



TREATMENTS THAT WORK

# Mastering Your Adult ADHD

A Cognitive-Behavioral Treatment Program

Second Edition

CLIENT WORKBOOK

STEVEN A. SAFREN  
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# Mastering Your Adult Adhd

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## **Mastering Your Adult Adhd:**

**Mastering Your Adult ADHD** Steven A. Safren, Susan E. Sprich, Carol A. Perlman, Michael W. Otto, 2017-05-15 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

**Mastering Your Adult ADHD** Steven A. Safren, Susan E. Sprich, Carol A. Perlman, Michael W. Otto, 2017-05-15 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

**Mastering Your Adult ADHD** Steven A. Safren, Susan E. Sprich, Carol A. Perlman, Michael W. Otto, 2017 Used in conjunction with the treatment described in the corresponding online Therapist Guide this online Workbook provides effective and practical skills that have been

scientifically tested and shown to help adults cope with their ADHD symptoms The treatment plan contains step by step session by session information and materials necessary to participate in this treatment in the context of individual outpatient cognitive behavioural therapy Clients can be active participants in this therapy by helping to personalize treatment strategy and monitoring progress all toward the goal of learning to overcome their ADHD *Mastering Your Adult ADHD* Steven A. Safren, 2015 The intervention described in this client workbook contains all of the necessary information for participating in a practical tested and effective cognitive behavioral intervention for adults with ADHD and residual symptoms not fully treated by medications alone **Mastering Your Adult ADHD** Steven A. Safren, Carol A. Perlman, Susan Sprich, Michael W. Otto, 2005-06-16 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 have residual symptoms that require additional skills and symptom management strategies Except for the intervention described in this series there have been virtually no tested psychological interventions for clients with adult ADHD to date Used in conjunction with the corresponding client workbook this therapist guide offers effective treatment strategies that follow an empirically supported treatment approach It provides clinicians with effective means of teaching clients skills that have been scientifically tested and shown to help adults cope with ADHD The step by step session by session descriptions are a practical resource for therapists who deliver the treatment to clients with ADHD Together the therapist guide and client workbook contain all of the information and materials necessary to deliver this treatment in the context of individual outpatient cognitive behavioral therapy TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website [www.oup.com/usttw](http://www.oup.com/usttw) offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER **Mastering Your Adult ADHD** Steven A. Safren, Susan E. Sprich, Carol A. Perlman, Michael W. Otto, 2017 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 *Mastering Your Adult ADHD*, 2005 Used in conjunction with the corresponding Workbook this Therapist Guide offers effective treatment strategies that follow an empirically supported treatment approach It provides clinicians with effective means of teaching clients skills that have been scientifically tested and shown to help adults cope with ADHD The step by step session by session descriptions are a practical resource for therapists who deliver the treatment

to clients with ADHD      **The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy** Susan E. Sprich,Timothy Petersen,Sabine Wilhelm,2023-07-18 This book provides a fully updated in depth overview of Cognitive Behavioral Therapy CBT which is the most widely disseminated evidence based psychotherapy utilized today The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy 2nd edition displays the constantly evolving nature of CBT due to the continuous research trials conducted by clinicians This second edition presents updated information and literature to reflect the current clinical guidelines based on research studies that have been published in the past few years Chapters cover applying CBT to common disorders such as depression obsessive compulsive disorder and anxiety disorders as well as more specialized applications such as schizophrenia Chapters also provide information on how to tailor CBT for specific populations and in specific settings The book also features new chapters on the use of technology in treating psychiatric disorders and novel models of care and treatments for psychiatric disorders The fully updated and expanded second edition of The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy will continue to be a go to resource for all psychiatrists psychologists social workers licensed mental health counselors primary care doctors graduate students and psychiatry residents and fellows implementing cognitive behavioral therapy in their clinical practice      The Adult ADHD Tool Kit J. Russell Ramsay,Anthony L. Rostain,2014-08-27 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      **The Complete Adult Psychotherapy Treatment Planner** David J. Berghuis,L. Mark Peterson,Timothy J. Bruce,2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control

problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA

**Adult ADHD** J.J. Sandra Kooij, 2012-12-11 Adult ADHD Diagnostic Assessment and Treatment Third Edition covers not only diagnostic assessment but also comorbidity patterns as well as differential diagnosis of ADHD with for example bipolar disorder and borderline personality disorder The symptom overlap and misdiagnosis of chronic fatigue syndrome in girls and women with the inattentive subtype of ADHD ADD is explored The chronic delayed sleep phase syndrome associated with ADHD based on disturbances in the circadian rhythm and the possible consequences for general health obesity diabetes cardiovascular diseases and cancer are discussed There are sections on ADHD and intelligence criminality sexuality dyslexia and autism Adult ADHD can be treated effectively but as yet the disorder is not always recognised by professionals and this book aims to help correct this Diagnostic tools are included such as the structured Diagnostic Interview for Adult ADHD DIVA and an ultra short and somewhat longer screening tool all based on the DSM IV criteria for ADHD Treatment options cover psychoeducation and motivation and individual and group coaching long acting stimulants and other new drugs for treating ADHD use of melatonin to treat the delayed sleep phase disorder Useful information is included on the setting up and organisation of a department for adult ADHD with a multidisciplinary team References websites and useful international addresses have all been updated Adult ADHD Diagnostic Assessment and Treatment Third Edition is intended for students junior doctors residents psychologists psychiatrists other mental healthcare professionals and interested parties and provides a quick overview of the current state of the science and of the methods used in diagnosis and treatment Adult ADHD Diagnostic Assessment and Treatment Third Edition was originally published by Pearson Assessment and Information BV The Netherlands

**The Complete Adult Psychotherapy Treatment Planner** Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-05-11 The revised edition of the clinicians time saving Psychotherapy Treatment Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice

standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult Psychotherapy Treatment Planner Sixth Edition has been updated to contain the most recent interventions that are evidence based

**Mindfulness for Adult ADHD** Lidia Zylowska, John T. Mitchell, 2021-01-06 Mindfulness has emerged as a valuable component of treatment for adults with attention deficit hyperactivity disorder ADHD This concise manual presents an evidence based group intervention specifically tailored to the needs of this population The Mindful Awareness Practices for ADHD MAPs program helps participants cultivate self regulation of attention emotions and behavior awareness of ADHD challenges self acceptance and self compassion With a stepwise teaching approach and meditation periods that are shorter than in other mindfulness programs MAPs is designed to optimize learning Included are step by step instructions for conducting the eight sessions scripts for guided meditations 32 reproducible handouts and session summaries and Adaptation for Individual Therapy boxes Purchasers get access to a companion website where they can download printable copies of the reproducible tools and audio recordings of the guided practices

Could it be Adult ADHD? Jan Willer, 2017-03-06 One out of every 10 adult psychotherapy clients likely has ADHD Due to high comorbidities with depression anxiety substance abuse and other mental disorders along with considerable behavioral dysfunction adult ADHD is even more common in clinical populations than the general public When an ADHD diagnosis is missed psychotherapy is often frustrating and less effective Could it be Adult ADHD is for mental health professionals who wish to learn how to recognize assess and treat adult ADHD Written in a style maximally accessible to the practicing mental health professional this book educates early career psychotherapists and experienced professionals alike on the disorder and its treatment Author Jan Willer provides a full description of adult ADHD symptoms based on the most current research including executive functioning problems emotional dysregulation atypical reward sensitivity and problems with time perception Recognizing patterns of dysfunction is essential to identify ADHD so two detailed composite cases are presented along with supplemental case material Strengths that may be associated with ADHD are described Willer offers guidance on providing psychoeducation about cognitive differences in ADHD which is essential for client self acceptance and adaptive functioning Common psychotherapy problems with ADHD clients are addressed including chronic lateness to sessions missed appointments motivation problems difficulties with homework and tangentiality Willer also

discusses medications for ADHD including their benefits contraindications and side effects and reviews the effectiveness of non traditional treatments      *Fast Minds* Craig Surman,Tim Bilkey,Karen Weintraub,2014-06-03 FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder ADHD Millions of adults have ADHD or some of its traits but they are under recognized under treated and often under supported This book empowers people with ADHD or some of its characteristics to adapt and thrive By working through the program in this book you will develop personalized strategies to take control of your life Forgetful Achieving below potential Stuck in a rut Time challenged Motivationally challenged Impulsive Novelty seeking Distractible Scattered If any or all of these symptoms are making it difficult for you or someone you know to live life to the fullest then the clinically proven cutting edge program in this book will help you understand your struggles and challenges Whether you have been diagnosed with ADHD think you may have it or just exhibit many of these traits FAST MINDS will help you Figure out what isn t working in your life and the keys to fixing it Build personalized strategies for managing your time tasks and relationships Learn organizational habits that work for you Stop communicating poorly making impulsive choices and taking pointless risks Eliminate negative thinking patterns that waste your mental energy Create environments that support your challenges Make the most of both medical and nonmedical resources medication coaching Cognitive Behavioral Therapy mindfulness support groups lifestyle change With inspiring stories of real people who have adapted and thrived using the methods in this book FAST MINDS will help you create the kind of life you want to live      **The Addiction Progress Notes Planner** David J. Berghuis,Katy Pastoor,Arthur E. Jongsma, Jr.,2022-03-29 An invaluable practice resource for practitioners engaged in addictions treatment In The Addiction Progress Notes Planner Sixth Edition a team of distinguished mental health professionals delivers complete pre written session and patient presentation descriptions for every behavioral problem in the Addictions Treatment Planner Sixth Edition Each note can be simply and quickly adapted to fit a real world client need or treatment situation while remaining completely unified with the client s treatment plan This new edition offers new and revised evidence based objectives and interventions organized around 46 behavior based presentations including alcoholism nicotine dependence substance abuse problem gambling eating disorders and sexual addictions The resource also offers A wide array of treatment approaches that correspond to the behavioral problems and DSM V diagnostic categories included in the Addiction Treatment Planner Sixth Edition Sample progress notes conforming to the requirements of most third party payors and accrediting agencies including CARF TJC COA and the NCQA Brand new chapters on Opioid Use Disorder Panic Agoraphobia and Vocational Stress The Addiction Progress Notes Planner is an indispensable practice aid for addictions counselors mental health counselors social workers psychologists psychiatrists and anyone else treating clients suffering from addictions      *Learning and Attention Disorders in Adolescence and Adulthood* Sam Goldstein,Jack A. Naglieri,Melissa DeVries,2011-02-02 Fully revised coverage with the most current diagnoses and treatments for adolescents and adults living with learning and attention disorders

Reflecting the most recent and relevant findings regarding Learning Disabilities LD and Attention Deficit Hyperactivity Disorder ADHD this Second Edition of Learning and Attention Disorders in Adolescence and Adulthood provides practitioners in the fields of education and mental health with a set of practical guidelines to assist in the assessment diagnosis consultation and treatment of adolescents and adults struggling with LD and ADHD The new edition includes An emphasis on working from strengths adapting to disabilities and dealing with them successfully on a daily basis New coverage of the causes and long term implications of LD and ADHD in adolescents and adulthood New chapters on treatment effectiveness building resiliency and shaping mindsets cognitive therapy and strategic life coaching to help guide individuals with LD and ADHD Contributions from leading researchers including Noel Gregg Russell Barkley Kevin Antshel and Nancy Mather Drawing on evidence based techniques to meet the pragmatic demands for intervention the Second Edition guides school psychologists counselors and educators in promoting positive change for adolescents and adults with LD and ADHD as they strive for success in school work and home settings

**Cognitive Behavioral Therapy for Adult ADHD** J. Russell Ramsay,Anthony L. Rostain,2014-09-25 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

**Attention-Deficit Hyperactivity Disorder in Adults and Children** Lenard A. Adler,Thomas J. Spencer,Timothy E. Wilens,2015-01-08 Attention Deficit Hyperactivity Disorder ADHD is a chronic neurobehavioral disorder characterized by persistent and often acute distractibility hyperactivity and impulsivity It is a condition usually associated with children but in recent years the diagnosis of ADHD in adults has risen significantly ADHD often coexists with a wide array of other psychiatric illnesses including depression and bipolar disorder thus complicating its assessment and management In Attention Deficit Hyperactivity Disorder in Adults and Children a team of world renowned experts bring

together the recent research in this area and cover the history diagnosis epidemiology comorbidity neuroimaging and a full spectrum of clinical options for the management of ADHD The wide ranging detailed coverage in this text will be of interest to psychiatrists psychologists social workers coaches physicians or anyone who wants to develop a deeper understanding of the etiology characteristics developmental process diagnostics and range of treatment modalities **The Addiction**

**Treatment Planner** Robert R. Perkinson, David J. Berghuis, 2009-04-03 This timesaving resource features Treatment plan components for 44 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that conform to the latest ASAM requirements and meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers The Addiction Treatment Planner Fourth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions New treatment planning language based on the mandates of the American Society of Addiction Medicine ASAM Organized around 44 main presenting problems including Adhd borderline traits eating disorders gambling impulsivity psychosis social anxiety and substance abuse Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Addiction Progress Notes Planner Third Edition and Addiction Treatment Homework Planner Fourth Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions

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