

Recommendations

Description and Importance

This document serves as a guide to formulating personalized, evidence-based treatment recommendations for adults diagnosed with ADHD. It begins with a structured catalog of common interventions—such as medication, behavioral therapy, psychoeducation, lifestyle modifications, and occupational accommodations—drawn from clinical best practices. The document then transitions into Dr. Schumacher's curated “Reserve Recommendations,” offering high-yield, scenario-specific suggestions that can be tailored based on a client's unique symptoms, life context, and co-occurring concerns (e.g., insomnia, substance use, migraines).

This document is an essential companion in the report-writing process, supporting clinicians in converting diagnostic findings into meaningful, actionable treatment plans. It ensures consistency, clinical depth, and ethical thoroughness while reinforcing patient-centered care. Its real-world tone and specificity (including websites, book titles, and follow-up timelines) also make it a valuable resource for client education and follow-through after evaluation.

Learning Objectives

Upon completing this chapter, the psychologist will be able to:

1. **Summarize key treatment approaches** for adult ADHD, including medication, behavioral interventions, and lifestyle modifications.
2. **Differentiate between stimulant and non-stimulant** pharmacotherapy options and identify when each is appropriate.
3. **Apply personalized recommendations** using structured and scenario-specific guidance to match client needs.