

“Turning Intentions into Actions”: CBT for Adult ADHD

Although medications are considered a first-line treatment for adult ADHD, most individuals will require additional psychosocial treatment to improve their functioning in various life roles. In fact, most adults with ADHD who are seeking treatment will say, “I know what I need to do, but I just don’t do it.” Cognitive-behavioral therapy (CBT) is an evidence-supported treatment for adult ADHD. This presentation reviews a CBT model for understanding and treating adult ADHD. The webinar focuses on how CBT has been adapted to address the problems faced by ADHD adults with a particular emphasis on promoting the implementation of effective coping strategies for a clinical population whose main difficulties are with poor follow-through on intentions. Supporting research for CBT for adult ADHD is cited, as well as evidence that CBT must be adequately adapted to adult ADHD to be viewed as effective by clients. Specifically, intervention domains of cognitive modification, emotion regulation, behavior-implementation, and relationship/social life strategies will be reviewed. Clinical issues of dealing with procrastination and time management skills will be reviewed for managing the effects of adult ADHD. Questions will be fielded throughout the presentation.

Target Audience		
Psychologists	Social Workers	Counselors
Therapists	Psychiatrists	Nurses
Course Level: Intermediate		

Learning Objectives

At the end of this seminar, participants will be able to:

1. Summarize the four intervention domains that comprise the CBT for adult ADHD approach reviewed during the webinar.
2. Identify the common theme/target of cognitive interventions for adult ADHD proposed in this webinar.
3. Identify the common theme/target of emotion regulation interventions for adult ADHD proposed in this webinar.
4. Identify the common theme/target of the relationship/social interventions for adult ADHD proposed in this webinar.
5. Describe a “lesson learned” from “procrastivity” that is used to address procrastination.

Outline
BEGIN 12 PM ET
Introduction
Targeting executive dysfunction, motivational deficits, and impairments
Review CBT model adapted to adult ADHD and empirical support
Procrastination as clinical example
Q&A
Cognitive modification interventions
Behavior modification interventions
Break 1:30-1:45 PM ET
Acceptance/mindfulness interventions
Implementation strategies
Integration of other essential coping strategies for managing adult ADHD
Planning, time management, organization, manufacturing motivation
Comorbidities, sleep, overuse of technology
Summary
END 3:15 PM ET

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The Presenter

Dr. J. Russell (“Russ”) Ramsay is co-founder and co-director of the University of Pennsylvania’s Adult ADHD Treatment and Research Program and an associate professor of clinical psychology in the department of psychiatry in the Perelman School of Medicine at the University of Pennsylvania. Dr. Ramsay received his PhD in clinical psychology from Palo Alto University. He completed an APA-approved pre-doctoral internship at CPC Behavioral Healthcare in Red Bank, New Jersey, and a postdoctoral fellowship at the Center for Cognitive Therapy at the University of Pennsylvania.

Dr. Ramsay has authored numerous peer-reviewed professional and scientific articles, research abstracts, as well as many book chapters. He is author of *Nonmedication Treatments for Adult ADHD* (2010); *Cognitive Behavioral Therapy for Adult ADHD* (with Dr. Anthony Rostain, 2015), which is in its second edition; and its companion patient guidebook, *The Adult ADHD Tool Kit* (also with Dr. Anthony Rostain, 2015). The Adult ADHD Tool Kit has been translated into Spanish (Kindle version), French-Canadian, and is in the process of being translated to Korean. It has been designated as a recommended self-help book by the Association for Behavioral and Cognitive Therapies. Dr. Ramsay was an invited contributor to the American Psychological Association’s Psychotherapy Video Training Series with the video, *Adults with ADHD*. His most recent book is *Rethinking Adult ADHD: Helping Clients Turn Intentions into Action* (2020).

Dr. Ramsay is an inductee in the CHADD Hall of Fame and received the Szuba Award for Excellence in Clinical Teaching & Research from the University of Pennsylvania. He serves on the editorial board of the *Journal of Attention Disorders*. He has served terms on the Professional Advisory Boards (PAB) of the Attention Deficit Disorder Association (including serving as PAB co-chair), CHADD, and on the Board of the American Professional Society of ADHD and Related Disorders (APSARD). He is a regular blogger through the Psychology Today website.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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