

Adult ADHD-Focused Couple Therapy: Clinical Interventions

With Gina Pera and Arthur L. Robin, PhD



Dear Reader,

Figure 1.1 lists the ADHD symptoms from DSM-IV-TR, ranked by prevalence as reported by respondents to the ADHD Partner Survey, which Gina Pera conducted in 2004-5. The survey queried 111 partners of adults diagnosed with ADHD (Pera, 2008).

Note: Traits stereotypically associated with ADHD—those related to hyperactivity—rank low in prevalence. Near the top of the chart are two major challenges typically overlooked in standard couple therapy: “difficulty organizing tasks/activities” and “difficulty sustaining attention to tasks.” Chapter 6 specifically addresses these two traits.

Adult ADHD-Focused Couple Therapy **Online Training** and Professional Directory

Visit ADHDSuccessTraining.com

For Clinicians, Couples, and Individuals

ADHD Symptoms

ADHD Partner Survey respondents were asked to select each symptom that describes their ADHD Partner's behaviors
(ADHD symptoms adapted from DSM-IV diagnostic criteria)

