

# “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  
ADHD  
Planning, time management, organization, manufacturing motivation  
Comorbidities, sleep, overuse of technology  
Summary  
END 3:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tzkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## 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.

## General Information

The TZKseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar. Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



Tzkseminars  
103 East Bay View Drive  
Annapolis, Md. 21403