



# Nonmedication Treatments for Adult ADHD: Evaluating Impact on Daily Functioning and Well-Being

By J. Russell Ramsay

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"Oh, my child will grow out of it" is a common refrain from parents of children with ADHD. Unfortunately, it is increasingly clear that many children do not "grow out" of their ADHD. Instead, these children will mature into adults who will experience continued difficulties related to their disorder throughout adulthood. Many of these adults with ADHD will seek treatment to alleviate these difficulties, and while some will find medication to adequately treat their symptoms, for others, adjunctive treatments will also play an essential role in helping them achieve desired results in their daily lives.

In *Nonmedication Treatments for Adult ADHD: Evaluating Impact on Daily Functioning and Well-Being*, Dr. J. Russell Ramsay provides a comprehensive review of the current status of nonmedication interventions available for adults with ADHD. After introducing and reviewing the history and features of ADHD in adults, Dr. Ramsay explores a wide range of treatment options available to clinicians today.

Chapter topics include psychosocial treatment, academic support and accommodations for postsecondary students, career counseling and workplace support, relationships and social functioning, neurofeedback and neurocognitive training, and complementary and alternative treatments.

Practicing clinicians, clinicians-in-training, and researchers searching for a current summary of the nonmedication treatment options and a map to future research will find this volume to be a tremendous resource.

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By J. Russell Ramsay Bibliography

- Rank: #2099021 in eBooks
- Published on: 2012-04-12
- Released on: 2012-04-12
- Format: Kindle eBook



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#### **About the Author**

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

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