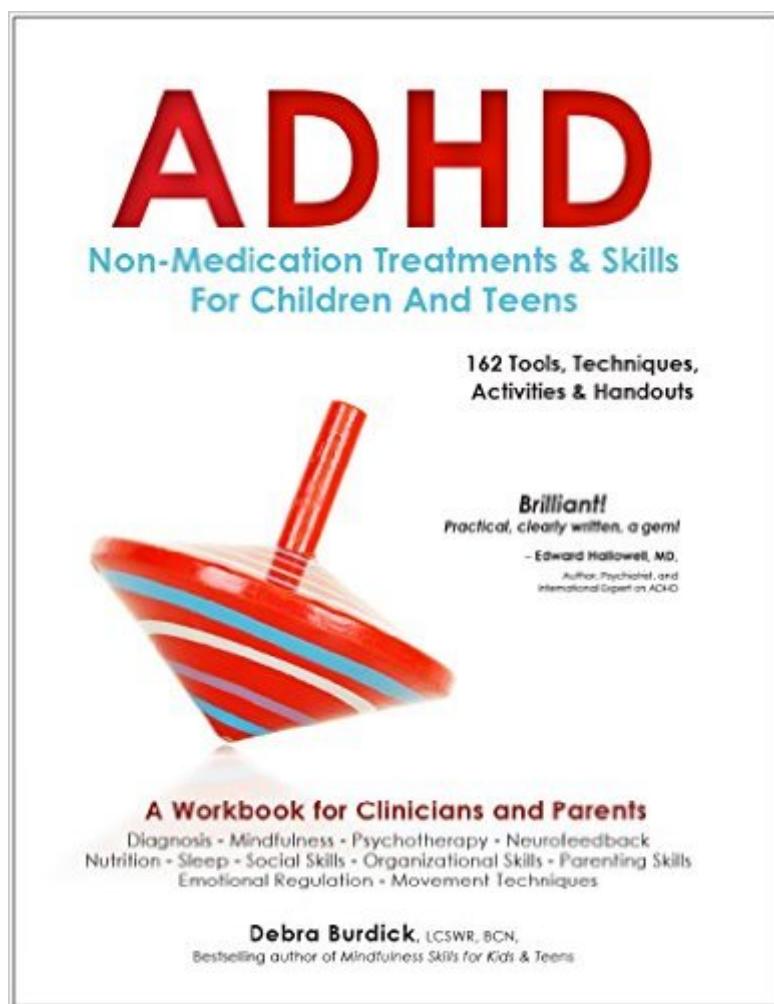


The book was found

ADHD Non-Medication Treatments And Skills For Children And Teens: A Workbook For Clinicians And Parents With 162 Tools, Techniques, Activities & Handouts



Synopsis

The most comprehensive ADHD resource available! This practical workbook gives you the most effective, and proven, non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD ADHD-friendly parenting skills Techniques for emotional and behavioral regulation Skills for organizing time, space and activity Mindfulness skills Downloadable handouts, exercises, activities and resources

Book Information

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Customer Reviews

My son has ADHD and the suggestions in this book are very helpful and exercises are very accessible.

Arrived earlier than expected. This book is a must-have if you're handling ADHD dx clients. Good for general public as well.

Another awesome book by Debra Burdick - lots of practical suggestions!

Filled with invaluable practical information! I highly recommend it to other ADHD coaches.

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