

## What does a comprehensive treatment plan look like/include for adults?

By: Ari Tuckman, PhD

ADHD in adults is best managed with a combination of medication, learning about ADHD, therapy and/or coaching. We need to address both the brain wiring and also the psychological impact of living with ADHD.

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**A**DHD is a **neurological condition** that makes it **harder for some people to stay focused, manage time, and get things done**. This can affect how they interact with others and how they feel about themselves. Therefore, a comprehensive treatment program begins with **effective medication** to help the person with ADHD better manage the demands of life at work/school and home. Extended release stimulants are very effective and safe. It is also really important that the adult with ADHD (and also their romantic partner) **educate themselves about ADHD**, to better understand why they have had the struggles that they do and also to learn new strategies to get organized, prioritize tasks, pay attention, and manage time. These **ADHD-friendly strategies tend to work better than the general good advice** that they have been given all their lives.

**ADHD is not caused by psychological problems or bad parenting**, and talking to a therapist won't change the brain wiring that causes ADHD. But living with the additional struggles that come with ADHD, especially if it wasn't diagnosed until adulthood, can affect how someone sees themselves, interacts with others, and handles the demands in their life. This is why it can be **helpful to work with a therapist or coach** who can help you understand your past struggles in a different way and help you manage your life better today. Therapy can also be helpful in addressing the anxiety, depression, substance abuse, and relationship problems that untreated ADHD can cause. Managing ADHD takes effort, but a **comprehensive treatment program can reduce many of the symptoms and make your life much happier**.



### About the Author

Ari Tuckman, PsyD, CST is a psychologist, author, and international speaker specializing in ADHD, particularly how it impacts relationships.

## Further reading

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- Weiss, M., Murray, C., Wasdell, M. *et al.* A randomized controlled trial of CBT therapy for adults with ADHD with and without medication. *BMC Psychiatry* **12**, 30 (2012). <https://doi.org/10.1186/1471-244X-12-30>(<https://link.springer.com/article/10.1186/1471-244X-12-30>)