

Dr. J. Russell (“Russ”) Ramsay is co-founder and co-director of the University of Pennsylvania’s Adult ADHD Treatment and Research Program and an associate professor of clinical psychology in psychiatry in the Perelman School of Medicine at the University of Pennsylvania. Dr. Ramsay received his PhD from Palo Alto University (formerly known as Pacific Graduate School of Psychology). He completed an APA-approved pre-doctoral internship at CPC Behavioral Healthcare in Red Bank, New Jersey, and a postdoctoral fellowship at the Center for Cognitive Therapy at the University of Pennsylvania, where he continues to work as a senior staff clinician.

Dr. Ramsay has authored numerous peer-reviewed professional and scientific articles, research abstracts, as well as many book chapters. He is author of *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach* (with Dr. Anthony Rostain and published by Routledge, 2008) and *Nonmedication Treatments for Adult ADHD: Evaluating Impact of Daily Functioning and Well-Being* (American Psychological Association, 2010). More recently, he authored the revised and updated second edition of *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach* and its companion patient guidebook *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out* (both with Dr. Anthony Rostain and published by Routledge, 2015).

Dr. Ramsay received the Martin P. Szuba Award for Excellence in Clinical Teaching & Research from the University of Pennsylvania and is a member of the CHADD Hall of Fame. He serves on the continuing education committee of the Pennsylvania Psychological Association, on the editorial board of the *Journal of Attention Disorders* and is sought out as an ad hoc reviewer for many other journals. He also serves on the Professional Advisory Boards of the Attention Deficit Disorder Association and CHADD. Dr. Ramsay is frequently interviewed by various media outlets regarding issues related to adult ADHD and has lectured across the country and around the world on topics related to the assessment and treatment of ADHD in adults. His professional interests are improving the assessment and psychosocial treatment of adult ADHD. He is also serves as clinical supervisor for many clinicians-in-training through the PENN Adult ADHD Treatment & Research Program.

Dr. Ramsay has been a member of APSARD since 2009 and was elected as an at-large member of the Board of Directors in 2016. He currently serves as Chair of APSARD’s Social Media Committee.