

Contents

Part I Research on Attention Deficit Hyperactivity Disorder

1 Prologue	3
The Research–Practice Debate	4
Comparing EBTs and Treatment-As-Usual: Three Meta-Analyses	7
The Ingredients of Counseling	12
Consequences of the Research–Practice Debate	15
Moving Beyond the Debate	17
Conclusion	18
References	19
2 Lessons from the Literature	23
Attention Deficit Hyperactivity Disorder	24
Presentation Specifiers	25
Gender Differences	26
Functional Impairment	27
Causes of Attention Deficit Hyperactivity Disorder	32
Developmental Trajectory	38
Persistent ADHD	38
ODD and CD	39
Treatment Outcomes Research	42
Behavior Management	42
Challenging Horizons Program	47
Conclusion	50
References	50

Part II The Challenging Horizons Program

3 Counseling Adolescents with ADHD	61
A Brief History of Brief Therapy	62
Solution-Focused Brief Therapy	67
Key Ingredients of Solution-Focused Counseling	69

- Research on Solution-Focused Counseling 74
- Solution-Focused Behavior Interventions 76
- Solution-Focused Relationships 81
 - Early Sessions 82
 - Impulsive Clients 83
 - Angry and “Resistant” Clients 83
- Conclusion 84
- References 85

- 4 Academic Interventions 87**
 - Identifying Academic Goals 88
 - The Executive Functions 90
 - Memory 92
 - Organization 98
 - Planning 102
 - Conclusion 104
 - Module 4.1: Note-Taking Skills 105
 - Module 4.2: Organization Checklist 107
 - Module 4.3: Assignment Tracking 109
 - References 111

- 5 Social Interventions 113**
 - ISG Overview 114
 - Counseling Strategy 115
 - Phase 1 116
 - ISG Interview 116
 - ISG Vocabulary 117
 - Creating Ideal-Self Goals 118
 - Problem Solving (i.e., “WILBUR”) 120
 - Mastery Test 120
 - Phase 2 121
 - Social Activities and Feedback 121
 - Changing Goals 123
 - Phase 3 125
 - Critique and Plan 125
 - Generalization Feedback 127
 - Counseling and Feedback during other CHP Activities 129
 - Counseling Challenges in the ISG 130
 - Adding or Modifying Ideal-Self Goals 130
 - Data Collection 131
 - Individual Applications of the ISG 131
 - Conclusion 133
 - Module 5.1: Social Activities and Feedback 135
 - Module 5.2: Problem Solving 137

6 Working with Families	139
The Homework Management Plan	141
Is Homework Really Worth the Trouble?	142
Getting Started with the HMP	142
Planning	143
Step One: Establishing the Rules	146
Step Two: Negotiating Rules and Goals	147
Step Three: Troubleshooting	149
Step Four: Writing the Contract	151
Case Examples	153
Conclusion	156
References	157
7 School Consultation	159
Behavioral Consultation in Schools	160
The Problem-Solving Process	162
Step One: Forging the Consultative Relationship	162
Step Two: Identifying the Problem	164
Step Three: Selecting an Intervention	167
Step Four: Implementing an Intervention	168
Step Five: Evaluating Outcomes	168
Building a Mentorship	169
Interviewing the Mentor	170
Common Challenges	171
Introducing CHP Interventions	173
Performance Feedback	173
Research on Performance Feedback	174
Implementing Performance Feedback	175
Conclusion	182
Module 7.1: Performance Feedback	183
References	184
8 Afterword	187
Future Directions for the Challenging Horizons Program (CHP)	189
References	190
Appendices	191
A Practical Guide to Implementing School-Based Interventions for Adolescents with ADHD	205
Index	207



<http://www.springer.com/978-1-4939-2676-3>

A Practical Guide to Implementing School-Based
Interventions for Adolescents with ADHD

Schultz, B.K.; Evans, S.W.

2015, XVII, 208 p. 15 illus., 6 illus. in color., Hardcover

ISBN: 978-1-4939-2676-3