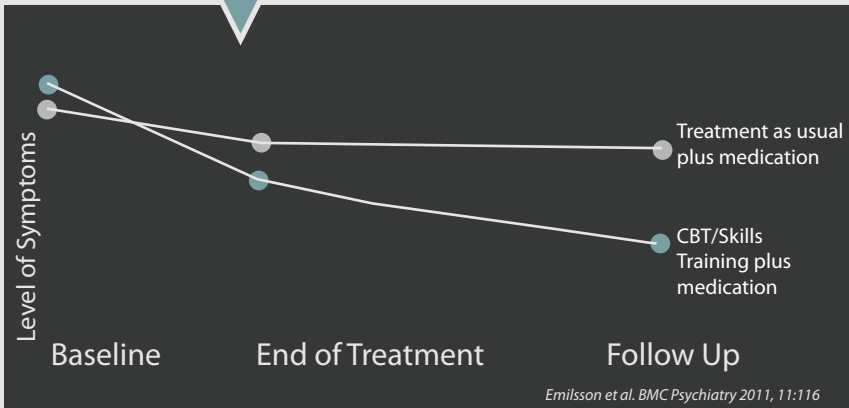


# OVERVIEW OF EFFECTIVE TREATMENTS FOR ADULT ADHD

Adult ADHD has historically been an undertreated disorder due to the lack of knowledge of the way ADHD presents in adults and a lack of research around treatment methods. Fortunately, the last decade has yielded considerable insights into the way ADHD affects adults, couples and families. These insights outline the effectiveness of certain treatment modalities; mainly a combination of medication management, Cognitive Behavioral Therapy (CBT), and skills training.



## DISORDERS AND SOCIAL/OCCUPATIONAL PROBLEMS THAT ARE COMMONLY PRESENT WITH ADULT ADHD:

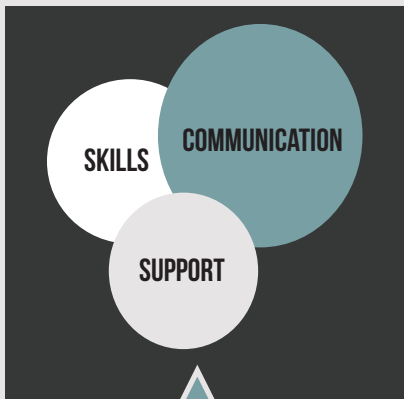
- ANXIETY
- RELATIONSHIP ISSUES
- DEPRESSION
- SUBSTANCE ABUSE
- JOB CHALLENGES
- DIMINISHED QUALITY OF LIFE

Individuals with ADHD often find themselves experiencing additional psychological, social, and occupational struggles. Many adults with ADHD have clinically significant disorders such as anxiety or depression. However, it is common for adults with ADHD to have feelings of anxiety and depression that do not meet diagnosable criteria, but are result of ADHD symptoms. Fortunately, Cognitive Behavioral Therapy is shown to be very effective in the treatment of these symptoms as well as any concurrent disorders.

[WWW.COGNITIVETHERAPYSF.COM](http://WWW.COGNITIVETHERAPYSF.COM)

Phil Boissiere, MFT specializes in the treatment of adults with ADHD. He addresses the effect that ADHD can have on individuals, couples, and families through a goal-oriented approach utilizing skills training, CBT, and a focus on relationships.

INDIVIDUALS | COUPLES | FAMILIES



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ADHD can have a profound impact on couples and families. Symptoms such as inattention and difficulty managing intense emotions are often at the root of family/marital conflict. Couples and/or family therapy that addresses the underlying symptoms, while providing new skills, can be very effective.