

Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program (Client Workbook)

Steven A. Safren, Susan Sprich, Carol A. Perlman, & Michael W. Otto. New York: Oxford University Press (www.oup.com). 2005, 132 pp., \$29.95 (soft cover).

In the client workbook for *Mastering Your Adult ADHD*, Drs. Safren, Sprich, Perlman, and Otto offer a clear, practical, and respectful guide for clients with ADHD who are engaging in CBT treatment. Based on interventions used in a randomized, controlled trial of CBT for clients with ADHD who were on a stable medication regime, the workbook contains information, exercises, and supportive materials for participating in adjunctive CBT. The text is part of a series entitled *Treatments that Work*, and there is a companion therapist's guide that accompanies the client workbook.

The workbook is divided into five sections: Information about ADHD and This Treatment Program, Organization & Planning, Reducing Distractibility, Adaptive Thinking, and Additional Skills (including a session devoted to reducing procrastination, and a chapter on relapse prevention). Each of the fourteen chapters that comprise these five sections corresponds to one therapy session and presents specific goals and skills. In the initial chapters, the authors provide information about ADHD and present a model that describes cognitive and behavioral factors that can exacerbate ADHD, while acknowledging the role of "core neuropsychiatric impairments". In addition, the distinctive components of a cognitive behavioral treatment approach to ADHD are highlighted.

In the subsequent chapters, the authors present a range of skills that are seen as important in managing the disorder. These skills range from general strategies, such as problem-solving, to more specific strategies, such as developing a sorting system for mail. Each chapter focuses on certain skills, presenting a narrative rationale, employing CBT strategies (e.g. setting realistic goals) and motivational exercises (considering the pros and cons of new strategies), and assigning specific homework tasks. One session focuses on involving a family member or partner in therapy, and the impact that ADHD can have on relationships is addressed throughout the book. Homework tasks, like the sessions themselves, are cumulative; each chapter contains reminders to review material presented in previous chapters. In addition, each chapter contains prompts to complete an ADHD symptom rating scale (also included in the book) and to troubleshoot any problems with medication adherence. Throughout the treatment, problems with (cognitive-behavioral) therapy compliance are anticipated and addressed.

The workbook presents the complexities of ADHD and its treatment in a readable, realistic manner. Examples and analogies are used frequently to help readers relate to the ideas presented. For example, automatic thoughts are illustrated by reminding readers that they once had to think effortfully about the steps involved in driving a car, but likely do many of these steps automatically now. The chapters make good use of bullet points and summaries, structuring the information in a logical, coherent way. Indeed, the book is so user-friendly, that readers might be tempted to work through it on their own, outside of the context of therapy. As the authors and series editor indicate, however, readers would likely be better served by using the workbook in the context of psychotherapy, particularly given the impact that ADHD symptoms could have on adhering to the book's recommendations on one's own. Therapists interested in conducting evidence-based cognitive behavioral treatment for adults with ADHD will likely find this client workbook to be an integral part of such treatment. In addition, they may find

additional resources and sample chapters from the workbook on the book's companion website,
at <http://www.oup.com/us/ttw>

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