



# **Counseling Boys and Men with ADHD (The Routledge Series on Counseling and Psychotherapy with Boys and Men)**

*George Kapalka*

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Attention-deficit hyperactivity disorder primarily affects boys and male teens, and the symptoms can continue on into adulthood. Consequently, clinicians need to be well-versed in techniques to treat this disorder that are tailored specifically to the needs of males; there are, however, few resources available to them. This guidebook provides a review of the counseling, educational, and medical interventions that can benefit boys and men with ADHD. Kapalka begins with a review of symptoms, etiology, assessment, and diagnosis and then discusses a variety of specific interventions: individual counseling, parenting techniques, classroom interventions, and group counseling techniques. The use of medication in conjunction with counseling is also considered. Throughout all of the topics covered, Kapalka emphasizes what it is like to be male and have ADHD and describes the impacts that masculinity and gender expectations can have on the expression of and response to the disorder.



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