

vnímání symptomů ADHD, čímž podporuje funkční přístup k jejich kompenzaci. Ačkoli KBT přímo neovlivňuje jádrové projevy ADHD, jako jsou nepozornost, hyperaktivita a impulzivita, pomáhá zmírňovat praktické důsledky

těchto symptomů – například sklony k odkládání povinností, problémy s plánováním či řízením času.

Dialektická behaviorální terapie se zaměřuje na sociální a emoční poruchy spojené s ADHD.

Původně byla vyvinutá pro léčbu hraniční poruchy osobnosti, ale je účinná i v léčbě dospělých s ADHD, zejména těch, u nichž dominují problémy v oblasti emoční regulace, impulzivity a deficitu exekutivních funkcí (51).

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