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[2] However, as shown in

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Supplementary Table 3, there is an increasing number of mainly CBT or CBT-based programs for adult ADHD, which have resulted in significant improvements in ADHD ...

Psychotherapy in Adult Attention Deficit Hyperactivity Disorder

Presently, I am working on a 2nd edition of The Anger Workbook for Teens. I am also a regular contributor to media outlets, including Psychology Today, US News and World Report, Sharecare and ...

Psychology Today

With 124 lists, activities, and prompts, this workbook can help you navigate whatever ... on the

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principles of Cognitive Behavioral Therapy (CBT). With guided journal entries, exercises, and ...

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However, only cognitive behavioral therapy (CBT)-oriented concepts have been evaluated to date (Table 1 & Table 2).

Development of Disorder-oriented Psychotherapeutic Programs

I will provide a safe and nurturing environment where individuals, couples and families can explore ways in which they are stuck and help them find a more fulfilling life. Whether I see an ...

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