



Advances in Understanding & Managing ADHD in Adults

Presented by

J. Russell Ramsay, Ph.D.

Overview

In this course, Dr. Ramsay describes the nature of Adult ADHD as applied to assessment and treatment of clients presenting with ADHD symptoms. The program describes clinical assessment consideration in diagnosing ADHD in adults, Non-Medication treatment approaches with these clients, and CBT approaches and techniques to treat ADHD adults.

Objectives

Participants will be able to describe:

- Components required for a diagnosis of ADHD in adulthood
- Symptoms of ADHD beyond those outlined in DSM-5
- Current FDA-approved medications for the treatment of adult ADHD
- Different non-medication treatments available for adults with ADHD
- Categories of interventions used in a program of CBT for adult ADHD
- Specific coping strategies that are commonly included in CBT programs for adult ADHD

5.25 Hours CE Credit

Diagnostic Assessment of ADHD in Adulthood

- Current DSM-5 diagnostic requirements
- Prevalence and persistence of ADHD in adulthood
- Comprehensive Diagnostic Assessment Screening—Clinical/Developmental Interview—Structured Diagnostic Interview—Review of Clinical Inventories—Feedback Session—Testing
- What if a patient does not have ADHD?
- Malingering

Non-medication Treatments for Adult ADHD

- Current FDA-approved medications for adult ADHD
- Psychosocial treatments/CBT
- ADHD coaching
- Academic support and accommodations
- Workplace support and accommodations
- Working memory training / Neurofeedback
- Complementary and alternative treatments

Psychosocial Treatment of Adult ADHD

Cognitive Behavioral Therapy (CBT) Model The Impact of Comorbidity

- Research in support of CBT Adult ADHD treatment
- Categories of Adult ADHD CBT interventions

CBT Interventions

- Goal setting—Daily Planner—To Do Lists/defining tasks—Procrastination/Activating and sustaining effort—Cognitive and behavioral modification skills—Implementation strategies—Emotional management strategies—Disorganization and time management—Managing information and items—Problem solving /Decision-making skills—Health, well-being, and sleep technology

J. Russell Ramsay, Ph.D.

Dr. “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. He received his Ph.D. from Palo Alto University.

Dr. Ramsay has authored *Cognitive Behavioral Therapy for Adult ADHD* and *Nonmedication Treatments*

for Adult ADHD More recently, he authored the revised and updated 2nd edition of *Cognitive Behavioral Therapy for Adult ADHD* and its companion patient guidebook, *The Adult ADHD Tool Kit*.

Dr. Ramsay serves on the editorial board of the *Journal of Attention Disorders*, and has lectured across the country and around the world on topics related to the assessment and treatment of ADHD in adults

Approved Home Study CE for Psychologists Counselors Social Workers Nurses MFT AOTA

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