

Treatment Recommendations for Executive Functioning Deficits

Description and Importance

The “Treatment Recommendations for Executive Functioning Deficits” document offers a practical, clinician-ready guide for targeting the core executive function domains most affected in adults with ADHD. Organized by functional area—Time Management, Organization & Problem Solving, Self-Restraint, Task Initiation, and Emotional Regulation—this tool provides detailed, actionable strategies that clinicians can directly incorporate into feedback sessions and written recommendations. Each deficit area is paired with clear, behaviorally specific interventions grounded in cognitive-behavioral and coaching methodologies.

This document is particularly valuable for tailoring treatment plans to each client’s executive functioning profile. Rather than offering generic advice, it equips psychologists with a menu of precise interventions designed to improve real-world functioning. Whether used as a scripting reference for clinical conversations or embedded within the recommendation section of ADHD evaluation reports, this resource enhances clinical precision, client engagement, and the practical utility of each report.

Recommendations for Deficits in Executive functioning

1. Time Management

Deficits: Difficulty estimating time, chronic lateness, procrastination, failure to meet deadlines.

Recommendations:

- Use external time-tracking tools such as digital timers, alarms, and scheduling apps (e.g., Google Calendar, Time Timer) to increase awareness of time passing.