

# Preface

When people find out that we wrote a book, the inevitable question is “How long did it take you to write that?” When one answers, the typical response is to tell the time from when you started writing, which in this case was somewhat over a year ago. When we started to think about the question in more detail, however, we realized that this book is the result of more than 25 years of clinical practice and discussion. Sometimes the discussions have been intense, and sometimes they have been outright heated, but in the end they represent a long period of intense research and daily interaction. That’s not all we did. Along the way we raised three wonderful children, numerous dogs, the occasional cockatoo, and some unfortunately ill-fated fish.

What started out as a clinical observation, “How is it that kids with ADHD seem to pay attention to things that they like,” has evolved into a fully articulated model of how people become mentally healthy and adaptive. It has also, by default, developed into a model of how people become mentally maladaptive and unhealthy. Based upon that model, we have developed a treatment paradigm, neurocognitive learning therapy. We believe it to be a unique “4th wave model” that is solidly based in neuroscience to achieve its explanatory power. Neurocognitive learning therapy is therefore both a theory of mental health and a method of treatment. When you understand the theory and incorporate the material into your clinical practice, you will become significantly more effective at ameliorating the difficulties that confront your clients.

Our discussions were not always between just the two of us. They often included neuropsychologists, neurologists, psychologists, and other professionals. We were fortunate to be able to present pieces of the model at conferences and receive feedback from attendees. We also received ongoing support from colleagues.

In particular, there were some people who were pivotal and without their contributions this book might not have reached fruition. We would like to thank Len Koziol for his belief in our work, his constant availability to provide feedback, and his willingness to provide an outlet for our initial work. Marci Fox was always supportive and amazingly positive. She always would say “Yes you can” when we were

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