



Stressbewältigungstraining für Erwachsene mit ADHS (German Edition)

Anja Greiner, Sylvia Langer, Astrid Schütz

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ADHS bei Erwachsenen zeigt zwar andere Ausprägungen als bei Kindern, die Beeinträchtigungen für Betroffene können aber ebenso einengend sein. Sie leiden häufig unter Stresssymptomen und den Folgen anderer Belastungen. Für die Therapie haben die Autorinnen ein modular aufgebautes Programm entwickelt, das unmittelbar eingesetzt werden kann. Neben den theoretischen Grundlagen zu ADHS und Stressentstehung liefert der Band einen ausführlichen Trainingsleitfaden für die Therapiesitzung. Mit Arbeitsblättern und weiteren Materialien auf DVD und im Internet.

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