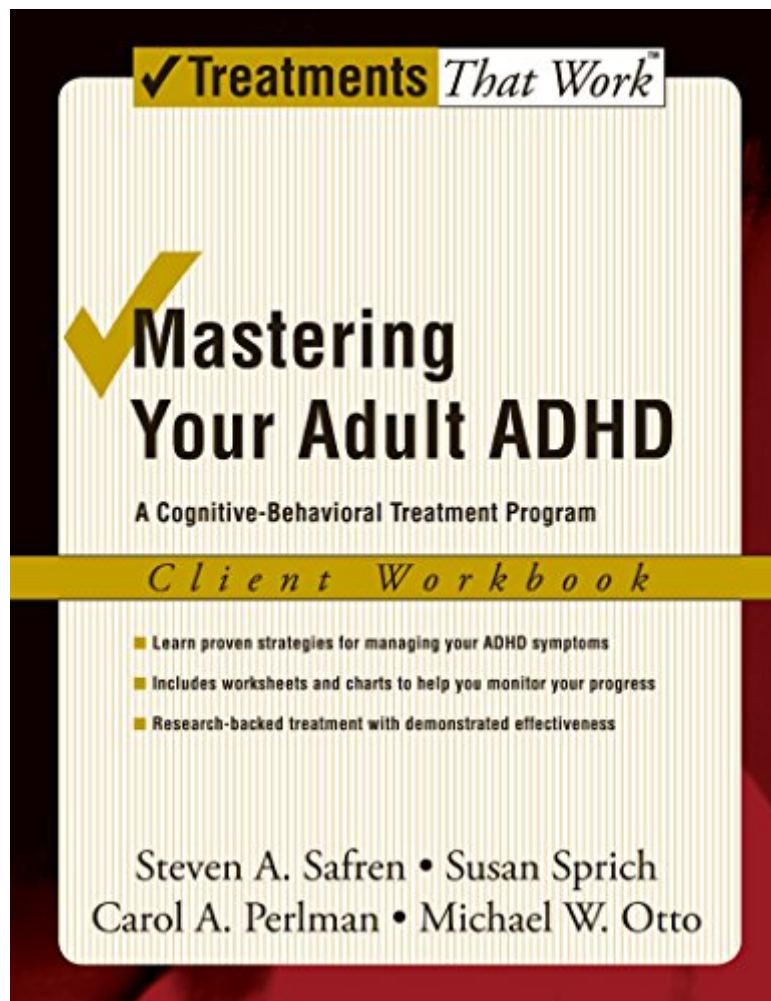


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# Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work)



## Synopsis

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. **Treatments That Work™** 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/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources. Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

## Book Information

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## Customer Reviews

There has been a trend for books to talk about the benefits of Adult ADHD, reframing it as an advantage rather than a disease. There is some sense in this. It's good to understand that attention problems, etc., aren't simply a character flaw. But these books don't really help ADHD adults cope. That's where this book comes in. It's a top-to-bottom, adult ADHD problem-solving system. It's designed to be used in conjunction with a cognitive therapist, but it could be used alone. It's pretty "hardcore" though, with a lot of exercises that require follow-through, so really severe ADHD cases might not be able to do much with it alone. The workbook focuses on "rewiring" your brain with new habits and thought patterns. These exercises aren't for the faint of heart. Even the simplest ones require some concentration. But the whole point is to build up the attention span, find ways to circumvent the "procrastination reflex," etc. Doing just some of the work in the book will show real results. But ultimately it's probably best to work this through with a therapist, in order to avoid "quitting" partway through, and adding one more negative notch to your self-esteem belt. (ADHD people are notorious for feeling bad about their ever-increasing "failures" in life.) So treat yourself right. Grab the book, and start seeing the best ADHD specialist you can find. P.S.: Anyone with relationship issues that are effected by ADHD should consider *The ADHD Marriage Workbook: A User-Friendly Guide to Improving Your Relationship* which I recently received for review. It is written by a therapist who has ADHD himself and filled with practical, actionable (ADHD-friendly presentation) for improving any romantic relationship where ADHD is causing issues.

i just started using this book a couple of weeks ago, so far so good. it has helped me a lot with my organizational skills and learning to prioritize. i also really like the worksheets it comes with. i print out multiple copies and work on breaking down certain tasks/issues. doing this helps me feel less overwhelmed and more in control. organization is something i have been struggling with my whole life as well as managing my distractibility, this is a lifelong process but the skills i am learning from this book in conjunction with seeing my doctor are definitely putting me on the right path.

The real meat of the book is in the last four chapters. The first ten chapters can essentially be found in any Stephen Covey or David Allen productivity book, so it's disappointing to see highly trained doctors spend so much time on mundane topics like creating a filing system (10 weeks if you were seeing a therapist!). I wouldn't waste my time or money paying a doctor to tell me how to use a calendar and notebook. It's not a lack of knowing how to use a calendar that plagues most adults with ADHD, it's all the noise going on in the distracted brain that prevents them from using the tools

that they already have.

As someone who has been lucky enough to find a Primary Care Physician willing to prescribe my Adult ADHD medicine, I have the benefit of NOT having to see a doctor every month, and NOT having to waste the considerable financial expenses that it would take to see a psychiatrist every month. Although I cannot speak from experience, I simply cannot imagine any kind of therapy that a psychiatrist could provide that would amount to anything more than merely educating me about coping methods and strategies for minimizing the negative impact ADHD could have on my life. All of the education and coping mechanisms have been just as easy to learn by reading books and informing myself. Ultimately, there is no guarantee that even a Psychiatrist would have any greater ability to teach me these things than a book would, thus I have opted to try to help myself. To that end, the suggestions made here in this book are not necessarily new or different from those made in other self-help books which have been in circulation even longer than this book has. What may make this book better is the quantitative and objective methods proposed for quantifying the progress being made, and helping to build upon this progress in an additive way over time. Although the book is overpriced for what it is, (especially since I bought the Kindle version), still, it is a valuable tool for the Adult with ADHD who, like me, has chosen to DIY their own therapy.

In addition to medication, therapy and behavioral interventions are the most popular treatment for Attention Deficit Hyperactivity Disorder (ADHD). I use these concepts and methods with my own adult ADHD patients. A large benefit of tracking one's thoughts and behaviors is that over time you can literally see your own progress when charted on a graph, which grants relief and continued inspiration for ADHD sufferers.

This workbook covers all the angles in the CBT of adult ADHD. It's useful in its structure and its content. While even manual based approaches must be individualized, allowing the client to have all the homework assignments in one place and with full explanations is very valuable for the success of the outcome.

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