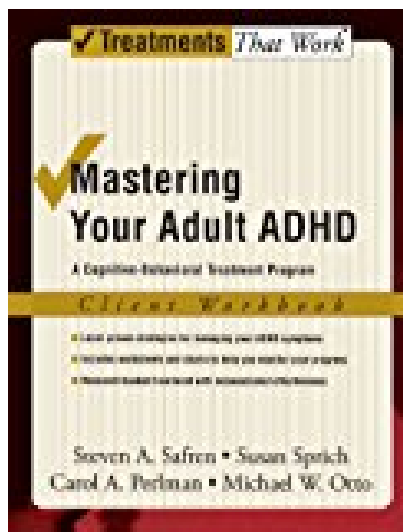


# Mastering Your Adult ADHD A Cognitive-Behavioral Treatment Program Client Workbook Treatments That Work

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## BOOK DETAILS

- Author : Steven A. Safren
- Pages : 144 Pages
- Publisher : Oxford University Press
- Language : English
- ISBN : 0195188195

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## **BOOK SYNOPSIS**

The intervention described in this client workbook contains all of the necessary information for participating in a practical, tested, and effective cognitive-behavioral intervention for adults with ADHD and residual symptoms not fully treated by medications alone. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources ? Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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