



ADHD in Adults: A Psychological Guide to Practice

Susan Young, Jessica Bramham

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"This volume is a ground-breaking first step in standardizing the psychosocial treatment of adults with ADHD." - Dr Sam Goldstein, University of Utah "I think it is a uniquely valuable guide to how psychological thinking and treatment can be helpful to adults with ADHD - I recommend it to all professionals taking on this work." - Professor Eric Taylor, Head of Department of Child and Adolescent Psychiatry, King's College London Institute of Psychiatry "What emerges from this perspective is clinical wisdom. I could see and feel both the patient and the therapy." - Margaret Weiss, Director of research, ADHD Clinic, Children's and Women's Health Centre, Canada There is increasing recognition of the prevalence of ADHD in adulthood, which is estimated to be around one percent in the general population. These people have often experienced lifelong underachievement; they feel misunderstood and have not received the help they need. Reflecting the growing awareness of this problem, ADHD in Adults provides a comprehensive account of the presentation of adulthood ADHD, its assessment and treatment. Written by experienced practitioners in the field, the book introduces a cognitive behavioural model of ADHD from which the authors developed the Young-Bramham Programme. This is a unique, modular framework for assessing and treating people with adulthood ADHD and associated problems using practical intervention techniques. The book is accompanied by the Young-Bramham Programme Companion Website, www.wiley.com/go/adhdadults that provides downloadable materials for use by clients and therapists. ADHD in Adults is invaluable reading for clinicians working with adult ADHD clients in many different settings including primary care, adult mental health, learning disability, forensic, neuropsychiatry and neuropsychology. It will also be a useful self-help resource for ADHD clients, friends, family and supporters.

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Mark Carter:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a publication. The book ADHD in Adults: A Psychological Guide to Practice it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not to fund but this book offers high quality.

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Shelia Tonn:

On this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple way to have that. What you are related is just spending your time little but quite enough to enjoy a look at some books. Among the books in the top checklist in your reading list is usually ADHD in Adults: A Psychological Guide to Practice. This book that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking way up and review this e-book you can get many advantages.

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