



Cognitive-behavioural therapy for ADHD in adolescents and adults [a psychological guide to practice /

Young, Susan (1957-)

Wiley-Blackwell, 2012

Attention-deficit disorder in adults- adolescence- Cognitive therapy

Monografía

"The first edition of this book introduced the Young-Bramham Programme, a pioneering approach to cognitive behavioural treatment for ADHD in adults, which was well-received by clinical and academic communities alike. Based on the latest findings in the field, the authors have expanded the second edition to incorporate treatment strategies not only for adults, but also for adolescents with ADHD. Updates the proven Young-Bramham Programme to be used not only with adults but also with adolescents, who are making the difficult transition from child to adult services New edition of an influential guide to treating ADHD beyond childhood which encompasses the recent growth in scientific knowledge of ADHD along with published treatment guidelines Chapter format provides a general introduction, a description of functional deficits, assessment methods, CBT solutions to the problem, and a template for group delivery Provides a wealth of downloadable assessment checklists and tools"--

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhemF0ei5yZW4vNTYxMjE1OA>

Título: Cognitive-behavioural therapy for ADHD in adolescents and adults [Recurso electrónico] a psychological guide to practice Susan Young and Jessica Bramham

Edición: 2nd ed

Editorial: Chichester [England] Malden, Mass. Wiley-Blackwell 2012

Descripción física: xxii, 301 p. ill

Mención de serie: E-Libro

Nota general: Rev. ed. of: ADHD in adults / Susan Young, Jessica Bramham. 2007

Bibliografía: Includes bibliographical references and index

Contenido: pt. 1. Background and treatment -- pt. 2. Core symptom modules -- pt. 3. Comorbid and associated problem modules -- pt. 4. The future module

Detalles del sistema: Modo de acceso: World Wide Web

Fuente de adquisición directa: E-Libro

ISBN: 9781119960744 hardback) 9781119960737 paper) 9781119943433 e-book)

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