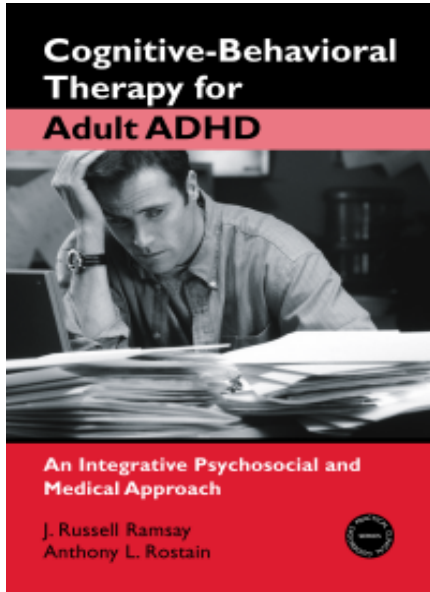


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COGNITIVE-BEHAVIORAL THERAPY FOR ADULT ADHD:

AN INTEGRATIVE PSYCHOSOCIAL AND MEDICAL APPROACH
J. RUSSELL RAMSAY AND ANTHONY L. ROSTAIN

Attention Deficit/Hyperactivity Disorder (ADHD) afflicts anywhere from 2 to 5 percent of the adult population. Among several therapeutic treatment approaches available as a supplement or alternative to medication, Cognitive Behavioral Therapy (CBT) has emerged as the most successful and has the strongest current evidence base of support, while integrative treatment programs that combine CBT and prescription drugs have shown even more promise.

Cognitive-Behavioral Therapy for Adult ADHD provides an overview of symptoms, assessment and diagnosis issues for adult ADHD. As the founders of the University of Pennsylvania's Adult ADHD Treatment and Research Program, Ramsay and Rostain provide cutting-edge expertise on utilizing research, case examples, and a combined biological and psychosocial treatment approach. This volume discusses the many complicated factors that go into treatment, relapse prevention, and long-term management of adult ADHD, including particular focus on comorbidity and medication issues.

J. Russell Ramsay, PhD, is Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania School of Medicine.

Anthony L. Rostain, MD, is Professor of Psychiatry and Pediatrics and Director of Education for the Department of Psychiatry at the University of Pennsylvania School of Medicine.

“So many adults I know have Attention Deficit Disorder.... Ramsay and Rostain provide the definitive answers to their problems. They provide a validated, comprehensive pharmacological and psychotherapeutic program for all professionals dealing with this disorder.”

- **Aaron T. Beck, MD**, University Professor of Psychiatry, University of Pennsylvania

“In a clear and concise fashion, the authors not only review the state of the science on ADHD in adults, but give a detailed road map of how best to counsel those with the disorder and to develop a cognitive behavioral course of intervention for effectively coping with it and its adverse impact of myriad major life activities. It is a landmark book from two remarkably competent scientist-practitioners.”

- **Russell A. Barkley, PhD**, Research Professor in Psychiatry, SUNY Upstate Medical School, and Clinical Professor of Psychiatry, Medical University of South Carolina

“In this book Ramsay and Rostain provide thoughtful strategies and practical examples of how clinicians can combine medication with effective cognitive behavioral interventions to help adults address the ongoing complexity of their ADHD. Well done!”

- **Thomas E. Brown, PhD**, Assistant Clinical Professor of Psychiatry, Yale University School of Medicine, and Associate Director, Yale Clinic for Attention and Related Disorders

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