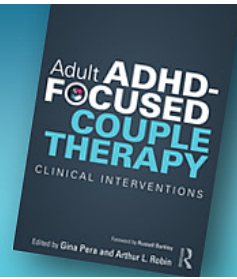


# Adult ADHD-Focused Couple Therapy: Clinical Interventions

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*

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