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Nota di contenuto	Chapter 1. ADHD in Emerging Adults Attending College -- Chapter 2. General Guidelines for Planning and Implementing ACCESS -- Chapter 3. Active Phase -- Week 1 -- Chapter 4. Active Phase -- Week 2 -- Chapter 5. Active Phase -- Week 3 -- Chapter 6. Active Phase -- Week 4 -- Chapter 7. Active Phase -- Week 5 -- Chapter 8. Active Phase -- Week 6 -- Chapter 9. Active Phase -- Week 7 -- Chapter 10. Active Phase -- Week 8 -- Chapter 11. Maintenance Phase.
Sommario/riassunto	This book provides an overview of the ACCESS program, a mental health program that has been developed and tested as an efficacious treatment for college students with ADHD. This program is at the cutting edge of clinical research, incorporating treatment strategies that allow for dissemination in real world settings in order to effectively assist college students experiencing difficulties in their academic, personal, social, and emotional functioning. As cognitive behavioral approaches have proved to be the most successful psychological treatments to date, the techniques in this volume follow that model in a detailed and nuanced fashion. The authors provide a week by week breakdown of the program, supplemented by handouts and worksheets designed to facilitate better understanding of the areas targeted by the

program. Filling a notable gap in research addressing the ADHD college student population, CBT for College Students with ADHD is a crucial resource for campus mental health practitioners as well as a broad range of clinicians dealing with emerging adults.
