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Titolo	Mastering Your Adult ADHD, Client Workbook : A Cognitive-Behavioral Treatment Program
Pubbl/distr/stampa	Oxford, : Oxford University Press, 2005
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Descrizione fisica	1 online resource (118 p.)
Collana	Treatments That Work
Altri autori (Persone)	SprichSusan OttoMichael W
Disciplina	616.858906 616.85890651
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Information About ADHD and This Treatment Program; Chapter 1: Introduction; Chapter 2: Overview of the Program; Chapter 3: Involvement of Your Family Member; Organization and Planning; Chapter 4: The Foundation: Organization and Planning Skills; Chapter 5: Organization of Multiple Tasks; Chapter 6: Problem-Solving and Managing Overwhelming Tasks; Chapter 7: Organizing Papers; Reducing Distractibility; Chapter 8: Gauging Your Attention Span and Distractibility Delay; Chapter 9: Modifying Your Environment; Adaptive Thinking; Chapter 10: Introduction to a Cognitive Model of ADHD Chapter 11: Adaptive ThinkingChapter 12: Rehearsal and Review of Adaptive Thinking Skills; Additional Skills; Chapter 13: Application to Procrastination; Chapter 14: Relapse Prevention; References; About the Authors
Sommario/riassunto	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 full treated by medications alone.
