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Client Workbook

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Attention Deficit/Hyperactivity Disorder (ADHD) in adulthood is a prevalent and impairing disorder. While medications

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Access PDF Mastering Your Adult Adhd A Cognitive Behavioral Treatment Program Client Workbook (Treatments That Work) 2nd Edition. by Steven A. Safren (Author), Susan E. Sprich (Author), Carol A. Perlman (Author), Michael W. Otto (Author) & 1 more. 4.4 out of 5 stars 63 ratings.

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ADHD: A Cognitive ...

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Mastering Your Adult ADHD: A Cognitive-Behavioral ...

The program helps adult clients with ADHD learn skills to help them cope with their symptoms. Core modules on organizing and planning, reducing distractibility, and adaptive thinking are included, as is an optional module on

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reducing procrastination. An informational meeting can also be included with a spouse, partner, or family member.

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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.

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Workbook (1 edn) Steven A. Safren,
Susan Sprich, Carol A. Perlman, and
Michael W. Otto A newer edition of
Mastering Your Adult ADHD is available.
Latest edition (2 ed.)

**Mastering Your Adult ADHD: A
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The model, described in their 2017 publication, *Mastering Your Adult ADHD*, draws upon empirically supported cognitive behavioral strategies for managing and navigating around common ADHD related challenges. An accompanying client workbook was published the same year.

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**Mastering Your Adult ADHD: A
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Mastering Your Adult ADHD A Cognitive-Behavioral Treatment Program Second Edition Oxford University Press is a department of the University of Oxford. It furthers the University's objective of excellence in research, scholarship, and education by publishing worldwide.

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Mastering Your Adult ADHD - iaadhd.ir

The model, described in their 2017 publication, Master- ing Your Adult ADHD, draws upon empirically supported cognitive behavioral strategies for managing and navigating around common ADHD related challenges. An

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accompanying client workbook was
published the same year.

**Mastering Your Adult ADHD A -
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by Steven Safren, Susan Sprich, Carol
Perlman and Michael Otto. Oxford
University Press, \$29.95 (client
workbook) and \$35 (therapist guide)

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Purchase Mastering Your Adult ADHD.
Client Workbook
This client workbook, along with its companion guide for therapists, serves as a good introduction to cognitive-behavioral therapy, a structured, goal-oriented form of therapy that is particularly effective for adults with ADHD.

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Mastering Your Adult ADHD. A Cognitive-Behavioral Treatment Program, Client Workbook. Second Edition. Steven A. Safren, Susan E. Sprich, Carol A. Perlman, and Michael W. Otto. Treatments That Work. Description. Attention Deficit/Hyperactivity Disorder

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(ADHD) in adulthood is a prevalent and
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Perlman, and Michael W. Otto.

Treatments That Work. Description.

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This Second Edition of Mastering Your

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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. Steven A. Safren, Ph.D., is Professor of Psychology at the University of Miami.

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