

## About Cognitive Behavior Associates



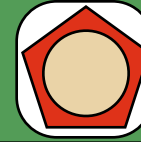
Cognitive Behavior Associates is one of the largest cognitive behavior therapy practices in southern California. We specialize in short-term, problem-focused therapy. Our cognitive behavior therapy (CBT) treatments are individualized for a full range of psychological disorders.

All of our clinicians are licensed to practice in the state of California and practice the most current treatments supported by empirical research. Each clinician differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

It is our philosophy that a patient who is well-informed about their disorder will be more successful in therapy. We try to make use of a collaborative relationship between the client and the therapist, as well as consultation with all other health care providers. Being as clear as possible about what treatment will consist of allows us to provide the best quality services to each of our clients.

[www.cognitivebehaviorassociates.com](http://www.cognitivebehaviorassociates.com)

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“Focusing on the Target”

A Cognitive-Behavioral Treatment Program for ADHD

## About Adult ADHD

**Attention Deficit-Hyperactivity Disorder, or ADHD**, is a valid, reliably diagnosed, neurobiological disorder. Individuals suffering from **Adult ADHD** are often misunderstood as lazy or unintelligent.

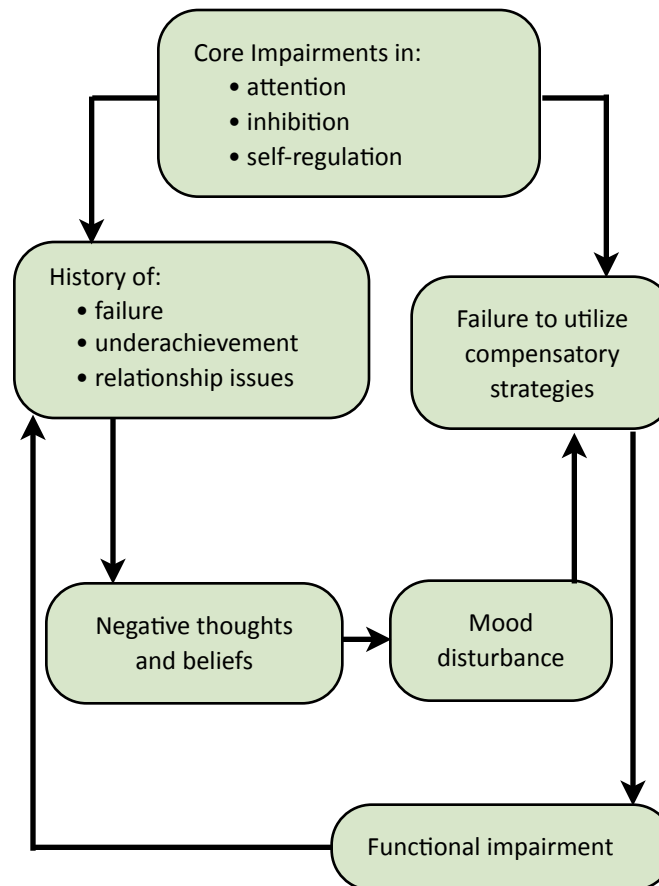
People seeking treatment are often prescribed medication. Although medication is the first line of treatment, research has shown that not everyone responds to medication, and that medicine may only alleviate as much as 50% of symptoms.

Medication alone cannot help with issues such as poor planning, organizing, or prioritizing skills that lead to underachievement. Recommendations for the optimal treatment of **Adult ADHD** call for the use of Cognitive Behavior Therapy (CBT) with medications.

## Why CBT for Adult ADHD?

Over 70% of children who have developed **ADHD** continue to have problems into adolescence and adulthood. Although symptoms tend to improve with age, most individuals with **ADHD** remain behind their peers with regard to attention, impulse control, planning, and other cognitive functions.

### CBT - Psychosocial Model of ADHD



## About "Focusing on the Target"

This treatment program has been **found to be successful** in clinical trials; with greater patients' symptoms diminishing after treatment when compared to those patients who were administered drugs alone.

Cognitive Behavior Therapy aims to provide the client with skills necessary in overcoming many problems associated with **ADHD**. Treatment is conducted in structured sessions and improvement is monitored for continued progress. This treatment program includes modules that will aim to improve the following targets:

- \* **The patient's understanding of ADHD**
- \* **Distractibility**
- \* **The development of adaptive thinking**
- \* **Organization and planning skills**
- \* **Medication compliance**



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