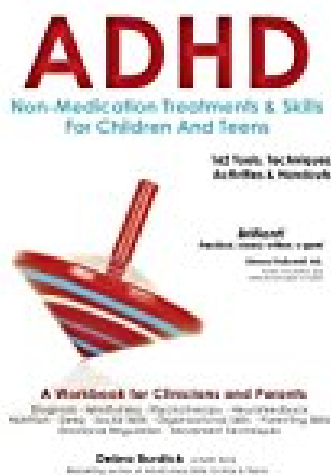


# ADHD Non-Medication Treatments and Skills for Children and Teens A Workbook for Clinicians and Parents with 162 Tools Techniques Activities & Handouts

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## BOOK DETAILS

- Author : Debra Burdick
- Pages : 230 Pages
- Publisher : PESI Publishing & Media
- Language : English
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## **BOOK 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

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