

1. Record Nr.	UNISALENTO991002215089707536
Autore	Arethas <arcivescovo di Cesarea>
Titolo	Arethae Archiepiscopi caesariensis Scripta minora / recensuit L.G. Westerink
Pubbl/distr/stampa	Lipsae : in aedibus B.G. Teubneri, 1968
Descrizione fisica	v. ; 20 cm
Collana	Bibliotheca scriptorum graecorum et romanorum teubneriana / Academia scientiarum germanica berolinensis
Altri autori (Persone)	Westerink, Leendert Gerrit
Disciplina	230.09
Soggetti	Teologia - Sec. 7.-16
Lingua di pubblicazione	Greco Moderno
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910962207203321
Autore	Safren Steven
Titolo	Mastering Your Adult ADHD, Client Workbook : A Cognitive-Behavioral Treatment Program
Pubbl/distr/stampa	Oxford, : Oxford University Press, 2005
ISBN	0-19-023036-3 0-19-972738-4
Edizione	[1st ed.]
Descrizione fisica	1 online resource (118 p.)
Collana	Treatments That Work
Altri autori (Persone)	SprichSusan OttoMichael W
Disciplina	616.858906 616.85890651
Soggetti	Attention-deficit hyperactivity disorder in adults Cognitive therapy Medicine Health & Biological Sciences Neurology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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.
