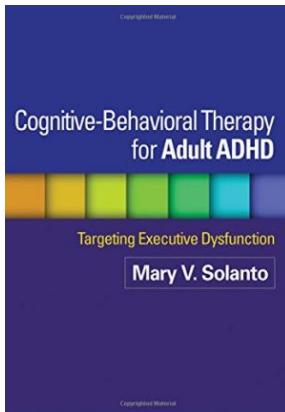


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COGNITIVE-BEHAVIORAL THERAPY FOR ADULT ADHD: TARGETING EXECUTIVE DYSFUNCTION



Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Cognitive-Behavioral Therapy for Adult ADHD: Targeting Executive Dysfunction, Mary V. Solanto, This highly practical book provides evidence-based strategies for helping adults with ADHD build essential skills for time management, organization, planning, and coping. Each of the 12 group sessions--which can also be adapted for individual therapy--is reviewed in step-by-step detail. Handy features include quick-reference Leader Notes for therapists, engaging in-session exercises, and reproducible take-home notes and homework assignments. The paperback edition includes...

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- Authored by Mary V. Solanto
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