



Learning and Attention Disorders in Adolescence and Adulthood: Assessment and Treatment

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Fully revised coverage with the most current diagnoses and treatments for adolescents and adults living with learning and attention disorders

Reflecting the most recent and relevant findings regarding Learning Disabilities (LD) and Attention-Deficit/Hyperactivity Disorder (ADHD), this Second Edition of Learning and Attention Disorders in Adolescence and Adulthood provides practitioners in the fields of education and mental health with a set of practical guidelines to assist in the assessment, diagnosis, consultation, and treatment of adolescents and adults struggling with LD and ADHD. The new edition includes:

- An emphasis on working from strengths—adapting to disabilities and dealing with them successfully on a daily basis
- New coverage of the causes and long-term implications of LD and ADHD in adolescents and adulthood
- New chapters on treatment effectiveness; building resiliency and shaping mindsets; cognitive therapy; and strategic life coaching to help guide individuals with LD and ADHD
- Contributions from leading researchers, including Noel Gregg, Russell Barkley, Kevin Antshel, and Nancy Mather

Drawing on evidence-based techniques to meet the pragmatic demands for intervention, the Second Edition guides school psychologists, counselors, and educators in promoting positive change for adolescents and adults with LD and ADHD as they strive for success in school, work, and home settings.

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