

## Curriculum Vitae

Date: December 5, 2025

### J. Russell Ramsay, Ph.D., ABPP

#### Office Address:

Independent Practice  
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#### Education:

1988 B.A. University of Miami (Psychology)  
1994 M.S. Pacific Graduate School of Psychology (renamed as Palo Alto University, Clinical Psychology)  
1995 Ph.D. Pacific Graduate School of Psychology (renamed as Palo Alto University Clinical Psychology)

#### Postgraduate Training and Fellowship Appointments:

1991 Student Therapist, The Kurt & Barbara Gronowski Clinic, Pacific Graduate School of Psychology  
1991-92 Student Therapist, The Transitional Program, Palo Alto, CA  
1992-93 Student Therapist, The Kurt & Barbara Gronowski Clinic, Pacific Graduate School of Psychology  
1994-95 Psychology Intern, CPC Behavioral Healthcare, Red Bank, NJ  
1995-97 Postdoctoral Fellowship, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania School of Medicine

#### Military Service:

None

#### Faculty Appointments:

1997-2001 Instructor, Department of Psychiatry, University of Pennsylvania School of Medicine  
2001-2010 Assistant Professor of Psychology in Psychiatry at the Hospital of the University of Pennsylvania, Department of Psychiatry, University of Pennsylvania School of Medicine  
2010-2022 Associate Professor of Clinical Psychology in Psychiatry at the Hospital of the University of Pennsylvania, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine  
2022-2023 Professor of Clinical Psychology in Psychiatry at the Hospital of the University of Pennsylvania, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine

2015-pres. Clinical Professor (volunteer), Department of Psychology,  
Philadelphia College of Osteopathic Medicine

**Hospital and Administrative Appointments:**

1985-86	Residential Counselor, Community Foundation for Human Development, Sellersville, PA
1987	Residential Counselor, BARC Developmental Services, Quakertown, PA
1988-90	Special Education Instructor, Community Foundation for Human Development, Sellersville, PA
1990-94	Lead Special Education Technician, Peninsula Children's Center, La Casita, Palo Alto, CA
1996-2004	Clinical Director, Center for Cognitive Therapy/Bucks County Office, University of Pennsylvania Health System, Sellersville, PA
1997-2023	Senior Staff Psychologist, Center for Cognitive Therapy, University of Pennsylvania Health System, Philadelphia, PA
1999-2023	Co-Director, ADHD Treatment and Research Program, Department of Psychiatry, University of Pennsylvania
2004-2010	Senior Staff Psychologist, Social Learning Disorders Program, Department of Psychiatry, University of Pennsylvania
2008-2011	Psychologist, Department of Child and Adolescent Psychiatry, Children's Hospital of Philadelphia

**Other Appointments:**

None

**Specialty Certification:**

Diplomate, Academy of Cognitive and Behavioral Therapies  
(formerly Academy of Cognitive Therapy; 2009-present)  
American Board of Professional Psychology: Board Certified in  
Behavioral and Cognitive Psychology (2021-present)  
Authority to Practice Interjurisdictional Telepsychology (APIT),  
Psychological Interjurisdictional Compact (PSYPACT)

**Licensure:**

Psychologist – Pennsylvania (1996-present)  
Practicing Psychologist – New Jersey (2021-2023)

**Awards, Honors, and Memberships in Honorary Societies:**

1984	Henry King Stanford Scholarship, University of Miami, Coral Gables, FL
1987	Psi Chi National Honor Society, University of Miami, Coral Gables, FL
1987	Golden Key National Honor Society, University of Miami, Coral Gables, FL
2007	PENN Model Supervisor Award – Nominee
2008	Martin P. Szuba Award for Excellence in Clinical Teaching & Research, University of Pennsylvania School of Medicine
2015	Hall of Fame Inductee, CHADD (Children and Adults with ADHD)

2016 Best Research Poster, Annual Meeting of APSARD (American Professional Society of ADHD and Related Disorders)

**Memberships in Professional and Scientific Societies and Other Professional Activities:**

International:

- International Association for Cognitive Psychotherapy (Member, 1997-present)
- World Federation of ADHD (member, 2014-present)
- Canadian ADHD Resource Alliance (member, 2016-2023)

National:

- American Psychological Association (Student Affiliate, 1991-1995; Member 1996-present)
- Association for Behavioral and Cognitive Therapy (formerly the Association for the Advancement of Behavior Therapy; Member, 1995-present)
- American Psychological Association, Division 29 (Psychotherapy; Member, 1997- 2010)
- American Psychological Association, Division 42 (Independent Practice; Member, 2023-present)
- Society for the Exploration of Psychotherapy Integration (Member, 1997- 2005)
- Association of Psychological Science (formerly the American Psychological Society, Member, 2001- 2006; 2011)
- Attention Deficit Disorder Association (ADDA; Professional Member, 2005-present)
- Professional Advisory Board, ADDA (2006-2018)
- Co-Chair Professional Advisory Board, ADDA (2009-2015)
- Children and Adults with Attention Deficit Disorder (CHADD; Professional Member, 2005-present)
- Professional Advisory Board, CHADD (2016-2019)
- Professional Advisory Board, Bucks County, PA chapter, CHADD (2007-2013)
- American Professional Society of ADHD and Related Disorders (APSARD; Member, 2009-present)
- Board of Directors, APSARD (2016-2019); Chair, Website/Social Media Committee (2016-2019); Psychosocial Committee (2018-2019)
- Professional Advisory Board/Board of Directors, ADHD Aware (2012-2013)
- Research Advisory Council, Institute for Challenging Disorganization (2013-2015)
- Anxiety and Depression Association of America (ADAA; Member, 2016-2017)

Local:

- Western Psychological Association (Student Affiliate, 1993-1994)
- California Psychological Association (Student Affiliate, 1993-1995)

- New Jersey Psychological Association (Student Affiliate, 1993-1994; Early Career Psychologist, 2021-2023)
- Eastern Psychological Association (Member, 1996-1997)
- Pennsylvania Psychological Association (Member, 1996-2005; Fellow, 2005-present; Continuing Education Committee, 2012-2016)

CHADD Adult ADHD Coalition, delegate (2022-present); I will oversee the clinical tool kit for psychologists developed from the US-based practice guidelines for adult ADHD.

Invited Workshop Participant, “Adult Attention-Deficit/Hyperactivity Disorder: Diagnosis, Treatment, and Implications for Drug Development,” National Academies of Science, Engineering, and Medicine, December 12-13, 2023, Washington, DC.

National Survey on ADHD Coaching, Advisory Committee, 2024-pres.

**Editorial Positions:** 2005-2012 Editorial Board, Journal of Psychotherapy Integration  
 2005-Pres. Editorial Board, Journal of Attention Disorders  
 2017-2022 Advisory Board, The ADHD Report

**Ad Hoc Reviewership:** 2003 Oxford University Press  
 2007 Oxford University Press  
 2007 Routledge Press  
 2008 Yonsei Medical Journal  
 2008 CNS Spectrums  
 2009 European Psychiatry  
 2010 European Psychiatry  
 2010 Psychiatric Clinics of North America  
 2010 Neuropsychiatric Disease and Treatment  
 2010 American Psychological Association Press  
 2011 Routledge Press  
 2011 Journal of the American Psychiatric Nurses Association  
 2012 Clinical Practice & Epidemiology in Mental Health  
 2012 Journal of the American Psychiatric Nurses Association  
 2012 Journal of Nervous and Mental Disease  
 2013 Clinical Case Studies  
 2013 Psychological Reports  
 2013 Cognitive Therapy and Research  
 2013 American Psychological Association Press  
 2014 Routledge Press  
 2014 American Psychological Association Press  
 2014 Children  
 2014 British Journal of Psychiatry  
 2015 Psychiatric Times  
 2015 Journal of Nervous and Mental Disease  
 2015 Clinical Case Studies  
 2015 Nutrients

2016 Oxford University Press  
 2016 Psychological Medicine  
 2017 Clinical Psychology Review  
 2017 Journal of Child & Adolescent Psychopharmacology  
 2017 Journal of Nervous and Mental Disease  
 2017 Acta Psychiatrica Scandinavica  
 2018 The Lancet Psychiatry  
 2021 International Journal of Mental Health  
 2022 Frontiers in Psychology  
 2022 Frontiers in Psychiatry  
 2023 BJPsych Open  
 2023 National Institute for Health and Care Research  
 2023 BMC Psychiatry  
 2023 Psychiatry Research  
 2024 Nature: Scientific Reports  
 2024 Routledge/Taylor & Francis  
 2024 American Psychological Association Press  
 2024 BMC Psychiatry  
 2024 npj Mental Health Research

#### **Academic and Institutional Committees:**

2002, 2005	Office of Student Disabilities Services Director Search Committee, Office of Student Disabilities Services, University of Pennsylvania
2006-2019	Interviewer, Residency Selection Committee, Department of Psychiatry, University of Pennsylvania School of Medicine
2009-2012	Hearings List for the Faculty Grievance Commission, Office of the Faculty Senate, University of Pennsylvania
2015-2022	Diversity Search Advisor, University of Pennsylvania Perelman School of Medicine

#### **Major Academic and Clinical Teaching Responsibilities at the University of Pennsylvania:**

1. Co-founder, co-director and clinical supervisor for assessors and psychotherapists in Adult ADHD Treatment and Research Program, Department of Psychiatry, University of Pennsylvania School of Medicine (March 8, 1999 – June 30, 2023).
2. Presenter at Cognitive Therapy Master Lecture Series (one or two 3-hour workshops annually, Department of Psychiatry, University of Pennsylvania School of Medicine, January 15, 2000 – May 15, 2004).
3. Presenter at the Annual Learning Disability Symposium sponsored by Weingarten Learning Resources Center, University of Pennsylvania (April 2, 2004; April 1, 2005; April 7, 2006; March 30, 2007; April 1, 2011; April 8, 2016; April 13, 2018).
4. “Adolescents/Young Adults and ADHD” lecturer for PGY-IV psychiatry residents, Department of Psychiatry, University of Pennsylvania School of Medicine (August 5, 2004; August 4, 2005; August 3, 2006, August 2,

- 2007, August 14, 2008, August 4, 2011, August 8, 2013, August 14, 2014, July 30, 2015, July 7, 2016, August 11, 2016, August 10, 2017, July 12, 2018).
5. Mentor for Dr. Roberta Waite of Drexel University, who conducted research regarding adult ADHD in primary healthcare settings and among minority populations (January 1, 2005 – December 31, 2011).
  6. Supervisor for three-month rotation in adult ADHD for predoctoral psychology interns from Counseling and Psychological Services, University of Pennsylvania (May 1 – July 31, 2005; May 1 – July 31, 2006; May 27 – July 31, 2009).
  7. Clinical supervisor in cognitive therapy PGY-III and PGY-IV psychiatry residents, Department of Psychiatry, University of Pennsylvania School of Medicine, (July 1 – June 30, 2005-06, 2006-07, 2007-08, 2008-09, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018, 2018-2019).
  8. Presenter at the annual ADHD Conference co-hosted by Center for the Management of ADHD (Children's Hospital of Philadelphia) and Adult ADHD Treatment and Research Program (Department of Psychiatry, University of Pennsylvania School of Medicine) (October 6, 2007, October 4, 2008, October 3, 2009).
  9. Presenter at the annual Penn Autism Network Conference hosted by Social Learning Disorders Program, Department of Psychiatry, University of Pennsylvania School of Medicine, (March 28, 2008).
  10. Thesis committee member, Tracey Rush, Graduate School of Education, University of Pennsylvania (April 21, 2008 – January 14, 2011).
  11. "Family Based Intervention for Adult and Child ADHD," Children's Hospital of Philadelphia's Department of Psychology, Philadelphia, PA. (July 18, 2008).
  12. Thesis committee member for Erica Jill Cohen, Muhlenberg College, Allentown, PA, (December 1, 2008 – May 7, 2009).
  13. Presenter at the second annual Mental Health Camp, Counseling and Psychological Services, University of Pennsylvania (April 1, 2009).
  14. Thesis committee member, Parin Patel, Chestnut Hill College, Philadelphia, PA (July 8, 2009 – May 20, 2011).
  15. "Transporting Cognitive Behavioral Treatments into the Community Series," Department of Psychiatry, Adult ADHD Treatment and Research Program, training program with Philadelphia College of Osteopathic Medicine, Philadelphia, PA (October 23 and 30, 2009).
  16. "Adult Developmental Neuropsychiatry" lecturer for psychiatry residents, Department of Psychiatry, University of Pennsylvania School of Medicine (August 5 and 19, 2010).
  17. "Assessment of ADHD," Counseling and Psychological Services, University of Pennsylvania (November 18, 2010).
  18. Thesis committee member, Laura Lane Herman, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (May 13, 2010 – November 17, 2011).
  19. Thesis committee member, Craig Strohmeier, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (March 1, 2011 – May 1, 2013).

20. Thesis committee member, Todd Bennett, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (January 25, 2013 – April 27, 2015).
21. PBH Mind faculty presenter (Cognitive Therapy -May 14 & May 28, 2013; Adult ADHD – October 18-19, 2013; ADHD – March 22, 2014).
22. Proposal reviewer for Penn Medicine Neuroscience Center, 2014 Innovative Research Pilot Funding.
23. “CBT for Adult ADHD,” Department of Psychology, Doctoral Program in Clinical Psychology (October 1, 2014).
24. “CBT for College Students with ADHD,” Department of Psychiatry, Psychotherapy Track Residents (May 1, 2015).
25. “Psychosocial Evidence-based Treatments of Adolescent ADHD,” Department of Child & Adolescent Psychiatry, Children’s Hospital of Philadelphia (September 3, 2015).
26. Thesis committee member, Danielle O’Brien, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2014 – May 16, 2016).
27. Thesis committee member, Heather Hackett, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2014 – incomplete).
28. “Getting Ready for Take Off: Helping Teens with ADHD Get Ready for Life After High School,” Family Education Series, ADHD Program, Children’s Hospital of Philadelphia (May 4, 2016).
29. Thesis committee member, Bryan Gastelle, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2016 – May 15, 2018).
30. External reviewer/thesis committee member, Katie Grogan, University College Dublin, Dublin, Ireland (January 24, 2017 – June 28, 2017).
31. Thesis committee, member, Hillary Ammon, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2017 – May 10, 2019).
32. Thesis committee, member, Courtney Alio, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2017 – April 30, 2020).
33. Thesis committee, member, Avery Ducey, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2018 – May 7, 2021).
34. Thesis committee, member, Laura Salciunas, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2018 – May 7, 2021).
35. Implementation-focused CBT for Adult ADHD & Procrastivity, Center for Cognitive Therapy and Outpatient Psychiatry Clinic, University of Pennsylvania Health System, Philadelphia, PA (March 6, 2019).
36. Thesis committee, member, Lauren Truskey, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2019 – July 29, 2021).
37. Thesis committee, member, Neal Blumenkehl, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2020 – January 30, 2024).
38. Thesis committee, member, Carly Gerbi, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2020 – April 19, 2023).
39. “ADHD and Dental Practice,” Penn Dental School (September 15, 2021).
40. Thesis committee, member, Benjamin Deck, Drexel University, Philadelphia, Pa (February 17, 2022 – May 1, 2023).
41. Thesis committee, member, Morgan Hagner, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2022 – April 30, 2024).
42. Thesis committee, member, Anna Podrasky, Philadelphia College of Osteopathic Medicine, Philadelphia, PA (June 1, 2022 – April 30, 2024).
43. ADHD and Dental Practice,” Penn Dental School (August 16, 2022).

**Lectures by Invitation (Last 5 years):**

June 21, 2019	“Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not),” Pennsylvania Psychological Association, Pittsburgh, PA.
August 9, 2019	“Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not),” American Psychological Association, Chicago, IL.
September 4, 2019	“Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not),” British Association of Behavioural and Cognitive Psychotherapies, Bath, England.
November 7, 2019	“Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not),” International Conference on ADHD (CHADD), Philadelphia, PA.
November 9, 2019	Rostain, A. L., Loughhead, J., Medaglia, J., Oathes, D., & Ramsay, J. R. Brain Stimulation for ADHD: Experience of the Penn Adult ADHD Treatment and Research Program. In J. Swanson (Chair), “Research Symposium: Neurodevelopment and Neuromodulation. International Conference on ADHD (CHADD), Philadelphia, PA.
November 9, 2019	“Lessons Learned from ‘Procrastivity,’” International Conference on ADHD (CHADD), Philadelphia, PA.
November 23, 2019	“Starting an ADHD Specialty Program,” Association for Behavioral and Cognitive Therapies (ABCT): ADHD Special Interest Group, Atlanta, GA.
April 3, 2020	“Adult ADHD, Procrastivity, and How You Don’t Do Things (Part 1),” ADHD Coaches Organization, Webinar.
May 8, 2020	“Adult ADHD, Procrastivity, and How You Don’t Do Things (Part 2),” ADHD Coaches Organization, Webinar.
September 3, 2020	“Rethinking Adult ADHD: CBT and Helping Clients Turn Intentions Into Actions,” 50 <sup>th</sup> European Association for Behavioural and Cognitive Therapies Congress, Athens, Greece (presented remotely due to COVID).
October 2, 2020	“Rethinking Adult ADHD: Helping Clients Turn Intentions Into Actions,” 15 <sup>th</sup> Conference on ADHD, Proyectodah, Mexico City, Mexico (presented remotely due to COVID).
April 8, 2021	“‘I Know What I Need To Do But I Just Don’t Do It:’ Adult ADHD & Procrastivity,” Rosenberg and Lambert Speaker Series in Psychology, Muhlenberg College, Allentown, PA (Remotely due to COVID).
April 22, 2021	“Rethinking Adult ADHD: Turning Intentions Into Actions,” ADHD Association of Denmark, Kolding, Denmark (presented remotely due to COVID).
April 22, 2021	“‘I Know What I Need To Do But I Just Don’t Do It:’ Implementing the Core Strategies For Managing ADHD,” ADHD

	Association of Denmark, Kolding, Denmark (presented remotely due to COVID).
October 29, 2021	“CBT for Adult ADHD: Do We Need the ‘C’?,” 5 <sup>th</sup> Annual Beck Institute Excellence Summit, Bala Cynwyd, PA (presented remotely due to COVID).
March 8, 2022	“CBT for Adult ADHD,” Department of Psychiatry (PGY 4 Residents), Vanderbilt University School of Medicine, Nashville, TN (Remotely due to COVID).
May 18, 2022	“Diagnostic Assessment of ADHD in Adulthood,” Family Service, Society, Inc., Corning, NY (Remotely due to COVID).
May 18, 2022	“Adult ADHD and Relationships: Wielding Your Social Capital,” Attention Deficit Disorder Association Webinar Series (Remotely due to COVID).
June 2, 2022	“Rethinking Adult ADHD: Helping Clients Turn Intentions Into Actions,” TPN.health Webinar, New Orleans, LA (Remotely due to COVID).
August 28, 2022	“Rethinking Adult ADHD,” Weekend University’s Day on Neurodiversity (Online) Conference, London, England (Remotely due to COVID).
September 29, 2020	“Emotions and CBT for Adult ADHD: Dealing With the Feelings of ADHD,” 16 <sup>th</sup> Conference on ADHD, Proyectodah, Mexico City, Mexico (presented remotely due to COVID).
November 17, 2022	“Emotions and CBT for Adult ADHD: Dealing With the Feelings of ADHD,” International Conference on ADHD (CHADD), Dallas, TX.
November 17, 2022	“Researchers Roundtable Discussion.” International Conference on ADHD (CHADD), Dallas, TX.
November 18, 2022	“Adult ADHD and Social Capital: Managing Your Relationship Accounts,” International Conference on ADHD (CHADD), Dallas, TX.
March 9, 2023	“CBT for Adult ADHD: An Implementation-Focused Approach,” Bespoke Mental Health, England/virtual.
March 21, 2023	“Adult ADHD and Social Capital: Managing Your Relationship Accounts,” BuxMont CHADD Affiliate, virtual.
May 19, 2023	“CBT for adult ADHD” Intersections of Research and Practice. In L. Hechtman (Chair), “Cognitive behavioural therapy (CBT) for adults with ADHD.” 9 <sup>th</sup> World Congress on ADHD, Amsterdam, Netherlands.
June 3, 2023	“Cognitive Behavior Therapy for Adult ADHD,” 10 <sup>th</sup> World Congress of Cognitive and Behavioral Therapies (WCCBT), Seoul, South Korea.
June 24, 2023	“CBT for adult ADHD: Managing emotions and relationship issues, too,” Pennsylvania Psychological Association, State College, PA.
September 19, 2023	“Cognitive Behavior Therapy for Adult ADHD,” Grand Rounds, Department of Psychiatry and Behavioral Health, Cooper University, Camden, NJ. (Virtual)

October 20, 2023	“Implementation-Focused Cognitive Behavior Therapy for Adult ADHD,” Department of Psychology, Philadelphia College of Osteopathic Medicine, Philadelphia, PA.
December 2, 2023	“Coping with Adult ADHD and Anxiety,” International Conference on ADHD (CHADD), Baltimore, MD.
December 5, 2023	“Coaching and CBT for Adult ADHD: Diverse Approaches,” International Virtual Conference on ADHD (CHADD), virtual session.
January 19, 2024	“Table Talk with Experts: College Students with ADHD,” Annual Conference of the American Professional Society of ADHD and Related Disorders (APSARD), Orlando, FL.
July 17+18, 2024	“CBT for Adult ADHD: An Implementation-Focused Approach,” Bespoke Mental Health, England/virtual.
October 21, 2024	“Managing Anxiety and The Other Feelings of ADHD,” Burnett Seminar Speaker Series, University of North Carolina at Chapel Hill, Chapel Hill, NC.
November 15, 2024	“CBT for Adult ADHD: An Updated Review,” International Conference on ADHD (CHADD), Anaheim, CA.
May 5, 2025	“Coping with Adult ADHD and Anxiety,” CHADD Hampton, VA Affiliate, virtual.
November 13, 2025	“Exploring the overlaps between ADHD coaching, cognitive behavioral therapy, and motivational interviewing in practice” (with Cameron Gott and Margaret Sibley), International Conference on ADHD (CHADD), Kansas City, MO.
November 14, 2025	“Mindsets for Muddling Through & Thriving with Adult ADHD,” International Conference on ADHD (CHADD), Kansas City, MO.
November 21, 2025	Symposium Co-Chair: “Advancing Cognitive Behavioral Therapy for Adult ADHD in Japan: Innovations and Cultural Adaptations,” 59 <sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapy (ABCT), New Orleans, LA.

### **Organizing Roles in Scientific Meetings:**

2006-2008	Member of planning committee for the Annual Penn Autism Network Conference (March 15-17, 2006, March 15-16, 2007, March 27-28, 2008) Philadelphia, PA
2006	Chair of regional conference planning committee for 2 <sup>nd</sup> Annual Regional Conferences on Adult AD/HD, sponsored by the Attention Deficit Disorder Association (October 20 and 21, 2006) Philadelphia, PA and New York, NY
2007-2009	Member of planning committee for annual PENN-CHOP ADHD Conference (October 6, 2007, October 4, 2008, October 3, 2009) Philadelphia, PA

### **Bibliography:**

#### Research Publications (peer reviewed):

1. Ramsay, J. R. (1998). Postmodern cognitive therapy: Cognitions, narratives, and personal meaning-making. Journal of Cognitive Psychotherapy: An International Quarterly, 12, 39-55.
2. Ramsay, J. R. (1999). A life of quiet desperation: The case example of Anna. Cognitive and Behavioral Practice, 6, 73-77.
3. Ramsay, J. R. (2001). The clinical challenges of assimilative integration. Journal of Psychotherapy Integration 11, 21-42.
4. Ramsay, J. R. (2002). A cognitive therapy approach for treating chronic procrastination and avoidance: Behavioral activation interventions. Journal of Group Psychotherapy, Psychodrama, and Sociometry, 55, 79-92.
5. Ramsay, J. R., & Rostain, A. L. (2003). A cognitive therapy approach for adult attention-deficit/hyperactivity disorder. Journal of Cognitive Psychotherapy: An International Quarterly, 17, 319-334.
6. Ramsay, J. R., Brodtkin, E., Cohen, M. R., Ekman, E., Listerud, J., & Rostain, A. L. (2005). "Better strangers": Using the relationship in psychotherapy for adults with asperger syndrome. Psychotherapy: Theory, Research, Practice, Training, 42, 483-493.
7. Ramsay, J. R., & Newman, C. F. (2005). After the attempt: Repairing the therapeutic alliance following a serious suicide attempt by a patient. Suicide and Life-Threatening Behavior, 35, 413-424.
8. Ramsay, J. R., & Rostain, A. L. (2005). Adapting psychotherapy to meet the needs of adults with attention-deficit/hyperactivity disorder. Psychotherapy: Theory, Research, Practice, Training, 42, 72-84.
9. Ramsay, J. R., & Rostain, A. L. (2005). Girl repeatedly interrupted: The case of a young adult woman with ADHD. Clinical Case Studies, 4, 329-346.
10. Ramsay, J. R., & Rostain, A. L. (2006). Cognitive behavior therapy for college students with attention-deficit/hyperactivity disorder. Journal of College Student Psychotherapy, 21(1), 3-20.
11. Rostain, A. L., & Ramsay, J. R. (2006). Adult with ADHD? Try medication + psychotherapy. Current Psychiatry, 5(2), 13-16, 21-24, 27.
12. Rostain, A. L., & Ramsay, J. R. (2006). A combined treatment approach for adults with attention-deficit/hyperactivity disorder: Results of an open study of 43 patients. Journal of Attention Disorders, 10, 150-159.
13. Ramsay, J. R. (2007). Comments on the case of Joe. Journal of Attention Disorders, 11, 408-409.
14. Ramsay, J. R. (2007). Current status of cognitive behavioral therapy as a psychosocial treatment for adult attention-deficit/hyperactivity disorder. Current Psychiatry Reports, 9, 427-433.
15. Ramsay, J. R., & Rostain, A. L. (2008). Adult ADHD research: Current status and future directions. Journal of Attention Disorders, 11, 624-627.
16. Weiss, M. D., Safren, S. A., Solanto, M., Hechtman, L., Rostain, A. L., Ramsay, J. R., & Murray, C. (2008). Research forum on psychosocial treatment of adults with ADHD. Journal of Attention Disorders, 11, 642-651.
17. Rosenfield, B., Ramsay, J. R., & Rostain, A. L. (2008). Extreme makeover: The case of a young adult man with severe attention-deficit/hyperactivity disorder. Clinical Case Studies, 7, 471-490.
18. Waite, R., & Ramsay, J. R. (2010). Cultural proficiency: A Hispanic woman with ADHD – A case example. Journal of Attention Disorders, 13, 424-432.

19. Ramsay, J. R. (2010). CBT for adult ADHD: Adaptations and hypothesized mechanisms of change. Journal of Cognitive Psychotherapy: An International Quarterly, 24, 37-45.
20. Waite, R., & Ramsay, J. R. (2010). Adults with ADHD: Who are we missing? Issues in Mental Health Nursing, 31, 670-678.
21. Waite, R., & Ramsay, J. R. (2010). A model for parental ADHD: Help-seeking and readiness to change. Issues in Mental Health Nursing, 31, 793-803.
22. Ramsay, J. R., & Rostain, A. L. (2011). CBT without medications for adult ADHD: An open pilot study of five patients. Journal of Cognitive Psychotherapy: An International Quarterly, 25, 277-286.
23. Ramsay, J. R. (2012). "Without a net:" CBT without medications for an adult with ADHD. Clinical Case Studies, 11, 48-65.
24. Ramsay, J. R. (2016). "Turning intentions into actions:" CBT for adult ADHD focused on implementation. Clinical Case Studies, 15, 179-197.
25. Ramsay, J. R., & Rostain, A. L. (2016). Adult ADHD as an implementation problem: Clinical significance, underlying mechanisms, and psychosocial treatment. Practice Innovations, 1, 36-52.
26. Strohmeier, C., Rosenfield, B., DiTomasso, R.A., & Ramsay, J. R. (2016). Assessment of the relationship between cognitive distortions, adult ADHD, anxiety, depression, and hopelessness. Psychiatry Research, 238, 153-158.
27. Ramsay, J. R. (2017). The relevance of cognitive distortions in the psychosocial treatment of adult ADHD. Professional Psychology: Research and Practice, 48, 62-69.
28. Ramsay, J. R. (2017). Assessment and monitoring of treatment response in adult ADHD patients: current perspectives. Neuropsychiatric Disease and Treatment, 13, 221-232.
29. Allenby, C., Falcone, M., Bernardo, L., Wileyto, P., Rostain, A., Ramsay, J. R. Lerman, C., & Loughhead, J. (2018). Transcranial direct current brain stimulation decreases impulsivity in ADHD. Brain Stimulation, 11(5), 974-981. doi: 10.1016/j.brs.2018.04.016
30. Guntuku, S. C., Ramsay, J. R., Merchant, R., & Ungar, L. (2019). Language of ADHD in adults on social media. Journal of Attention Disorders, 23(12), 1475-1485. doi: 10.1177/1087054717738083
31. Serine, A. D., Rosenfield, B., DiTomasso, R. A., Collins, J. M., Rostain, A. L., & Ramsay, J. R. (2020). The relationship between cognitive distortions and adult Attention Deficit/Hyperactivity Disorder after accounting for comorbidities and personality traits. Cognitive Therapy and Research, 44, 967-976. doi: 10.1007/s10608-020-10115-2

Research Publications (peer reviewed reviews):

1. Ramsay, J. R., & Rostain, A. L. (2007). Psychosocial treatments for attention-deficit hyperactivity disorder in adults: Current evidence and future directions. Professional Psychology: Research and Practice, 38, 338-346.
2. Ramsay, J. R. (2009). Evidence-based psychosocial treatments for adult ADHD: A review. Current Attention Disorders Reports, 1, 85-91.
3. Ramsay, J. R. (2011). Cognitive behavioral therapy for adult ADHD: Case study and commentary. Journal of Clinical Outcomes Management, 18, 526-536.

Contributions to peer reviewed clinical research publications, participation cited but not by authorship:

1. Henriques, G. R. (2003). The tree of knowledge system and the theoretical unification of psychology. Review of General Psychology, 7, 150-182. [Acknowledgment]
2. Rostain, A. L. (2003). Growing up with ADHD. Practical Neurology, 2(4), 28-35. [Acknowledgment]
3. Knouse, L. E., Teller, J., & Brooks, M. A. (2017). Meta-analysis of cognitive-behavioral treatments for adult ADHD. Journal of Consulting and Clinical Psychology. Advance online publication. doi: 10.1037/ccp0000216 [Acknowledgment]
4. Thase, M. E., Wright, J. H., Eells, T. D., Barrett, M. S., Wisniewski, S. R., Balasubramani, G. K., McCrone, P., & Brown, G. K. (2018). Improving the efficiency of psychotherapy for depression: Computer-assisted versus standard CBT. American Journal of Psychiatry, 175, 242-250. [Acknowledgment]
5. Burnette, J. L., Babij, A. D., Oddo, L. E., & Knouse, L. E. (2020). Self-regulation mindsets: Relationship to coping, executive functioning, and ADHD. Journal of Social and Clinical Psychology, 39, 101-116. [Acknowledgment]
6. Knouse, L.E., Ziegler, M., Lavine, I. et al. (2023). Avoidant Automatic Thoughts are associated with task avoidance and inattention in the moment. Cognitive Therapy and Research. <https://doi.org/10.1007/s10608-023-10410-8> [Acknowledgment]

Research Publications (non-peer reviewed):

none

Abstracts (Last 5 years):

1. Seewald, M., Alio, C., Rosenfield, B., DiTomasso, R., Muench, A. L., Rostain, A. L., **Ramsay, J. R.**, Klingman, K., & Perlis, M. L. (2020). Broadly assessing sleep complaints in a sample of patients with ADHD. SLEEP, 43 (abstract supplement), A422.
2. Seewald, M., Muench, A. L., Alio, C., Rosenfield, B., DiTomasso, R., Rostain, A. L., **Ramsay, J. R.**, Klingman, K., & Perlis, M. L. (2020). Do sleep disorder symptom endorsements differ between ADHD subtypes? SLEEP, 43 (abstract supplement), A422-A423.
3. Seewald, M., Rosenfield, B., **Ramsay, J.R.**, Alio, C., DiTommasio, R.A., Muench, A., Boyle, J.T., Thompson, M., Perlis, M.L. (2023, June) Do Individuals with ADHD and Sleep Disorders Symptoms Exhibit Worse Executive Function? Poster to be presented at the American Academy of Sleep Medicine 2023 Sleep Conference. Indianapolis, IN.
4. **Ramsay, J.R.** (2023, May 19) CBT for Adult ADHD: Intersections of Research and Practice. In L. Hechtman (Chair), "CBT for Adult ADHD," Symposium presented at the World Congress of ADHD. Amsterdam, Netherlands.
5. Hagner, M., Rosenfield, B., DiTomasso, R. A. **Ramsay, J. R.** (2025, January 18). "The Relationship Between Impulsivity, Avoidance, and Overly Positive Maladaptive Thinking in Adults with ADHD." Poster Presentation at the 2025 Annual Conference of the American Professional Society of ADHD and Related Disorders. San Diego, CA.

6. Maeda, C., **Ramsay, J. R.**, Takahashi, E., & Katsuragawa, T. (2025, May 10). "Identification of variables and factors that impact ADHD masking." Poster Presentation at the 2025 World Federation of ADHD's 10<sup>th</sup> World Congress. Prague, Czech Republic.

Editorials, Reviews, Chapters, including participation in committee reports (print or other media):

1. Ramsay, J. R. (1998). "Do as I say, not as I do:" Self-defeating behaviors by clinicians. The Pennsylvania Psychologist Quarterly, 58(8), 10, 23.
2. Ramsay, J. R. (1998). Conceptualizing self-defeating behaviors using the cognitive model of addiction. International Cognitive Therapy Newsletter, 12(1), 2-3.
3. Ramsay, J. R., & Newman, C. F. (2000). Substance abuse. In F. Dattilio & A. Freeman (Eds.), Cognitive-behavioral strategies in crisis intervention (2nd ed., pp. 126-149). New York: Guilford.
4. Ramsay, J. R. (2001). [Review of the book Self-esteem (3<sup>rd</sup> ed.)]. Journal of Cognitive Psychotherapy: An International Quarterly, 15(1), 68-71.
5. Ramsay, J. R. (2001). [Review of the book Treatment for Chronic Depression: Cognitive Behavioral Analysis System of Psychotherapy]. Journal of Psychotherapy Integration.
6. Ramsay, J. R., & Rostain, A. L. (2004). Cognitive therapy: A treatment option for adults with ADHD. The ADHD Report, 12(1), 1-5.
7. Ramsay, J. R., & Rostain, A. L. (2005). CBT for adult ADHD. In A. Freeman (Ed.), Encyclopedia of Cognitive Behavior Therapy (pp. 52-54). New York: Springer.
8. Ramsay, J. R., & Rostain, A. L. (2005). Cognitive therapy for adult ADHD. In L. VandeCreek (Ed.), Innovation in clinical practice: Focus on adults (pp. 53-63) Sarasota, FL: Professional Resource Press.
9. Ramsay, J. R. (2006). [Review of the book "Mastering Your Adult ADHD"]. Journal of Attention Disorders, 10, 112-113.
10. Ramsay, J. R. (2006). Introduction: Expanding the focus: The need for training future clinicians about adult AD/HD. Focus, Spring, 15.
11. Ramsay, J. R., & Rostain, A. L. (2006). Issues in ADHD in adults. The ADHD Report, 14(6), 5-8.
12. Rostain, A. L., & Ramsay, J. R. (2006). College and high school students with attention-deficit/hyperactivity disorder: New directions in assessment and treatment. In American College Health Association (Ed.), Use and misuse of stimulants: A guide for school health professionals (pp. 7-16). Englishtown, NJ: Princeton Media Associates.
13. Ramsay, J. R., & Mimmo, L. (2008). [Review of the book "ADHD In Adults: What the Science Says," Independent Practitioner, 28(1), 34-36.
14. Ramsay, J. R. (2008, April). [Review of the book "Integrative Treatment for Adult ADHD"], Psychiatric Times, 25(4), 62.
15. Ramsay, J. R. (2008, December). Researchers on AD/HD research: Adults with AD/HD. Attention, 15(6), 20-21.
16. Adler, L. A., Shaw, D., Stein, M., Mick, E., Newcorn, J. H., Rostain, A. L., & Ramsay, J. R. (2009). Updates in attention-deficit/hyperactivity disorder: Current concepts and future developments. Journal of ADHD & Related Disorders, 1, 63-83.

17. Ramsay, J. R. (2010). [Review of the book “Adolescents and Adults with Learning Disabilities and ADHD: Assessment and Accommodation,” Archives of Clinical Neuropsychology, 25, 257-258.
18. Rosenfield, B., Ramsay, J. R., Cahn, S., & Pellegrino, P. (2010). Cognitive behavioral therapy for insomnia: Evidence based treatments and encouraging innovations for primary care. In R. A. Di Tomasso, B. A. Golden, & H. Morris (Eds.), Handbook of cognitive behavioral approaches in primary care (pp. 699-724). New York: Springer.
19. Ramsay, J. R. (2011). CBT is effective in reducing symptoms in adults with ADHD whose symptoms persist following pharmacotherapy. Evidence Based Mental Health, 14, 28.
20. Ramsay, J. R., Rosenfield, B., & Harris, L. (2011). Assessment of psychiatric status and personality qualities. In S. Goldstein, J. Naglieri, & M. DeVries (Eds.), Managing attention and learning disorders in late adolescence and adulthood: A guide for practitioners (pp. 189-207). New York: Wiley.
21. Ramsay, J. R. (2014). Attention Deficit/Hyperactivity Disorder in adults. In L. Grossman, & S. Walfish (Eds.), Translating psychological research into practice. New York: Springer.
22. Ramsay, J. R. (2014). Psychological assessment of adults. In R. A. Barkley (Ed.), Attention-deficit hyperactivity disorder: A handbook for diagnosis and treatment (4<sup>th</sup> ed.) (pp. 475-500). New York: Guilford Press.
23. Ramsay, J. R., & Rostain, A. L. (2015). College students with ADHD. In L. Adler, T. J. Spencer, & T. Wilens (Eds.), Attention-deficit hyperactivity disorder in children and adults (pp. 366-377). Cambridge: Cambridge University Press.
24. Rostain, A. L., Ramsay, J. R., & Waite, R. (2015). Commentary: Cultural background and barriers to mental health care for African American adults. Journal of Clinical Psychiatry, 76, 279-283.
25. Ramsay, J. R. (2016). A CBT model for ADHD-challenged couples. In G. Pera & A. Robin (Eds.), Adult ADHD-Focused Couple Therapy (pp. 77-98). New York: Routledge.
26. Knouse, L. E., & Ramsay, J. R. (2018). Managing side effects in CBT for adult ADHD. The ADHD Report, 26(2), 6-10.
27. Ramsay, J. R. (2020). Is there a cognitive theme to the thoughts and beliefs of adults with ADHD? The ADHD Report, 28(7), 8-12.
28. Ramsay, J. R. (2021). Adult Attention-Deficit/Hyperactivity Disorder. In A. Wenzel (Ed.), Handbook of cognitive behavioral therapy, Volume 2, applications. (pp. 389-421). American Psychological Association.
29. Ramsay, J. R. (2023). Inattention and hyperactivity. In S. Hupp & C. L. Santa Maria (Eds.), Pseudoscience in therapy: A skeptical field guide (pp. 297-311). Cambridge University Press.

#### Books:

1. Ramsay, J. R., & Rostain, A. L. (2008). Cognitive behavioral therapy for adult ADHD: An integrative psychosocial and medical approach. Routledge.
2. Ramsay, J. R. (2010). Nonmedication treatments for adult ADHD: Evaluating impact on daily functioning and well-being. American Psychological Association.
3. Ramsay, J. R., & Rostain, A. L. (2015a). The adult ADHD tool kit: Using CBT to facilitate coping inside and out. Routledge.

4. Ramsay, J. R., & Rostain, A. L. (2015b). Cognitive behavioral therapy for adult ADHD: An integrative psychosocial and medical approach (2<sup>nd</sup> ed.). Routledge.
5. Ramsay, J. R. (2020). Rethinking adult ADHD: Helping clients turn intentions into actions. American Psychological Association.
6. Ramsay, J. R. (2024). Adult ADHD & anxiety workbook: Cognitive behavioral therapy skills to manage stress, find focus, and reclaim your life. New Harbinger.
7. Ramsay, J. R. (in press). Once I get started: The adult ADHD program for turning your intentions into actions. Avery.

#### Video:

1. Ramsay, J. R. (Guest Expert), (2019). *Adults with ADHD* [Film; educational DVD]. American Psychological Association.  
<https://www.apa.org/pubs/videos/4310004?tab=5>.

#### Alternative Media:

1. WHYY. (1998, April 20). Radio Times. Participated as an expert guest on a radio broadcast of a panel show regarding the psychology of shoplifting.
2. Ramsay, J. R. (2004). Ask Dr. Ramsay: Cognitive therapist. The Compass, 17(1), 29-30.
3. CN8/Comcast (2005, August 17). Comcast Newsmakers. Interviewed for a televised segment to discuss issues related to adult ADHD and ADHD Awareness Day.
4. Pennsylvania Cable Network (2005, September 20). PCN Call-In. Participated on a televised panel of mental health professionals discussing issues and answering viewer questions about ADHD.
5. Ramsay, J. R. (2005). Cognitive behavioral therapy: The invisible ropes of adult AD/HD. Focus, Spring, 12.
6. Ramsay, J. R. (2005). The masks of adult AD/HD. Focus, Summer, 10-11.
7. Ramsay, J. R. (2005). Avoid slipping into negative patterns during the holidays. Focus, Fall, 14-15.
8. Ramsay, J. R. (2005). Managing time and getting organized – again! Focus, Winter, 4-5.
9. Ramsay, J. R. (2006, June). Research update: Adults with AD/HD. Attention, 13(3), 42-43.
10. Ramsay, J. R. (2006). Adult AD/HD can be “quality of life” threatening. Focus, Summer, 4-5.
11. CN8/Comcast (2006, September 28). Real Life with Mary Amoroso. Participated in a televised panel discussion on issues related to adult ADHD.
12. Ramsay, J. R. (2007, March). Getting the most out of psychotherapy for adult ADHD. ADDA E-News. Retrieved from <http://www.add.org/e-newsletters/march07.html>
13. Ramsay, J. R. (2008, May). An overview of non-medication treatments for adult AD/HD: Part one. ADDA E-News. Retrieved from <http://www.add.org/e-newsletters/may08.html>
14. Ramsay, J. R., & Rostain, A. L. (2010). Educational accommodations for children with Attention Deficit/Hyperactivity Disorder. Online CE article in “Updates in ADHD: Current concepts and future developments,” [www.elseviercme.com](http://www.elseviercme.com).

15. Ramsay, J. R., Waite, R. L. (2010). ADDA comments on proposed changes to the diagnostic manual. ADDA Website. Retrieved from <http://www.add.org/mc/page.do?sitePageId=109648>
16. Ramsay, J. R. (2011). Cognitive behavioral therapy, invisible fences, and adult ADHD. Attention, 18(6), 14-17.
17. Ramsay, J.R. (2012). Book Review: Executive Functions: What they are, how they work, and how they evolved, by Russell Barkley. ADDA Website. Retrieved from <http://www.add.org/page/ExecutiveFunctions>
18. Additude Magazine Webinar (2014, September). “I know what I need to do, but I just don’t do it”: Dealing with procrastination in adult ADHD.
19. TotallyADD Webinar (2015, January). “I know what I need to do, but I just don’t do it.”
20. Ramsay, J. R. (2015). The anatomy of procrastination: Helping the ADHD client make changes stick. Psychotherapy Networker, 39(1), 15-16.
21. WHYY. (2015, March 30). Voices in the Family. Participated as an expert guest on a radio broadcast of a panel show entitled, “Is ADHD an epidemic?”
22. Additude Magazine Webinar (2016, September). “Attitude Adjustments: How to Use Cognitive Behavioral Therapy to Change Your Thoughts and Your Life.”
23. Ramsay, J. R., & Copper, J. (2016). ADHD & habits: You struggle to establish them; you can’t live without them. Attention, 23(1), 24-25.
24. Ramsay, J. R. (2016). Challenge your thoughts, change your life. Additude, 17(2), 38-41.
25. Ramsay, J. R. (2018). The control-your-emotions therapy. Additude, 18(4), 64-65.
26. Additude Magazine Webinar (2020, June). “Coping with anxiety and adult ADHD in the COVID-19 world.”
27. Additude Magazine Webinar (2020, October). “How CBT and ADHD coaching help adults manage their symptoms naturally.” (Co-presented with David Giwerz).
28. Additude Magazine Webinar (2024, April). “Unraveling ADHD Procrastivity: How to outsmart procrastination and improve productivity.”

Patents: None