

Adult **ADHD-**
FOCUSED
COUPLE
THERAPY

CLINICAL INTERVENTIONS

Foreword by Russell Barkley
by Gina Pera and Arthur L. Robin, editors



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Gina Pera



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Adult ADHD-Focused Couple Therapy Gina Pera,Arthur L. Robin,2016-01-08 Since ADHD became a well known condition decades ago much of the research and clinical discourse has focused on youth In recent years attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life including driving safety financial management education and employment and interpersonal difficulties Adult ADHD Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship the intimate couple With the help of contributors who are experts in their specialties Pera and Robin provide the clinician with a step by step nuts and bolts approach to help couples enhance their relationship and improve domestic cooperation This comprehensive guide includes psychoeducation medication guidelines cognitive interventions co parenting techniques habit change and communication strategies and ADHD specific clinical suggestions around sexuality money and cyber addictions More than twenty detailed case studies provide real life examples of ways to implement the interventions

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Clinical Handbook of Couple Therapy Jay L. Lebow,Douglas K. Snyder,2022-09-13 Now in a significantly revised sixth edition with 70% new material this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today Prominent experts present effective ways to reduce couple distress improve overall relationship satisfaction and address specific relational or individual problems Chapters on major approaches follow a consistent format to help readers easily grasp each model s history theoretical underpinnings evidence base and clinical techniques Chapters on applications provide practical guidance for working with particular populations such as stepfamily couples and LGBT couples and clinical problems such as intimate partner violence infidelity and various psychological disorders Instructive case examples are woven throughout New to This Edition Chapters on additional clinical approaches acceptance and commitment therapy mentalization based therapy

intergenerational therapy socioculturally attuned therapy and the therapeutic palette approach Chapters on sexuality older adult couples and parents of youth with disruptive behavior problems Chapters on assessment and common factors in couple therapy Chapters on cutting edge special topics relationship enhancement telehealth interventions and ethical issues in couple therapy See also Snyder and Lebow's What Happens in Couple Therapy which presents in depth illustrations of treatment

ADHD and SEX Gina Pera, 2023-10-14 ADHD and Sex Newly revised 2023 From the leading expert on Adult ADHD and Relationships Gina Pera This is the first guide to understanding how poorly managed ADHD can interfere with sexual intimacy and how to heal your relationship Gina sex is difficult for people with ADHD it's tough to stay focused says a female friend who has ADHD Staying focused during intimacy is only one issue challenging couples affected by adult ADHD Even many mental healthcare professionals assume that sex constitutes an ADHD Free zone That is when it comes to sex brain based challenges with attention organization mood regulation or motivation don't matter or in the minds of skeptics don't even exist Yes sexual expression is yet another one of those areas like sleep where the public and professionals alike often fail to connect the dots to ADHD symptoms As Gina Pera writes in her first book Is It You Me or Adult A D D When ADHD does create significant sexual problems it usually falls into two categories The ADHD partner initiates sex all the time or almost never In the sexual relationship as in elsewhere with ADHD we encounter variable challenges in self regulation and summoning motivation In between these two extremes always and never there lies a range of ADHD charged issues that can drive apart couples if they don't know what they're dealing with or what strategies to implement Ignorance about this critically important connection between ADHD and sexual intimacy creates enormous hurt In this Kindle book 125 book pages you will find four major sections 1 An expanded version of Chapter 6 in Is It You Me or Adult A D D detailing the myriad ways in which ADHD can affect the sexual relationship Knowledge paves the path to problem solving 2 An eight step strategy toward leaving the ADHD roller coaster and entering the Tunnel of Love 3 Post Orgasm Irritability A look at a common enough but little recognized phenomenon It's one that leaves many people confused and stuck in a disturbing pattern BONUS Two downloadable books from the early 20th Century that address this post orgasm phenomenon and promote overall relationship intimacy in an intriguing way 4 Adults with ADHD and Their Partners Speak Out a curated categorized selection of comments on the first blog post ever on ADHD and Sex in 2009 Along with Gina's responses Consider it the first step in finding community and finding your voice

Is It You, Me, or Adult A.D.D.? Gina Pera, 2022-03-31 Winner of four national book awards Revised First Edition 2022 Is It You Me or Adult ADHD has helped thousands of readers worldwide to understand how this highly variable syndrome affects them Professionals and couples who have elevated their lives with its wisdom recommend it to others In this highly endorsed clearly written and comprehensive guide Gina Pera guides you in making sense of your own Adult ADHD Roller Coaster She helps you to View ADHD as a variable syndrome affecting individuals not clones Realize how a later in life ADHD diagnosis creates additional issues Revise

misinterpretations of symptoms forged long ago that can thwart progress now Heal poor coping responses and dysfunctional interaction cycles as individuals and couples Implement practical supports to completing routine tasks and reaching long term goals with teamwork Appreciate how poorly managed ADHD can also negatively affect the spouses and other loved ones Delve into denial's dual nature physiological and psychological and reach through it Adopt proven approaches that remain extremely rare in clinical settings The science has been clear since 1994 when Adult ADHD was declared a medical diagnosis Still the public harbors misconceptions and that means millions suffer needlessly That includes millions of couples who can't understand why their lives together are so hard often despite many attempts at therapy The simple truth is Everyone knows someone with adult ADHD Yet we often misattribute the symptoms to anxiety depression or even laziness selfishness addictive personality or moodiness Some assume that ADHD means little boys with ants in their pants In fact childhood hyperactivity goes underground as the person matures resulting in a mentally restless state Meticulously researched and written by Gina Pera *Is It You Me or Adult ADHD* helps you recognizing the behaviors where you least expect them and developing compassion for everyone wrestling with unrecognized ADHD symptoms It also offers Explanations from preeminent experts Plenty of real life details Easy to understand detailed advice on the best treatment options and practical solutions The revolutionary message is one of hope for millions of people and a joyous opportunity for a better life

Foundations for Couples' Therapy Jennifer Fitzgerald, 2017-02-03 As a quality resource that examines the psychological neurobiological cultural and spiritual considerations that undergird optimal couple care *Foundations for Couples Therapy* teaches readers to conduct sensitive and comprehensive therapy with a diverse range of couples Experts from social work clinical psychotherapy neuroscience social psychology and health respond to one of seven central case examples to help readers understand the dynamics within each partner as well as within the couple as a system and within a broader cultural context Presented within a Problem Based Learning approach PBL these cases ground the text in clinical reality Contributors cover critical and emerging topics like cybersex emotional well being forgiveness military couples developmental trauma and more making it a must have for practitioners as well as graduate students Neurocognitive Development: Normative Development, 2019-09-22 This is one of a two volume work on neurocognitive development focusing separately on normative and non normative development The normative volume focuses on neurology biology genetics and psychology of normative cognitive development It covers the development of intellectual abilities visual perception motor function language memory attention executive function social cognition learning abilities and affect and behavior The book identifies when and how these functions develop the genetics and neurophysiology of their operation and their evaluation and assessment in clinical practice This book will serve as a comprehensive reference to researchers in cognitive development in neuroscience psychology and medicine as well as to clinicians and allied health professionals focused on developmental disabilities child neurologists pediatric neuropsychologists child psychiatrists speech and language therapists and

occupational therapists Summarizes research on normative neurocognitive development Includes intellectual abilities language memory attention motor function and more Discusses genetics and environmental influences on development Provides interdisciplinary information of use to both researchers and clinicians **Adult ADHD** J. J. Sandra Kooij,2021-10-21 This updated volume provides a clinical based overview of the assessment and treatment of ADHD in adults by a clinical researcher with extensive experience Its practical focus allows each chapter to answer common questions encountered within clinical practice Differential diagnosis of ADHD is also discussed in relation to comorbidity with bipolar disorder borderline personality disorder chronic fatigue syndrome and chronic delayed sleep phase Adult ADHD Diagnostic Assessment and Treatment fourth edition aims to help readers identify ADHD effectively and put in place suitable treatments The book is relevant for psychiatrists neurologists and healthcare professionals involved in the diagnosis and treatment of adult ADHD Foundations of Couples, Marriage, and Family Counseling David Capuzzi,Mark D. Stauffer,2021-04-09 Foundations of Couples Marriage and Family Counseling A newly updated and practical approach to marriage couples and family counseling Now in its second edition Foundations of Couples Marriage and Family Counseling delivers a comprehensive treatment of current theory research and real life practice in family therapy The text is fully aligned with the Council for Accreditation of Counseling and Related Educational Programs CACREP and Commission on Accreditation for Marriage and Family Therapy Education COAMFTE It covers foundational and advanced topics of critical importance to student counselors and therapists seeking to work in family settings including sexuality trauma divorce domestic violence addictions filial play therapy and the positioning of culture and context in family therapy The new edition includes updated content in each chapter and entirely new chapters on assessments and helping families mitigate adapt and transition during crisis This important book Covers the basic knowledge and skills essential to students and practitioners of couples and family therapy Details the history concepts and techniques associated with crucial theories and includes a new chapter on the most up to date assessment strategies Tackles contemporary issues and interventions in trauma divorce domestic violence sexuality and more At once comprehensive and concise the Second Edition of Foundations of Couples Marriage and Family Counseling offers readers a guide to the complex and interconnected concepts required to support a full understanding of couples and family therapy *The ADHD Book of Lists* Sandra F. Rief,2015-05-21 Practical ADHD management techniques for parents and teachers The ADHD Book of Lists is a comprehensive guide to ADHD ADD providing the answers parents teachers and other caregivers seek in a convenient list format This new second edition has been updated with the latest research findings and resources including the most up to date tools and strategies for helping these children succeed Each aspect of ADHD ADD is fully explained from diagnosis to intervention providing readers with the insight they need to make the best choices for the affected child Coverage includes the latest medications and behavioral management techniques that work inside and outside the classroom plus guidance toward alleviating individual struggles including inattention impulsivity

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