



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

Debra Burdick

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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

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