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Integrative Treatment for Adult ADHD: A Practical, Easy-To-Use Guide for Clinicians

Ari Tuckman PsyD

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This book offers clinicians a comprehensive, research-derived treatment model for use with adult clients suffering from attention-deficit/hyperactivity disorder (ADHD). The treatment model integrates education, medication, coaching, and cognitive behavioral therapy to go beyond what traditional therapeutic techniques can offer. Written for the busy professional in private practice, it provides everything a therapist or ADHD coach needs to know to help these clients quickly and effectively.

… it is a real pleasure to read Tuckman's superbly rendered book on ADHD in adults, for it is so well-reasoned, science-based, information-rich, to the point, and finally—useful! Apart from wishing I had written it, I sincerely wish that you will read it.
—Russell A. Barkley, Ph.D., clinical professor of psychiatry at Medical University of South Carolina Charleston and research professor of psychiatry at SUNY Upstate Medical University at Syracuse

Tuckman has filled a huge gap in our understanding of adults who suffer from ADHD…This book is a valuable contribution to the literature and will be a treasured resource.
—Harvey C. Parker, Ph.D., cofounder of *Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD)* and author of *The ADHD Workbook for Parents.*

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