“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 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.

Examples will be presented and participant questions answered throughout the webinar.

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 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 “procrastination” that is used to facilitate it time after time.
6. Describe an element of “procrastivity” that is used to facilitate it time after time.

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, onset, prevalence of technology
Summary
END 3:15 PM ET

Outline

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 and completed an APA-approved pre-doctoral internship at CPC Behavioral Healthcare in Red Bank, New Jersey, and a post-doctoral 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 Rastain, 2015), which is in its second edition; and its companion patient guidebook, The ADHD ADHD Tool Kit (also with Dr. Anthony Rastain, 2015). The Adult ADHD Tool Kit has been translated into Spanish (Kindle version), French, 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 Psychosocial 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 2014 outstanding educator 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 (PAR) of the Attention Deficit Disorder Association (including serving as PAR 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.

To earn CEUs, 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 5 CEUs for attending once they have completed these requirements.

Program and an associate professor of clinical psychology in the department of psychiatry in the Perelman School of Medicine at the University of Pennsylvania.

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