

# “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 psychiatry in the Perelman School of Medicine at the University of Pennsylvania. Dr. Ramsay earned his PhD from Palo Alto University (formerly known as Pacific Graduate School of Psychology) in 1995 and completed a postdoctoral fellowship in cognitive-behavioral therapy at the Center for Cognitive Therapy at the University of Pennsylvania.

Dr. Ramsay has authored numerous peer-reviewed professional and scientific articles, as well as many book chapters. He is author of four books, most recently the revised and updated second edition of *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach* and its companion patient guidebook, *The Adult ADHD Tool Kit* (both Routledge, 2015, with co-author Anthony Rostain, M.D.).

Dr. Ramsay serves on the editorial board of the *Journal of Attention Disorders*. He also serves on the Professional Advisory Boards of the Attention Deficit Disorder Association (ADDA) and Children and Adults with ADHD (CHADD), and is on the Board of the American Professional Society of ADHD and Related Disorders (APSARD). He is recipient of the Martin P. Szuba Award for Excellence in Clinical Teaching & Research from PENN and was inducted into the CHADD Hall of Fame for his contribution to the treatment of adults with ADHD. Dr. Ramsay is frequently interviewed by various media outlets regarding issues related to adult ADHD and has lectured across the country and around the world.

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