapy has developed hugely over the past 30 years and is the branch of psychotherapy which has most successfully transferred into the mainstream of treating mental health problems. In this volume, readers will be provided with an integrated, systematic approach for conceptualizing and treating disorders commonly encountered in clinical practice. A strong emphasis is placed on empirically supported approaches to assessment and intervention while offering readers hands-on recommendations for treating common mental disorders, grounded in evidence-based medicine. Practical chapters written by a variety of international experts include numerous case studies demonstrating the specific techniques and addressing common problems encountered and how to overcome them. Cognitive-behavioral Therapy with Adults is an essential guide for practising clinicians and students of cognitive-behavioral therapy as well as educated consumers and those interested in psychotherapy for common mental disorders.

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).

This book offers a new approach to understanding and treating psychotic symptoms using Cognitive Behavioural Therapy (CBT). CBT for Psychosis shows how this approach clears the way for a shift away from a biological understanding and towards a psychological understanding of psychosis. Stressing the important connection between mental illness and mental health, further topics of discussion include: the assessment and formulation of psychotic symptoms how to treat psychotic symptoms using CBT CBT for specific and co-morbid conditions CBT of bipolar disorders. This book brings together international experts from different aspects of this fast developing field and will be of great interest to all mental health professionals working with people suffering from psychotic symptoms.
An authoritative practitioner guide and student text, this book offers clear advice on how to structure and lead cognitive-behavioral therapy (CBT) groups and overcome common challenges that arise. Specific, evidence-based group assessment and treatment protocols are provided for a range of frequently encountered disorders. Emphasizing that a CBT group is more than the sum of its individual members, the authors show how to understand and use group process to optimize outcomes. Up to date, accessible, and highly practical, the book is filled with session outlines, sample dialogues, checklists, troubleshooting tips, and other user-friendly features.

Developmental Cognitive Behavioral Therapy with Adults outlines a new cognitive approach that combines existing CBT theory and strategies with a lifespan developmental psychopathology perspective. The major focus is on the relationship between mastery of normative psycho-social developmental tasks and mental health. Primary targets for therapy are maladaptive developmental pathways that have significantly disrupted the client’s ability to cope with normal adult tasks and challenges. The book builds on standard cognitive therapy models and techniques, while providing further assessment and therapy strategies to address patterns interfering with resolution of normative adult tasks and roles. It introduces several new developmental assessment and therapy strategies, designed to address client difficulties with normal adult developmental tasks and to identify longstanding maladaptive pathways maintaining these difficulties. The book offers a variety of psycho-social developmental task difficulties in occupational, social, and family functioning. The clinical examples provide a deeper understanding of pathways to competence, as well as pathways to deviance, and the contrast between normal and atypical processes as they emerge at different developmental periods.

From leading cognitive-behavioral therapy (CBT) experts, this book describes ways to tailor empirically supported relationship factors that can strengthen collaboration, empiricism, and Socratic dialogue and improve outcomes. In an accessible style, it provides practical clinical recommendations accompanied by rich case examples and self-reflection exercises. The book shows how to use a strong case conceptualization to decide when to target relationship issues, what specific strategies to use (for example, expressing empathy or requesting client feedback), and how to navigate the therapist's own emotional responses in session. Special topics include enhancing the therapeutic relationship with couples, families, groups, and children and adolescents. Reproducible worksheets can be downloaded and printed in a convenient 8 1/2” x 11” size.


Although Cognitive Behavioural Therapy (CBT) has a well elaborated theoretical background and documented standard therapeutic process, new specific theoretical formulations and genuine techniques seem to continually appear. These new treatment developments in CBT constitute the heart of this book. Leading researchers and clinicians, who are also well established experts in the application of CBT present the extent of their experience, as well as appropriate and state-of-the-art treatment techniques for a variety of specific disorders: * Management of Major Depression, suicidal behaviour and Bipolar Disorder.*
Treatment of Anxiety Disorders such as Panic Disorder, Obsessive Compulsive Disorder, and Generalized Anxiety Disorder. * Application of CBT to Eating Disorder and Personality Disorders, especially Borderline Personality Disorder. * Implementation of CBT with specific populations such as couples and families, children and adolescents. The book focuses on clinical practice and treatment techniques, but avoids a step-by-step approach. Instead it encourages flexibility and integrativity in order to help the practicing clinician become more competent and efficient in applying CBT. Well-known contributors reveal a variety of treatment styles, and case examples and treatment transcripts are used to show how theoretical innovations integrate with the practice of CBT.

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. 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. 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. Contains over 100 of the top hands-on practical worksheets and exercises for integrating CBT! Cognitive-Behavioral Therapy (CBT) is the fastest-growing psychotherapy in the world today, largely because it has been clinically-tested and found effective for a broad range of psychiatric and psychological problems. CBT has strong clinical support from both clients and clinicians who like its collaborative process that uses practical tools and strategies for solving everyday problems. The challenge for many clinicians is finding practical ways to integrate empirically-supported therapies into everyday clinical practice with clients. While there are many outstanding books on the theory and practice of cognitive-behavioral therapies, the CBT Skills Workbook provides over 100 of the top hands-on practical worksheets and exercises to help clinicians integrate CBT into practice. The exercises and worksheets are designed to provide powerful tools that can be used in individual or group sessions and as homework assignments. An effective way to use the workbook is to have clients complete the exercises and worksheets at home and then review them together in each session. Clients learn by doing, thus these exercises are intentionally designed to be short, sweet, and easy-to-complete. This workbook contains powerful, yet practical, tools and techniques to help mental health professionals provide clients with state-of-the-art evidence-based interventions for a broad range of addiction and mental health issues and concerns. The workbook is divided into four key sections that include practical exercises and worksheets focused on client motivation, beliefs, emotions, and behaviors. In a nutshell, it helps people learn how to feel better by changing what they think and do. With
the explosive movement toward accountability and evidence-based treatments, the CBT Skills Workbook will help psychologists, mental health professionals, and social workers integrate evidence-based treatments and therapies into clinical practice. In short, the workbook provides an easy to follow directory of practical exercises and homework activities that are designed to help people learn ways to have the life they truly want and deserve.

Live boldly as a woman with ADHD! This radical guide will show you how to cultivate your individual strengths, honor your neurodiversity, and learn to communicate with confidence and clarity. If you are a woman with attention deficit/hyperactivity disorder (ADHD), you’ve probably known—all your life—that you’re different. As girls, we learn which behaviors, thinking, learning, and working styles are preferred, which are accepted and tolerated, and which are frowned upon. These preferences are communicated in innumerable ways—from media and books to our first-grade classroom to conversations with our classmates and parents. Over the course of a lifetime, women with ADHD learn through various channels that the way they think, work, speak, relate, and act does not match up with the preferred way of being in the world. In short, they learn that difference is bad. And, since these women know that they are different, they learn that they are bad. It’s time for a change. A Radical Guide for Women with ADHD is the first guided workbook for women with ADHD designed to break the cycle of negative self-talk and shame-based narratives that stem from the common and limiting belief that brain differences are character flaws. In this unique guide, you’ll find a groundbreaking approach that blends traditional ADHD treatment with contemporary treatment methods, such as acceptance and commitment therapy (ACT), to help you untangle yourself from the beliefs that have kept you from reaching your potential in life. If you’re ready to develop a strong, bold, and confident sense of self, embrace your unique brain-based differences, and cultivate your individual strengths, this step-by-step workbook will help guide the way.

Cognitive-Behavioral Therapy for Adult ADHD Targeting Executive Dysfunction

Depression is a common problem for individuals in their senior years. This therapist guide outlines a three-phase programme based on the principles of cognitive-behavioural therapy. This practical resource provides an evidence-based framework for treating clients struggling with perfectionism, whether as the main presenting problem or in conjunction with depression, eating disorders, anxiety disorders, or obsessive-compulsive disorder. Using a case formulation approach, the authors draw on their extensive cognitive-behavioral therapy (CBT) experience to present specific techniques and interventions. Coverage spans treatment planning, the therapeutic alliance, key obstacles that may arise, relapse prevention, and emerging research. Reproducible assessment scales and 36 patient handouts are included; purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size.

The Science of Cognitive Behavioral Therapy describes the scientific approach of CBT, reviews the efficacy and validity of the CBT model, and exemplifies important differences and commonalities of CBT approaches. The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and behaviors. The book reviews recent mediation studies, experimental studies, and neuroimaging studies in affective neuroscience that support the basic model of CBT, as well as those that clarify the mechanisms of treatment change. Additionally, the book explains the interplay of cognition and emotion in CBT, specifies the treatment goals of CBT, discusses the relationship of cognitive models with medical models and associated diagnostic systems, and provides concrete illustrations of important general and disorder-specific considerations of CBT. Investigates the scientific foundation of CBT Explores the interplay of emotion and cognition in CBT Reviews neuroscience studies on the mechanisms of change in CBT Identifies similarities and differences in CBT.
approaches for different disorders Discusses CBT extensions and modifications Describes computer assisted applications of CBT
This acclaimed text and practitioner reference presents an authoritative overview of major models of cognitive-behavioral therapy (CBT).
Foremost treatment developers explain core CBT principles and provide a framework for systematic assessment, case conceptualization, and
treatment planning. Scholarly yet accessible chapters on each therapy detail what makes the approach unique, which clinical problems it is
used to treat, what assessment and intervention tools have been developed, how they are implemented, and what the research reveals about
the therapy's effectiveness. Special topics include working with children and adolescents, couples, and culturally diverse clients. The
Handbook has been widely adopted in training programs, and the revisions in this edition reinforce its value as a text. New to This Edition *
The latest findings and clinical advances. * Additional therapies: schema therapy and mindfulness- and acceptance-based interventions. *
Chapter on the empirical evidence base for CBT. * Chapters on treatment of couples and culturally diverse clients.
An innovative treatment approach with a strong empirical evidence base, brief cognitive-behavioral therapy for suicide prevention (BCBT) is
presented in step-by-step detail in this authoritative manual. Leading treatment developers show how to establish a strong collaborative
relationship with a suicidal patient, assess risk, and immediately work to establish safety. Proven interventions are described for building
emotion regulation and crisis management skills and dismantling the patient's suicidal belief system. The book includes case examples,
sample dialogues, and 17 reproducible handouts, forms, scripts, and other clinical tools. The large-size format facilitates photocopying;
purchasers also get access to a Web page where they can download and print the reproducible materials.
This book outlines a new cognitive-behavioral treatment for patients of all age groups with Avoidant/Restrictive Food
Intake Disorder.
Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach has been revised,
updated, and expanded for this second edition and remains the definitive book for clinicians seeking to treat adults with
ADHD. Clinicians will continue to benefit from the presentation of an evidence-supported treatment approach for adults
with ADHD that combines cognitive behavioral therapy and pharmacotherapy adapted for this challenging clinical
population. The updated edition of the book offers new and expanded case examples, and the authors emphasize more
detailed, clinician-friendly "how to" instructions for the delivery of specific interventions for adult patients with ADHD.
Understanding that most adults with ADHD say, "I know exactly what I need to do, but I just cannot make myself do it,"
the book pays special attention to the use of implementation strategies to help patients carry out the necessary coping
skills to achieve improvements in functioning and well-being in their daily lives. In addition to providing an outline of their
treatment approach, Drs. Ramsay and Rostain provide an up-to-date review of the current scientific understanding of the
etiology, developmental course, and life outcomes of adults with ADHD as well as the components of an thorough
diagnostic evaluation. As an added clinical resource, Drs. Ramsay and Rostain have also produced a companion patient
handbook written for adults with ADHD, The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out, which
clinicians can use with their patients.
Cognitive Behavioral Therapy for Beginners lays out an experiential learning program replete with exercises to guide new clinicians, as well as more experienced therapists re-specializing in CBT, through the process of systematically implementing successful CBT interventions both for themselves and their clients. Each chapter examines a key construct in understandable terms, presenting an overarching view of how clinicians put these concepts and techniques into practice in typical as well as in difficult or unexpected scenarios. Readers will come away with a deep understanding not just of the standard principles of CBT but also of the real decisions and strategies that allow seasoned therapists to implement these principles in a way that maximizes the benefit to clients.

Social phobia, or social anxiety disorder, is among the most common (and debilitating) of the anxiety disorders, and at any given time it effects somewhere between 3 and 5% of the US population, with similar statistics found in countries around the world. Cognitive-Behavioral Therapy (CBT) has been demonstrated to be the most effective form of treatment for social phobia, but research has shown that conventional CBT principles and general interventions fall short of the mark. With this in mind, Hofmann and Otto have composed an organized treatment approach that includes specifically designed interventions to strengthen the relevant CBT strategies. This volume builds upon empirical research to address the psychopathology and heterogeneity of social phobia, creating a series of specific interventions with numerous case examples.

Can Cognitive behavioural therapy revolutionise your practice? Cognitive Behavioural Therapy is an effective and frequently used psychological treatment. Cognitive Behavioural Therapy for Mental Health Workers offers the reader a good overview of CBT, allowing them to develop an understanding of the patient’s problems, utilise the approach effectively, prepare for supervision, and integrate CBT skills into everyday practice. This clear, comprehensive introduction written by experienced clinicians, describes how to use CBT within the busy clinical environment. Subjects covered include: the therapeutic relationship in CBT treating anxiety disorders and depression developing further CBT skills utilising CBT in different mental health settings recent developments in practice. This straightforward guide will be essential for all mental health workers who are new to CBT, including nurses, occupational therapists, and counsellors as well as anyone training in mental health professions.

The first edition of this book introduced the Young-Bramham Programme, a pioneering approach to cognitive behavioural treatment for ADHD in adults, which was well-received by clinical and academic communities alike. Based on the latest findings in the field, the authors have expanded the second edition to incorporate treatment strategies not only for adults, but also for adolescents with ADHD. Updates the proven Young-Bramham Programme to be used not only with adults but also with adolescents, who are making the difficult transition from child to adult services New edition of an influential
guide to treating ADHD beyond childhood which encompasses the recent growth in scientific knowledge of ADHD along with published treatment guidelines. Chapter format provides a general introduction, a description of functional deficits, assessment methods, CBT solutions to the problem, and a template for group delivery.

Anxiety in children and adolescents is expected and normal at specific times in development. If anxieties become severe and begin to interfere with the daily activities of childhood, such as separating from parents, attending school and making friends, evidence shows that a treatment program based on the principles of cognitive-behavioral therapy can help. Written by the developers of an empirically supported and effective CBT program for treating adolescents with Social Anxiety Disorder, this therapist guide includes all the information and materials necessary to implement successful treatment with groups. The treatment described is research-based with a proven success-rate when used in a group therapy setting. The renowned authors provide clinicians with step-by-step instructions for teaching their adolescent clients skills that have been scientifically tested and shown to be effective in treating SAD, as well as shyness, lack of assertiveness, or introversion. Designed to be used with the corresponding workbook, this guide outlines a two-phase program focusing on skill development and exposure exercises. When used together, both books form a complete treatment package that can be successfully used by practicing mental health professionals.

The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the disorder with case examples. We believe that the case examples, which came from the authors' own practices, are the strength of the book.

This book is a detailed guide to using CBT with older people both with and without cognitive difficulties. Reviewing its use in different settings, it covers both conceptual and practical perspectives, and details everything from causes and initial assessment to case formulation and change techniques.

"What should I do when a client asks me personal questions?" "How do my client's multiple problems fit together, and which ones should we focus on in treatment?" This engaging text--now revised and updated--has helped tens of thousands of students and novice cognitive-behavioral therapy (CBT) practitioners build skills and confidence for real-world clinical practice. Hands-on guidance is provided for developing strong therapeutic relationships and navigating each stage of treatment; vivid case material illustrates what CBT looks like in action. Aided by sample dialogues, questions to ask, and helpful checklists, readers learn how to conduct assessments, create strong case conceptualizations, deliver carefully planned interventions, comply with record-keeping requirements, and overcome frequently encountered challenges all along the way. Key Words/Subject Areas: CBT, cognitive therapy, cognitive-behavioral therapy.
From leading experts in the field—a practicing clinical psychologist and a renowned psychotherapy researcher—this book synthesizes the evidence base for cognitive-behavioral therapy (CBT) and translates it into practical clinical guidelines. The focus is how clinicians can use current research findings to provide the best care in real-world practice settings. Within a case formulation framework, core cognitive and behavioral theories and techniques are described and illustrated with vivid case examples. The authors also discuss managing everyday treatment challenges; separating CBT myths from facts; and how to develop a successful CBT practice and optimize the quality of services.

The purpose of this book is to disseminate "best practice" models of treatment for the common mental health problems of late life, so that evidence-based practice will become the norm (rather than the exception) when working clinically with older adults. Each chapter contains reviews of the empirical literature focusing on studies conducted with elders; then they emphasize how CBT can be applied most effectively to that specific patient population. Case studies illuminate practice recommendations, and issues of diversity are likewise highlighted whenever possible.


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