



Zestaw Narzędzi dla Dorosłych z ADHD: Wykorzystanie CBT w Radzeniu sobie z Wewnętrznymi i Zewnętrznymi Wyzwania

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Opis

The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out

Producent: Routledge

- **temat:** Psychotherapy, PSYCHOLOGY / Psychopathology / Attention-Deficit Disorder (ADD-ADHD), PSYCHOLOGY, Psychopathology, Attention-Deficit Disorder (ADD-ADHD), PSYCHOLOGY / Mental Health, Mental Health, adult adhd;cbt;cognitive behavioral therapy;Adult ADHD Tool Kit;Minimal Brain Damage;Positive Illusory Bias;Young Man;Impulse Control;Studio Apartment;Daily Planner;Behavioral Script;ADHD Symptom;Norepinephrine Transporter;Smart Phone;Group Cognitive Behavioral Therapy Approach;Time Management Game;Digital Vortex;Mild ADHD;Adderall Xr;Problem Management Process;Automatic Thoughts;Stimulant Medication;Invisible Fences;Alpha Adrenergic Agonists;Hyperkinetic Syndrome;Fool's Gold;Circadian Schedule, PSYCHOLOGY / Mental Health, PSYCHOLOGY / Psychopathology / Attention-Deficit Disorder (ADD-ADHD), Psychology/Mental Health, Psychology/Psychopathology - Attention Deficit Disorder (ADD-ADHD), Psychotherapy
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