Record Nr. UNINA9910830254303321 Autore Young Susan <1957-> **Titolo** Cognitive-behavioural therapy for ADHD in adolescents and adults: a psychological guide to practice / / Susan Young and Jessica Bramham Pubbl/distr/stampa Chichester, England: ,: Wiley-Blackwell, , 2012 ©2012 **ISBN** 1-119-94301-9 1-119-94344-2 [2nd ed.] Edizione Descrizione fisica 1 online resource (318 p.) Disciplina 616.85890651 Soggetti Attention-deficit disorder in adults - Treatment Attention-deficit disorder in adolescence - Treatment Cognitive therapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Includes bibliographical references and index. Nota di bibliografia Nota di contenuto Title page: Copyright page: LIST OF FIGURES, TABLES AND BOXE: ABOUT THE AUTHORS; FOREWORD BY MARGARET WEISS; FOREWORD BY SAM GOLDSTEIN; PREFACE; ACKNOWLEDGEMENTS; PART I: BACKGROUND

AND TREATMENT: 1 INTRODUCTION: THE COMPANION WEBSITE: ADHD IN ADOLESCENCE AND ADULTHOOD; THE TRANSITION FROM ADOLESCENCE TO ADULTHOOD; A COGNITIVE-BEHAVIOURAL MODEL OF ADHD; EVIDENCE FOR PSYCHOLOGICAL INTERVENTIONS; INTRODUCTION TO THE YOUNG-BRAMHAM PROGRAMME; SUMMARY; 2 DELIVERING THE YOUNG-BRAMHAM PROGRAMME; AIMS AND OBJECTIVES OF THE YOUNG-BRAMHAM PROGRAMME: THERAPEUTIC ALLIANCE AND ENGAGEMENT IN TREATMENT THE IMPACT OF THE DIAGNOSISPSYCHOEDUCATION; MOTIVATIONAL INTERVIEWING: COGNITIVE BEHAVIOURAL THERAPY (CBT); DELIVERY OF THE YOUNG-BRAMHAM PROGRAMME; SUMMARY; PART II: CORE SYMPTOM MODULES: 3 ATTENTION MODULE: FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS: ASSESSMENT OF ATTENTION PROBLEMS: COGNITIVE BEHAVIOURAL THERAPY: SUMMARY: 4 MEMORY MODULE: MEMORY SYSTEMS AFFECTED BY ADHD; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS: ASSESSMENT OF MEMORY PROBLEMS:

SUMMARY; 5 ORGANIZATION AND TIME-MANAGEMENT MODULE; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; ASSESSMENT OF TIME-MANAGEMENT PROBLEMS

COGNITIVE BEHAVIOURAL THERAPYSUMMARY; 6 IMPULSIVITY MODULE; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; ASSESSMENT OF IMPULSIVITY; COGNITIVE BEHAVIOURAL THERAPY; SUMMARY; PART III: COMORBID AND ASSOCIATED PROBLEM MODULES; 7 PROBLEM-SOLVING MODULE; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; ASSESSMENT AND COGNITIVE BEHAVIOURAL THERAPY; SUMMARY; 8 INTERPERSONAL RELATIONSHIPS MODULE; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; ASSESSMENT OF SOCIAL PROBLEMS; COGNITIVE BEHAVIOURAL THERAPY FOR VERBAL COMMUNICATION SKILLS; COGNITIVE BEHAVIOURAL THERAPY FOR NONVERBAL COMMUNICATION SKILLS

MODIFICATION AND REGULATION OF SOCIAL BEHAVIOUR IN DIFFERENT SOCIAL SETTINGSSUMMARY; 9 ANXIETY MODULE; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; ASSESSMENT OF ANXIETY; COGNITIVE BEHAVIOURAL THERAPY; SUMMARY; 10 FRUSTRATION AND ANGER MODULE; FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; DYSFUNCTIONAL MANAGEMENT OF ANGER: ASSESSMENT OF ANXIETY: COGNITIVE BEHAVIOURAL THERAPY: ASSERTIVENESS TRAINING: SUMMARY: 11 LOW-MOOD AND DEPRESSION MODULE: FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTS; ASSESSMENT OF LOW MOOD AND DEPRESSION: SUMMARY: 12 SLEEP MODULE FUNCTIONAL DEFICITS IN ADOLESCENTS AND ADULTSASSESSMENT OF SLEEP PROBLEMS: COGNITIVE BEHAVIOURAL THERAPY: SLEEP STRATEGIES; SUMMARY; 13 SUBSTANCE MISUSE MODULE; SUBSTANCES USED BY ADHD INDIVIDUALS: ASSESSMENT AND MOTIVATIONAL INTERVIEWING: COGNITIVE BEHAVIOURAL THERAPY: SUMMARY: PART IV: THE FUTURE MODULE: 14 PREPARING FOR THE FUTURE MODULE: THE PROGRESSION OF ADHD: ACCESSING SUPPORT: SUMMARY: REFERENCES:

INDEX