

“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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Continuing Education Credit

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The Presenter

Dr. Russell Ramsay is a licensed psychologist specializing in the assessment and psychosocial treatment of adult ADHD. Before retiring from the University of Pennsylvania to launch his solo virtual practice in 2023, he was professor of clinical psychology in psychiatry and co-founder and co-director of PENN's Adult ADHD Treatment and Research Program. He started at Penn as a postdoctoral fellow in cognitive therapy at the world-renowned Center for Cognitive Therapy. The Penn Adult ADHD Treatment and Research Program was established in 1999 and was at the leading edge of the development of diagnostic protocols and treatments for adult ADHD, particularly cognitive behavior therapy (CBT) adapted for adult ADHD.

Dr. Ramsay is board-certified in Behavioral & Cognitive Psychology through the American Board of Professional Psychology (ABPP) and is a diplomate of the Academy of Cognitive and Behavioral Therapies (A-CBT). Dr. Ramsay has authored many peer-reviewed professional and scientific articles, research abstracts, and book chapters. He is author of five books related to various aspects of adult ADHD, including his recent, *The Adult ADHD & Anxiety Workbook* (2024, New Harbinger), which has been translated into Korean. His self-help guidebook, *The Adult ADHD Tool Kit*, has been translated to Spanish, French, Korean, and is in the process of being translated into German, Russian, and Chinese. The Tool Kit is a recommended self-help book of the Association for Behavioral and Cognitive Therapies (ABCT). He was an invited contributor to the APA Psychotherapy Video training series with a live demonstration of his CBT approach for adult ADHD. His forthcoming book, *Once I Get Started: The Adult ADHD Program for Turning Your Intentions into Action*, will be released May 19, 2026, by Avery (an imprint of Penguin/Random House).

Dr. Ramsay is an inductee in the CHADD Hall of Fame and received the Award for Excellence in Clinical Teaching & Research from the University of Pennsylvania. He serves on the editorial board of the *Journal of Attention Disorders* and is frequently sought out as an ad hoc reviewer for other journals. Dr. Ramsay has served previous terms on the Professional Advisory Boards of the major ADHD organizations in the U.S. He has lectured worldwide and is sought out by media outlets for his insights on topics related to ADHD in adults.

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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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