

“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 in order 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) has emerged as the second evidence-supported treatment for adult ADHD. This presentation reviews a CBT model for understanding and treating adult ADHD. In particular, it 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. In particular, the intervention domains of cognitive modification, behavior modification, acceptance/mindfulness, and implementation strategies will be reviewed. Dealing with procrastination is the clinical example used to illustrate these intervention domains for adult ADHD. Some of the most common coping strategies for managing adult ADHD also will be presented, along with specific tactics to promote engagement and follow through. Issues related to managing co-existing clinical issues will also be discussed. Case examples will be presented and participant questions answered throughout the webinar.

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. Cite the four intervention domains that comprise the CBT for adult ADHD reviewed during the webinar.
2. Identify the most common cognitive distortion endorsed in a study of cognitive distortions and adults with ADHD.
3. Cite the format in which to frame implementation intention strategies.
4. Identify at least one way in which an adult with ADHD can “outsource” or automate a task so that they need not deal with it time after time.
5. Describe an element of “procrastivity” that is used to facilitate follow through on higher priority tasks.

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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