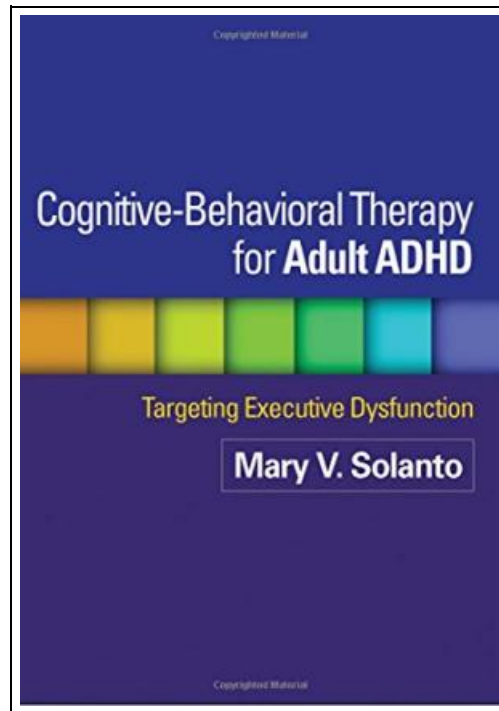


## Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction



Filesize: 5.65 MB

### ***Reviews***

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).*

*(Myrl Hintz)*

## COGNITIVE-BEHAVIORAL THERAPY FOR ADULT ADHD: TARGETING EXECUTIVE DYSFUNCTION



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Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction, Mary V. Solanto, 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).



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