

UNIVERSITY OF PENNSYLVANIA - PERELMAN SCHOOL OF MEDICINE  
Curriculum Vitae

Date: 02/27/2020

J. Russell Ramsay, Ph.D.

Address: 3535 Market St., 4th Floor  
Philadelphia, PA 19104-3309 USA

If you are not a U.S. citizen or holder of a permanent visa, please indicate the type of visa you have:  
none (U.S. citizen)

Education:

1988	B.A.	University of Miami (Psychology)
1994	M.S.	Pacific Graduate School of Psychology (renamed as Palo Alto University) (Clinical Psychology)
1995	Ph.D.	Pacific Graduate School of Psychology (renamed as Palo Alto University) (Clinical Psychology)

Postgraduate Training and Fellowship Appointments:

1991-1992	Student Therapist, The Transitional Program, Palo Alto, CA
1991	Student Therapist, The Kurt & Barbara Gronowski Clinic, Pacific Graduate School of Psychology
1992-1993	Student Therapist, The Kurt & Barbara Gronowski Clinic, Pacific Graduate School of Psychology
1994-1995	Psychology Intern, CPC Behavioral Healthcare, Red Bank, NJ
1995-1997	Postdoctoral Fellow, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine

Military Service:

[none]

Faculty Appointments:

2001-2010	Assistant Professor of Psychology in Psychiatry at the Hospital of the University of Pennsylvania, University of Pennsylvania School of Medicine
2010-present	Associate Professor of Clinical Psychology in Psychiatry, University of Pennsylvania School of Medicine

Hospital and/or Administrative Appointments:

1997-2001	Instructor, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine
2008-2011	Psychologist, Department of Child and Adolescent Psychiatry, Children's Hospital of Philadelphia

Other Appointments:

1985-1986	Residential Counselor, Community Foundation for Human Development, Sellersville, PA
1987	Residential Counselor, Bucks County Association for Retarded Citizens, Quakertown, PA
1988-1990	Special Education Instructor, Community Foundation for Human Development, Sellersville, PA
1990-1994	Lead Special Education Technician, Peninsula Children's Center, La Casita, Palo Alto, CA
1997-present	Senior Staff Psychologist, Center for Cognitive Therapy, University of Pennsylvania Health System, Philadelphia, PA
1997-2004	Director, Center for Cognitive Therapy-Bucks County Office, University of Pennsylvania Health System, Bucks Co., PA
1999-present	Co-Director, ADHD Treatment and Research Program, Department of Psychiatry, University of Pennsylvania
2004-2010	Senior Staff Psychologist, Social Learning Disorders Program, Department of Psychiatry, University of Pennsylvania
2015-present	Clinical Professor (volunteer), Department of Psychology, Philadelphia College of Osteopathic Medicine

Specialty Certification:

2009	Diplomate, Academy of Cognitive Therapy
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Licensure:

1996-present	Psychologist - Pennsylvania
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Awards, Honors and Membership in Honorary Societies:

1984	Henry King Stanford Scholarship, University of Miami, Coral Gables, FL
1987	Golden Key National Honor Society, University of Miami, Coral Gables, FL
1987	Psi Chi National Honor Society, University of Miami, Coral Gables, FL
2007	Penn Model Supervisor Award - Nominee
2008	Martin P. Szuba Award for Excellence in Clinical Teaching & Research, University of Pennsylvania School of Medicine
2015	Hall of Fame Inductee, CHADD (Children and Adults with ADHD)
2016	Best Research Poster, Annual Meeting of APSARD (American Professional Society of ADHD and Related Disorders)

Memberships in Professional and Scientific Societies and Other Professional Activities:International:

1997-Present	International Association for Cognitive Psychotherapy (Member)
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2014-Present World Federation of ADHD (Member)

2016-present Canadian ADHD Resource Alliance (Member)

National:

1991-Present American Psychological Association (Student Affiliate, 1991-1995; Member, 1996-present)

1995-Present Association for Behavioral and Cognitive Therapy (Member, 1995-present)

1997-2010 American Psychological Association, Division 29 (Psychotherapy) (Member)

1997-2005 Society for the Exploration of Psychotherapy Integration

2001-2006;11 Association of Psychological Science

2005-Present Attention Deficit Disorder Association (Professional Member, 2005-present, Professional Advisory Board, 2006-2018, Co-Chair Professional Advisory Board, 2009-2015)

2005-Present Children and Adults with Attention Deficit Disorder (CHADD) (Professional Member, 2005-present; Professional Advisory Board, 2016-2019)

2009-Present American Professional Society of ADHD and Related Disorders (APSARD) (Member, 2009-present, Board of Directors, 2016-2019, Chair of Website/Social Media Committee, 2016-2019, Psychosocial Committee, 2018-present)

2012-2013 ADHD Aware (Professional Advisory Board/Board of Directors, 2012-2013)

2013-2015 Institute for Challenging Disorganization (Research Advisory Council, 2013-2015)

2016-2017 Anxiety and Depression Association of America (ADAA)

Local:

1993-1995 California Psychological Association (Student Affiliate, 1993-1995)

1993-1994 New Jersey Psychological Association (Student Affiliate, 1993-1994)

1993-1994 Western Psychological Association (Student Affiliate, 1993-1994)

1996-1997 Eastern Psychological Association (Member)

1996-Present Pennsylvania Psychological Association (Member, 1996-2005; Fellow, 2005-present; Continuing Education Committee, 2012-2016)

Editorial Positions:

2003	Ad Hoc Reviewership: Oxford University Press
2005-Present	Editorial Board, Journal of Attention Disorders
2005-2012	Editorial Board, Journal of Psychotherapy Integration
2007	Ad Hoc Reviewership: Oxford University Press
2007	Ad Hoc Reviewership: Routledge Press
2008	Ad Hoc Reviewership: Yonsei Medical Journal
2008	Ad Hoc Reviewership: CNS Spectrums
2009-2010	Ad Hoc Reviewership: European Psychiatry
2010	Ad Hoc Reviewership: Psychiatric Clinics of North America
2010	Ad Hoc Reviewership: Neuropsychiatric Disease and Treatment
2010	Ad Hoc Reviewership: American Psychological Association Press
2011	Ad Hoc Reviewership: Routledge Press
2011-2012	Ad Hoc Reviewership: Journal of the American Psychiatric Nurses Association
2012	Ad Hoc Reviewership: Clinical Practice & Epidemiology in Mental Health
2012	Ad Hoc Reviewership: Journal of Nervous and Mental Disease
2013	Ad Hoc Reviewership: Psychological Reports
2013	Ad Hoc Reviewership: Cognitive Therapy and Research
2013-2014	Ad Hoc Reviewership: American Psychological Association Press
2013	Ad Hoc Reviewership: Clinical Case Studies
2014	Ad Hoc Reviewership: Children
2014	Ad Hoc Reviewership: Routledge Press
2014	Ad Hoc Reviewership: British Journal of Psychiatry
2015	Ad Hoc Reviewership: Clinical Case Studies
2015	Ad Hoc Reviewership: Nutrients
2015	Ad Hoc Reviewership: Journal of Nervous and Mental Disease
2015	Ad Hoc Reviewership: Psychiatric Times
2016	Ad Hoc Reviewership: Oxford University Press
2016	Ad Hoc Reviewership: Psychological Medicine
2017	Ad Hoc Reviewership: Acta Psychiatrica Scandinavica
2017-present	Advisory Board: The ADHD Report
2017	Ad Hoc Reviewership: Clinical Psychology Review
2017	Ad Hoc Reviewership: Journal of Nervous and Mental Disease
2017	Ad Hoc Reviewership: Journal of Child & Adolescent Psychopharmacology
2018	Ad Hoc Reviewership: The Lancet Psychiatry

Academic and Institutional Committees:

2002	Office of Student Disabilities Services, Director, Search Committee, University of Pennsylvania
2005	Office of Student Disabilities Services, Director, Search Committee, University of Pennsylvania
2006-2019	Interviewer, Residency Selection Committee, Department of Psychiatry, University of Pennsylvania Perelman School of

	Medicine
2009-2012	Hearings List for the Faculty Grievance Commission, Office of the Faculty Senate, University of Pennsylvania
2015-Present	Diversity Search Advisor, University of Pennsylvania Perelman School of Medicine

Major Academic and Clinical Teaching Responsibilities:

1999-present	Co-founder, co-director, and clinical supervisor for assessors, psychotherapists, and practicum trainees in Adult ADHD Treatment and Research Program, Department of Psychiatry, University of Pennsylvania School of Medicine
2000-2004	Presenter at Cognitive Therapy Master Lecture Series, Department of Psychiatry, University of Pennsylvania School of Medicine
2004-2018	Regular presenter at the Annual Learning Disability Symposium sponsored by Weingarten Learning Resources Center, University of Pennsylvania (April 2, 2004; April 1, 2005; April 7, 2006; March 30, 2007; April 1, 2011; April 8, 2016; April 13, 2018).
2004-present	Regular teacher of "Adolescents/Young Adults and ADHD" lecturer for PGY-IV psychiatry residents, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine (August 5, 2004; August 4, 2005; August 3, 2006, August 2, 2007, August 14, 2008, August 4, 2011, August 8, 2013, August 14, 2014, July 30, 2015, July 7, 2016, August 11, 2016, August 10, 2017, July 12, 2018, February 20, 2020, February 27, 2020).
2005-2011	Mentor for Dr. Roberta Waite of Drexel University, who conducted research regarding adult ADHD in primary healthcare settings and among minority populations
2005-2009	Clinical supervisor for three-month rotation in adult ADHD for predoctoral psychology interns from Counseling and Psychological Services, University of Pennsylvania (May 1 - July 31, 2005; May 1 - July 31, 2006; May 27 - July 31, 2009)
2005-present	Clinical supervisor in cognitive therapy PGY-III and PGY-IV psychiatry residents, Department of Psychiatry, University of Pennsylvania School of Medicine, (July 1 - June 30, 2005-06, 2006-07, 2007-08, 2008-09, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018, 2018-2019)
2007-2009	Presenter at the annual ADHD Conference co-hosted by Center for the Management of ADHD (Children's Hospital of Philadelphia) and Adult ADHD Treatment and Research Program (Department of Psychiatry, University of Pennsylvania School of Medicine) (October 6, 2007, October 4, 2008, October 3, 2009).
2008	Presenter at the annual Penn Autism Network Conference hosted by Social Learning Disorders Program, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine
2008-2009	Thesis committee member for Erica Jill Cohen, Muhlenberg

	College, Allentown, PA
2008-2011	Thesis committee member, Tracey Rush, Graduate School of Education, University of Pennsylvania
2008	"Family Based Intervention for Adult and Child ADHD," Children's Hospital of Philadelphia's Department of Psychology, Philadelphia, PA
2009	Presenter at the second annual Mental Health Camp, Counseling and Psychological Services, University of Pennsylvania
2009-2011	Thesis committee member, Parin Patel, Chestnut Hill College, Philadelphia, PA
2009	"Transporting Cognitive Behavioral Treatments into the Community Series," Department of Psychiatry, Adult ADHD Treatment and Research Program, training program with Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2010	"Adult Developmental Neuropsychiatry" lecturer for psychiatry residents, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine
2010	"Assessment of ADHD," Counseling and Psychological Services, University of Pennsylvania
2010-2011	Thesis committee member, Laura Lane Herman, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2011-2013	Thesis committee member, Craig Strohmeier, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2013-2015	Thesis committee member, Todd Bennett, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2013-2014	PBH Mind faculty presenter (Cognitive Therapy - May 14 & May 28, 2013; Adult ADHD - October 18-19, 2013; ADHD - March 22, 2014).
2014	Proposal reviewer for Penn Medicine Neuroscience Center, 2014 Innovative Research Pilot Funding
2014	"CBT for Adult ADHD," Department of Psychology, Doctoral Program in Clinical Psychology, University of Pennsylvania
2014-2016	Thesis committee member, Danielle O'Brien, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2015	"CBT for College Students with ADHD," Department of Psychiatry, Psychotherapy Track Residents, University of Pennsylvania Perelman School of Medicine
2015	"Psychosocial Evidence-based Treatments of Adolescent ADHD," Department of Child & Adolescent Psychiatry, Children's Hospital of Philadelphia
2016-2018	Thesis committee member, Bryan Gastelle, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2016	"Getting Ready for Take Off: Helping Teens with ADHD Get Ready for Life After High School," Family Education Series, ADHD Program, Children's Hospital of Philadelphia
2017-present	Thesis committee, member, Courtney Alio, Philadelphia College of

2017-2019	Osteopathic Medicine, Philadelphia, PA Thesis committee, member, Hillary Ammon, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2017	External reviewer/thesis committee member, Katie Grogan, University College Dublin, Dublin, Ireland
2018-present	Thesis committee, member, Laura Salciunas, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2018-present	Thesis committee, member, Avery Ducey, Philadelphia College of Osteopathic Medicine, Philadelphia, PA
2019	Implementation-focused CBT for Adult ADHD & <i>Procrastivity</i> , Center for Cognitive Therapy and Outpatient Psychiatry Clinic, University of Pennsylvania Health System, Philadelphia, PA

Lectures by Invitation (Last 5 years):

Aug, 2015	"The Adult ADHD Tool Kit," American Psychological Association, Toronto, Ontario.
Nov, 2015	"The Adult ADHD Tool Kit," CHADD, New Orleans, LA.
Aug, 2016	"Cognitive Behavioral Therapy for Adult ADHD: Turning Intentions into Actions," American Psychological Association, Denver, CO.
Aug, 2016	"Cognitive Behavioral Therapy for Adult ADHD: Manufacturing Motivation and Managing Emotions," American Psychological Association, Denver, CO.
Oct, 2016	"Managing Adult ADHD 24/7/365: Treatment Approaches to Improve Functioning in Daily Life," Pan-Hellenic Association of Individuals with Attention Deficit Disorder, ADHD HELLAS under the auspices of the 1st Psychiatric Clinic of the Athens Medical School at Eginition Hospital, the Hellenic Society of Cognitive Psychotherapies, and the Institute of Behavioral Research and Therapy, Athens, Greece.
Oct, 2016	"Turning Intentions into Actions: ADHD as an Implementation Problem - Treatment Implications," 12th Annual Conference of the Canadian ADHD Resource Alliance (CADDRA), Ottawa, Ontario.
Oct, 2016	"Intentions into Actions: Adapting the Adult ADHD Tool Kit for College/University Students," 63rd Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), New York, NY.
Nov, 2016	"Turning Intentions into Actions: ADHD as an Implementation Problem - Treatment Implications," Children and Adults with ADHD (CHADD), Costa Mesa, CA.
Nov, 2016	"Go/No Go: Promoting Self-Regulation in College Students with ADHD," Children and Adults with ADHD (CHADD), Costa Mesa, CA.
Nov, 2016	"A Comparison of ADHD Coaching and CBT for Adult ADHD," Children and Adults with ADHD (CHADD), Costa Mesa, CA.
Apr, 2017	"Turning Intentions into Actions: CBT for Adult ADHD and its Cognitive and Emotional Components," Anxiety and Depression

- Association of America (ADAA), San Francisco, CA.
- Oct, 2017 Implementation-Focused CBT for Adult ADHD, Grand Rounds, Department of Psychiatry, Maimonides Medical Center, Brooklyn, NY.
- Jan, 2018 "Turning Intentions into Actions: Implementation-Focused CBT for Adult ADHD," American Professional Society of ADHD and Related Disorders (APSARD), Washington, DC.
- Feb, 2018 "Getting Ready to Launch: Preparing for and managing the adjustment to young adulthood for students with ADHD," 6th Annual KALD Conference, American University of Kuwait, Salmiya, Kuwait.
- Feb, 2018 "Cognitive-Behavioral Therapy for ADHD: Essential change principles," 6th Annual Kuwait Association of Learning Differences (KALD) Conference, American University of Kuwait, Salmiya, Kuwait.
- Feb, 2018 "Beyond Medications: Descriptions and reviews of different non-medication treatment and support options available to students with ADHD," 6th Annual KALD Conference, American University of Kuwait, Salmiya, Kuwait.
- Feb, 2018 "Turning Intentions into Actions: Helping children and teens to manage ADHD at home and at school," 6th Annual KALD Conference, American University of Kuwait, Salmiya, Kuwait.
- Oct, 2018 "CBT for Adult ADHD: Turning Intentions into Actions," 14th Annual Conference on ADHD, Proyectodah, Mexico City, Mexico.
- Oct, 2018 "Recent Research on and Clinical Relevance of Negative Cognitions and Adult ADHD," 14th Annual Conference on ADHD, Proyectodah, Mexico City, Mexico.
- Jan, 2019 "Psychosocial Treatment for Adult ADHD: Emerging Adults and Beyond," American Professional Society of ADHD and Related Disorders (APSARD), Washington, DC.
- Jun, 2019 "Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not)," Pennsylvania Psychological Association, Pittsburgh, PA.
- Aug, 2019 "Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not)," American Psychological Association, Chicago, IL.
- Sep, 2019 "Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not)," British Association of Behavioural and Cognitive Psychotherapies, Bath, England.
- Nov, 2019 "Thinking Through Adult ADHD: How Thoughts Turn Intentions into Actions (or Not)", International Conference on ADHD (CHADD), Philadelphia, PA
- Nov, 2019 "Brain Stimulation for ADHD: Experience of the Penn Adult ADHD Treatment and Research Program." In J. Swanson (Chair), "Research Symposium: Neurodevelopment and Neuromodulation." International Conference on ADHD (CHADD), Philadelphia, PA



- Nov, 2019 "Lessons Learned from 'Procrastivity,'" International Conference on ADHD (CHADD), Philadelphia, PA.
- Nov, 2019 "Starting an ADHD Specialty Program," Association for Behavioral and Cognitive Therapies (ABCT): ADHD Special Interest Group, Atlanta, GA.

Organizing Roles in Scientific Meetings:

- Mar, 2006 Planning committee for First Annual Penn Autism Network Conference  
Philadelphia
- Oct, 2006 Chairperson, Attention Deficit Disorder Association regional conference planning committee  
New York; Philadelphia
- Mar, 2007 Planning committee for Second Annual Penn Autism Network Conference  
Philadelphia
- Oct, 2007 Planning committee for first annual PENN-CHOP ADHD Conference  
Philadelphia
- Mar, 2008 Planning committee for the Third Annual Penn Autism Network Conference  
Philadelphia
- Oct, 2008 Planning committee for second annual PENN CHOP ADHD conference  
Philadelphia
- Oct, 2009 Planning committee for third annual PENN-CHOP ADHD Conference  
Philadelphia, PA

Bibliography:

Research Publications, peer reviewed (print or other media):

1. Rostain, A. L., & Ramsay, J. R.: A combined treatment approach for adults with attention-deficit/hyperactivity disorder: Results of an open study of 43 patients. Journal of Attention Disorders 10(2): 150-159, Nov 2006.
2. Ramsay, J.R., & Rostain, A.L.: CBT without medications for adult ADHD: An open pilot study of five patients. Journal of Cognitive Psychotherapy: An International Quarterly 25(4): 277-286, Nov 2011 Notes: DOI: 10.1891/0889-8391.25.4.277.
3. Strohmeier, C., Rosenfield, B., DiTomasso, R.A., & Ramsay, J. R.: Assessment of the relationship between self-reported cognitive distortions and adult ADHD, anxiety, depression, and hopelessness. Psychiatry Research 238: 153-158, April 2016 Notes: doi: 10.1016/j.psychres.2016.02.034. Epub 2016 Feb 17.
4. Allenby, C., Falcone, M., Bernardo, L., Wileyto, P., Rostain, A., Ramsay, J. R. Lerman, C., & Loughhead, J.: Transcranial direct current brain stimulation

decreases impulsivity in ADHD. Brain Stimulation 11(5): 974-981, Sep-Oct 2018  
Notes: doi: 10.1016/j.brs.2018.04.016. Epub 2018 Apr 23.

5. Guntuku, S.C., Ramsay, J.R., Merchant, R., & Ungar, L.: Language of ADHD in adults on social media. Journal of Attention Disorders 23(12): 1475-1485, Oct 2019  
Notes: doi: 10.1177/1087054717738083. Epub 2017 Nov 8.

Research Publications, peer-reviewed reviews:

1. Ramsay, J. R.: Postmodern cognitive therapy: Cognitions, narratives, and personal meaning-making. Journal of Cognitive Psychotherapy: An International Quarterly 12(1): 39-55, 1998.
2. Ramsay, J. R.: A life of quiet desperation: The case example of Anna. Cognitive and Behavioral Practice 6(1): 73-77, 1999.
3. Ramsay, J. R.: The clinical challenges of assimilative integration. Journal of Psychotherapy Integration 11(1): 21-42, 2001.
4. Ramsay, J. R.: A cognitive therapy approach for treating chronic procrastination and avoidance: Behavioral activation interventions. Journal of Group Psychotherapy, Psychodrama, and Sociometry 55: 79-92, 2002.
5. Ramsay, J.R., & Rostain, A.L.: A cognitive therapy approach for adult attention-deficit/hyperactivity disorder. Journal of Cognitive Psychotherapy: An International Quarterly 17(4): 319-334, 2003.
6. Ramsay, J. R., & Newman, C. F.: After the attempt: Repairing the therapeutic alliance following a serious suicide attempt by a patient. Suicide and Life Threatening Behavior 35: 413-424, 2005.
7. Ramsay, J. R., & Rostain, A. L.: Girl repeatedly interrupted: The case of a young adult woman with ADHD. Clinical Case Studies 4: 329-346, 2005.
8. Ramsay, J. R., Brodtkin, E., Cohen, M. R., Ekman, E., Listerud, J., & Rostain, A. L.: "Better strangers": Using the relationship in psychotherapy for adults with asperger syndrome. Psychotherapy: Theory, Research, Practice, Training 42: 483-493, 2005.
9. Ramsay, J.R., & Rostain, A.L.: Adapting psychotherapy to meet the needs of adults with attention-deficit/hyperactivity disorder. Psychotherapy: Theory, Research, Practice, Training 42: 72-84, 2005.
10. Ramsay, J. R., & Rostain, A. L.: Cognitive behavior therapy for college students with attention-deficit/hyperactivity disorder. Journal of College Student Psychotherapy 21(1): 3-20, 2006.

11. Rostain, A. L., & Ramsay, J. R.: Adult with ADHD? Try medication + psychotherapy. Current Psychiatry 5(2): 13-16, 21-24, 27, 2006.
12. Ramsay, J. R.: Comments on the case of Joe. Journal of Attention Disorders 11: 408-409, 2007.
13. Ramsay, J. R.: Current status of cognitive behavioral therapy as a psychosocial treatment for adult attention-deficit/hyperactivity disorder. Current Psychiatry Reports 9: 427-433, 2007.
14. Ramsay, J. R., & Rostain, A. L.: Psychosocial treatments for attention-deficit hyperactivity disorder in adults: Current evidence and future directions. Professional Psychology: Research and Practice 38: 338-346, 2007.
15. Ramsay, J. R., & Rostain, A. L.: Adult ADHD research: Current status and future directions. Journal of Attention Disorders 11: 624-627, 2008.
16. Rosenfield, B., Ramsay, J. R., & Rostain, A. L.: Extreme Makeover: The case of a young adult man with severe attention-deficit/hyperactivity disorder. Clinical Case Studies 7: 471-490, 2008.
17. Weiss, M. D., Safren, S. A., Solanto, M., Hechtman, L., Rostain, A. L., Ramsay, J. R., & Murray, C.: Research forum on psychosocial treatment of adults with ADHD. Journal of Attention Disorders 11: 642-651, 2008.
18. Ramsay, J. R.: Evidence-based psychosocial treatments for adult ADHD: A review. Current Attention Disorders Reports 1: 85-91, 2009.
19. Ramsay, J. R.: CBT for adult ADHD: Adaptations and hypothesized mechanisms of change. Journal of Cognitive Psychotherapy: An International Quarterly 24: 37-45, 2010.
20. Waite, R., & Ramsay, J. R.: Cultural proficiency: A Hispanic woman with ADHD - A case example. Journal of Attention Disorders 13: 424-432, 2010.
21. Waite, R., & Ramsay, J. R.: A model for parental ADHD: Help-seeking and readiness to change. Issues in Mental Health Nursing 31: 793-803, 2010.
22. Waite, R., & Ramsay, J. R.: Adults with ADHD: Who are we missing? Issues in Mental Health Nursing 31: 670-678, 2010.
23. Ramsay, J. R.: Cognitive behavioral therapy for adult ADHD: Case study and commentary. Journal of Clinical Outcomes Management 18: 526-536, 2011.
24. Ramsay, J. R.: "Without a net:" CBT without medications for an adult with ADHD. Clinical Case Studies 11: 48-65, 2012.

25. Ramsay, J. R., & Rostain, A. L.: Adult ADHD as an implementation problem: Clinical significance, underlying mechanisms, and psychosocial treatment. Practice Innovations 1: 36-52, 2016.
26. Ramsay, J.R.: "Turning intentions into actions:" CBT for adult ADHD focused on implementation. Clinical Case Studies 15: 179-197, 2016.
27. Ramsay, J. R.: The relevance of cognitive distortions in the psychosocial treatment of adult ADHD. Professional Psychology: Research and Practice 48: 62-69, 2017.
28. Ramsay, J. R.: Assessment and monitoring of treatment response in adult ADHD patients: current perspectives. Neuropsychiatric Disease and Treatment 13: 221-232, 2017.

Contributions to peer-reviewed research publications, participation cited but not by authorship:

1. Henriques, G. R.: The tree of knowledge system and the theoretical unification of psychology. Review of General Psychology 7: 150-182, 2003 Notes: Acknowledgement.
2. Rostain, A. L.: Growing up with ADHD. Practical Neurology 2(4): 28-35, 2003 Notes: Acknowledgement.
3. Knouse, L. E., Teller, J., & Brooks, M. A.: Meta-Analysis of Cognitive-Behavioral Treatments for Adult ADHD. Journal of Consulting and Clinical Psychology 85: 737-750, 2017 Notes: Acknowledgment; Ramsay & Rostain (2011) study included in meta-analysis.

Research Publications, non-peer reviewed:

[none]

Abstracts (Last 3 years):

1. Ramsay, J. R.: "Thinking through adult ADHD": The role of cognitive distortions and CBT in understanding and treating depression, anxiety, and motivational deficits seen in adults with ADHD. In K. Harper (Chair), Interventions Strategies for Tackling Motivation Difficulties in Anxiety and Depressive Disorders. Anxiety and Depression Association of America conference, San Francisco, CA. April 7, 2017 Notes: Conference symposium.

Editorials, Reviews, Chapters, including participation in committee reports (print or other media):

1. Ramsay, J. R.: "Do as I say, not as I do:" Self-defeating behaviors by clinicians. The Pennsylvania Psychologist Quarterly 58(8): 10, 23, 1998.
2. Ramsay, J. R.: Conceptualizing self-defeating behaviors using the cognitive model of

- addiction. International Cognitive Therapy Newsletter 12(1): 2-3, 1998.
3. Ramsay, J. R., & Newman, C. F.: Substance abuse. Cognitive-behavioral strategies in crisis intervention. F. Dattilio & A. Freeman (eds.). New York: Guilford, 2nd ed.: 126-149, 2000.
  4. Ramsay, J. R.: [Review of the book Self-esteem (3rd ed.)] Journal of Cognitive Psychotherapy: An International Quarterly 15(1): 68-71, 2001.
  5. Ramsay, J. R.: [Review of the book Treatment for Chronic Depression: Cognitive Behavioral Analysis System of Psychotherapy] Journal of Psychotherapy Integration 11(3): 415-419, 2001.
  6. Ramsay, J. R., & Rostain, A. L.: Cognitive therapy: A treatment option for adults with ADHD. The ADHD Report 12(1): 1-5, Feb 2004.
  7. Ramsay, J. R., & Rostain, A. L.: Cognitive therapy for adult ADHD. Innovation in clinical practice: Focus on adults. L. VandeCreek (eds.). Sarasota, FL: Professional Resource Press, 21: 53-63, 2005.
  8. Ramsay, J. R., & Rostain, A. L.: CBT for adult ADHD. Encyclopedia of Cognitive Behavior Therapy. A. Freeman (eds.). New York: Springer, Page: 52-54, 2005.
  9. Ramsay, J. R.: Review of the book "Mastering Your Adult ADHD" Journal of Attention Disorders 10: 112-113, 2006.
  10. Ramsay, J. R.: Introduction: Expanding the focus: The need for training future clinicians about adult AD/HD. Focus Magazine Spring: 15, 2006.
  11. Ramsay, J. R., & Rostain, A. L.: Issues in ADHD in adults. The ADHD Report 14(6): 5-8, 2006.
  12. Rostain, A.L., & Ramsay, J.R.: College and high school students with attention-deficit/hyperactivity disorder: New directions in assessment and treatment. Use and misuse of stimulants: A guide for school health professionals. American College Health Association (eds.). Englishtown, NJ: Princeton Media Associates, Page: 7-16, 2006.
  13. Ramsay, J. R.: Review of the book "Integrative Treatment for Adult ADHD" Psychiatric Times 25(4): 62, April 2008.
  14. Ramsay, J. R.: Researchers on AD/HD research: Adults with AD/HD. Attention 15(6): 20-21, December 2008.
  15. Ramsay, J. R., & Mimmo, L.: Review of the book "ADHD In Adults: What the Science Says" Independent Practitioner 28(1): 34-36, 2008.

16. Adler, L. A., Shaw, D., Stein, M., Mick, E., Newcorn, J. H., Rostain, A. L., & Ramsay, J. R.: Updates in attention-deficit/hyperactivity disorder: Current concepts and future developments. Journal of ADHD & Related Disorders 1: 63-83, 2009.
17. Ramsay, J. R.: Review of the book "Adolescents and Adults with Learning Disabilities and ADHD: Assessment and Accommodation" Archives of Clinical Neuropsychology 25: 257-258, 2010.
18. Rosenfield, B., Ramsay, J. R., Cahn, S., & Pellegrino, P.: Cognitive behavioral therapy for insomnia: Evidence based treatments and encouraging innovations for primary care. Handbook of cognitive behavioral approaches in primary care. R.A. Di Tomasso, B.A. Golden, & H. Morris (eds.). New York: Springer, Page: 699-724, 2010.
19. Ramsay, J. R.: CBT is effective in reducing symptoms in adults with ADHD whose symptoms persist following pharmacotherapy. Evidence Based Mental Health 14: 28, 2011.
20. Ramsay, J. R., Rosenfield, B., & Harris, L.: Assessment of psychiatric status and personality qualities. Managing attention and learning disorders in late adolescence and adulthood: A guide for practitioners. S. Goldstein, J. Naglieri, & M. DeVries (eds.). New York: Wiley, Page: 189-207, 2011.
21. Ramsay, J. R.: Psychological assessment of adults. Attention-deficit hyperactivity disorder: A handbook for diagnosis and treatment (4th ed.). R. A. Barkley (eds.). New York: Guilford Press, Page: 475-500, 2014.
22. Ramsay, J. R.: Attention Deficit/Hyperactivity Disorder in adults. Translating psychological research into practice. L. Grossman, & S. Walfish (eds.). New York: Springer, 2014.
23. Ramsay, J. R., & Rostain, A. L.: College students with ADHD. Attention Deficit Hyperactivity Disorder in Children and Adults. L. Adler, T. J. Spencer, & T. Wilens (eds.). Cambridge: Cambridge University Press. Page: 366-377, 2015.
24. Rostain, A. L., Ramsay, J. R., & Waite, R.: Commentary: Cultural background and barriers to mental health care for African American adults. Journal of Clinical Psychiatry 76: 279-283, 2015.
25. Ramsay, J.R.: A CBT model for ADHD-challenged couples. Adult ADHD-Focused Couple Therapy. G. Pera & A. Robin (eds.). Page: 77-98, 2016 Notes: New York: Routledge.
26. Knouse, L. E., & Ramsay, J. R.: Managing side effects in CBT for adult ADHD. The

ADHD Report. Guilford, 26(2): 6-10, 2018.

Books:

1. Ramsay, J. R., & Rostain, A. L.: Cognitive behavioral therapy for adult ADHD: An integrative psychosocial and medical approach. Book. New York: Routledge, 2008.
2. Ramsay, J. R.: Nonmedication treatments for adult ADHD: Evaluating impact on daily functioning and well-being Book. Washington, D. C.: American Psychological Association 2010.
3. Ramsay, J. R., & Rostain, A. L.: The adult ADHD tool kit: Using CBT to facilitate coping inside and out. Book. New York: Routledge, 2015a. [Designated as a recommended self-help book for adult ADHD by ABCT]
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Patents:

[none]