



Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction

By Mary V. Solanto

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).

DOWNLOAD



READ ONLINE

[2.96 MB]

Reviews

Very beneficial for all type of folks. It can be rally intriguing throgh studying time. You will like how the writer publish this ebook.

-- **Nathan Cruickshank**

Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mariano Spinka**