

Psychiatry Grand Rounds WCM Department of Psychiatry Psychology CE Announcement



**Weill Cornell
Medicine**
Psychiatry

RECENT ADVANCES IN THE ASSESSMENT, DIAGNOSIS AND TREATMENT OF ADULT ADHD

LENARD A. ADLER, MD

CARTER A. POTTASH PROFESSOR OF PSYCHIATRY,
DEPARTMENT OF PSYCHIATRY AT NYU GROSSMAN SCHOOL OF MEDICINE
PROFESSOR, DEPARTMENT OF CHILD AND ADOLESCENT PSYCHIATRY AT NYU GROSSMAN SCHOOL OF MEDICINE
VICE CHAIR, EDUCATION, DEPARTMENT OF PSYCHIATRY
DIRECTOR, ADULT ADHD PROGRAM

Live In-Person: Uris Auditorium

Zoom:

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact

wcmpsychiatryce@med.cornell.edu
[du](#) for additional CE information



February 11, 2026



11 AM - 12 PM



Live Online , Live In-Person

ABSTRACT

Adult ADHD is a common and often under-diagnosed disorder affecting approximately 5% of the US population (with structured diagnostic assessments); however, recent data from the CDC indicates that over 1/10 adults in the US have been told that they have a diagnosis of adult ADHD. Individuals with undiagnosed ADHD have higher rates of divorce, separation, substance use, motor vehicle accidents, early death and lower academic and workplace achievement. Furthermore, surveys of primary care physicians have indicated their lack of discomfort and willingness to treat adults with ADHD as compared to depression and anxiety disorders, highlighting the need for psychiatric professionals to receive the latest information on the diagnosis and treatment of adult ADHD. This presentation will cover the most recent evidenced based findings on: 1) Epidemiology and History of Adult ADHD, 2) Neurobiology, 3) Diagnosis and Assessment: Including Rating Scales, 4) Non-pharmacologic Treatment, including CBT and Neurofeedback, and 5) Pharmacologic Treatment, including Stimulants and Non-Stimulants.

SPEAKER

Dr. Adler is a Professor of Psychiatry and Child & Adolescent Psychiatry at NYU Grossman School of Medicine, where he also serves as Vice Chair for Education and Director of the Adult ADHD Program. His clinical and research work focuses on the assessment and treatment of adult ADHD. A past President of the American Professional Society of ADHD and Related Disorders (APSARD), he currently serves on its Steering Committee and has authored over 170 peer-reviewed publications. Dr. Adler is also the author of *Scattered Minds* and coeditor of *Attention-Deficit Hyperactivity Disorder in Adults and Children*, and has been featured in national media including *60 Minutes* and *The New York Times*.

LEARNING OBJECTIVES

1. Identify the major diagnostic criteria for adult Attention-Deficit/Hyperactivity Disorder (ADHD).
2. Describe the neurobiological mechanisms underlying adult Attention-Deficit/Hyperactivity Disorder (ADHD).
3. Review pharmacologic and non-pharmacologic treatment approaches for adult Attention-Deficit/Hyperactivity Disorder (ADHD).

REFERENCES

1. Ostinelli, E. G., Schulze, M., Zangani, C., Farhat, L. C., Tomlinson, A., Del Giovane, C., Chamberlain, S. R., Philipsen, A., Young, S., Cowen, P. J., Bilbow, A., Cipriani, A., & Cortese, S. (2024). Comparative efficacy and acceptability of pharmacological, psychological, and neurostimulatory interventions for ADHD in adults: a systematic review and component network meta-analysis. *The Lancet Psychiatry*, 12(1), 32–43. [https://doi.org/10.1016/s2215-0366\(24\)00360-2](https://doi.org/10.1016/s2215-0366(24)00360-2)
2. Adler, L. A., Anbarasan, D., Leon, T., Sardoff, T., Descorbeth, O., Cho, D., Stern, Y., Kraft, O., Hendler, T., & Marmor, C. R. (2023). Pilot Study of Prism EFP NeuroFeedback in Adult ADHD. *Journal of Attention Disorders*, 28(5), 905–912. <https://doi.org/10.1177/10870547231215283>
3. Anbarasan, D., Safyer, G., & Adler, L. A. (2022). Updates in Pharmacologic Strategies in Adult Attention-Deficit/Hyperactivity Disorder. *Child and Adolescent Psychiatric Clinics of North America*, 31(3), 553–568. <https://doi.org/10.1016/j.chc.2022.03.008>
4. Faraone, S. V., Banaschewski, T., Coghill, D., Zheng, Y., Biederman, J., Bellgrove, M. A., Newcorn, J. H., Gignac, M., Saud, N. M. A., Manor, I., Rohde, L. A., Yang, L., Cortese, S., Almagor, D., Stein, M. A., Albatt, T. H., Aljoudi, H. F., Alqahtani, M. M., Asherson, P., . . . Wang, Y. (2021). The World Federation of ADHD International Consensus Statement: 208 Evidence-based conclusions about the disorder. *Neuroscience & Biobehavioral Reviews*, 128, 789–818. <https://doi.org/10.1016/j.neubiorev.2021.01.022>

Weill Cornell Medicine (WCM) Department of Psychiatry, 525 E 68th St, New York, NY 10065, is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0192. WCM Department of Psychiatry is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0302. Weill Cornell Medicine - Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education for psychologists. Weill Cornell Medicine - Department of Psychiatry maintains responsibility for this program and its content. The New York Presbyterian Hospital Department of Social Work is recognized by New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0155.

This event is hosted by the WCM Academy of Behavioral Health and Continuing Education. Information regarding CE program please visit the WCM CE website: <https://psychiatry.weill.cornell.edu/education-training/continuing-education>. For additional questions contact wcmpsychiatryce@med.cornell.edu.