



Making Evidence-Based Psychological Treatments Work With Older Adults

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and Arnel Shuch*

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Making Evidence Based Psychological Treatments Work With Older Adults:

Making Evidence-Based Psychological Treatments Work with Older Adults Forrest Ray Scogin, Avani Shah, 2015-05-14 In this new release by geropsychology scholars Forrest Scogin and Avani Shah researchers and clinicians come together in each chapter to discuss the prevalent psychological disorders that afflict this burgeoning population Each chapter focuses on one of the major presenting problems anxiety insomnia depression memory function and behavioral disturbances with researchers identifying successful evidence based treatments EBTs and clinicians discussing how their specific expertise and flexibility maximized EBT fidelity while tailoring the EBT to the special needs and conditions of their older clients Written for clinicians who specialize in psychotherapy and counseling with older adults this timely book will also appeal to practitioners who work with elders in assisted living facilities or in home settings The final chapter of the book is devoted to family caregivers who also experience psychological symptoms in caring for an older parent or other relative

Psychological Treatment of Older Adults Lee Hyer, 2013-10-17 This is one of the best mental health and aging books I have ever read It is one that I will turn to often in my teaching of doctoral students and in my work with older adults One of the phenomenal aspects of this book is the research reviews which are in depth and broad in their scope It is clear that Lee Hyer is an exceptional scholar clinician and geropsychologist Peter A Lichtenberg PhD Drawing from current research and clinical practice this text espouses a unique interdisciplinary approach to the assessment and treatment of psychosocial impairment in older adults This approach called Watch and Wait is grounded in a whole person model of care rather than one that addresses symptoms or syndromes in isolation This model advocates relationship building prevention psychoeducation multipronged interventions for comorbid problems and communication It does so in the context of a multidisciplinary health care team the patient and family The model encompasses five core factors of psychosocial impairment in older adults depression anxiety cognitive deficits adjustment or life problems and health issues Considered together they provide an integrated understanding of the older adult that is more likely than single disorder models to facilitate successful outcomes for common psychosocial difficulties that occur in later life The book describes in depth the unique components and complex interactive influences of these five factors as they apply to older adults seeking mental health treatment A cornerstone of the author's approach is treatment based on stringent care based assessment and thorough monitoring of empirically supported interventions Each factor is considered individually from its empirically supported basis as well as its interaction with the other factors Distinct treatment modules are isolated for each factor and assembled to provide the optimal pathway for clinical treatment The text also addresses the unique difficulties of diagnosing the aging population the pitfalls of existing treatments and the need for brain based models for care Key Features Advocates for integrative interdisciplinary care and primary care involvement for the older adult Emphasizes core components of care depression anxiety cognition pain sleep health issues adjustment in the community Demonstrates how a single problem approach for older adults with psychiatric

problems is not effective or efficient care Espouses a Watch and Wait paradigm of care based on person centered diagnosis and careful monitoring of treatment Translates and integrates current research findings with clarity Covers use of SSRIs and other medications suicide subsyndromal states issues involving cost of care for the older patient among other topics Plentiful case examples

Psychological Assessment and Treatment of Older Adults Nancy A. Pachana, Victor Molinari, Larry W. Thompson, Dolores Gallagher-Thompson, 2021-11-30 Learn about the key issues when assessing and treating older adults with mental health problems Expert guidance through the key topics Highlights the best assessment and treatment practices Addresses diversity ethical and health system issues Full of real life case examples Resources in the appendix to test your knowledge More about the book Mental health practitioners are encountering an ever growing number of older adults and so an up to date and comprehensive text addressing the special considerations that arise in the psychological assessment and treatment of this population is vital This accessible handbook does just that by introducing the key topics that psychologists and other health professionals face when working with older adults Each area is introduced and then the special considerations for older adults are explored including specific ethical and healthcare system issues The use of case examples brings the topics further to life An important feature of the book is the interweaving of diversity issues culture race sexuality etc within the text to lend an inclusive contemporary insight into these important practice components The Pikes Peak Geropsychology Knowledge and Skill Assessment Tool is included in an appendix so readers can test their knowledge which will be helpful for those aiming for board certification in geropsychology ABGERO This an ideal text for mental health professionals transitioning to work with older clients for those wanting to improve their knowledge for their regular practice and for trainees or young clinicians just starting out

The Oxford Handbook of Clinical Geropsychology Nancy A. Pachana, Ken Laidlaw, 2014-11-07 Throughout the world the population of older adults continues to grow The rise in geriatric populations has seen an increase in research on clinical diagnostic assessment and treatment issues aimed at this population Clinical geropsychologists have increased their interest both in providing mental health services as well as developing approaches to improve quality of life for all older adults The Oxford Handbook of Clinical Geropsychology is a landmark publication in this field providing broad and authoritative coverage of the research and practice issues in clinical geropsychology today as well as innovations expanding the field's horizons Comprising chapters from the foremost scholars in clinical geropsychology from around the world the handbook captures the global proliferation of activity in this field In addition to core sections on topics such as sources of psychological distress assessment diagnosis and intervention the handbook includes valuable chapters devoted to methodological issues such as longitudinal studies and meta analyses in the field as well as new and emerging issues such as technological innovations and social media use in older populations Each chapter offers a review of the most pertinent international literature outlining current issues as well as important cultural implications and key practice issues where relevant and identifying possibilities for future research and policy applications

The book is essential to all psychology researchers practitioners educators and students with an interest in the mental health of older adults In addition health professionals including psychiatrists social workers mental health nurses and trainee geriatric mental health workers will find this a invaluable resource Older adults comprise a growing percentage of the population worldwide Clinical psychologists with an interest in older populations have increased the amount of research and applied knowledge about effectively improving mental health later in life and this book captures that information on an international level The book addresses how to diagnose assess and treat mental illness in older persons as well as ways to improve quality of life in all older persons It has a great breadth of coverage of the area including chapters spanning how research is conducted to how new technologies such as virtual reality and social media are used with older people to improve mental health The book would appeal to all psychology researchers practitioners educators and students with an interest in the mental health of older adults It would also appeal to other health professionals including psychiatrists social workers and mental health nurses who work with older people It is a valuable resource for trainee geriatric mental health workers because it highlights key readings and important practice implications in the field

Psychological Assessment and Therapy with Older Adults Bob G. Knight, Nancy A. Pachana, 2015-01-08 Due to improvements in health and healthcare the elderly population is expanding rapidly within the developed world However more and more elderly people require some form of psychological support at some point in their later years The types of problems faced by this population are quite distinct and often more complex than those faced by younger adults and throw up many new challenges in both assessment and treatment Though there are books available that focus individually on assessment or treatment few have combined the two into a single framework Within this book Knight and Pachana argue that psychological assessment needs to be more tightly integrated with therapy especially with older adult clients Using the Contextual Adult Lifespan Theory for Adapting Psychotherapy CALTAP as a framework for applying our knowledge about developmental social contextual and cohort generational factors that influence age differences in response to psychological assessment and therapy they present an integrated framework for psychological assessment and therapy with older adults This text is valuable for practitioners looking for a solid theoretical basis for the practice of assessment and therapy with older clients students in graduate courses looking at later lifespan issues and educators looking for material to enhance generalist psychotherapy courses with a lifespan perspective

CBT for Older People Ken Laidlaw, 2014-12-15 Going beyond simple procedural modifications this is the first book to address how the application of gerontology to CBT practice can augment CBT s effectiveness and appropriateness with older people Taking you step by step through the CBT process and supported by clinical case examples therapeutic dialogue points for reflection and hints and tips the book examines basic theoretical models in CBT and how to relate them to work with older people main behavioural interventions and their practical application social context and relevant theories of aging implications of assessment diagnosis and treatment issues of anxiety worry and depression and

more specialist applications of CBT for chronic illnesses latest developments thinking and empirical evidence This is an invaluable companion for any clinical psychology counselling CBT IAPT and social care trainee or professional new to working with older people especially those who are keen to understand how the application of CBT may be different Professor Ken Laidlaw is Head of the Department of Clinical Psychology University of East Anglia

Handbook of Multicultural Counseling J. Manuel Casas, Lisa A. Suzuki, Charlene M. Alexander, Margo A. Jackson, 2016-05-26 Celebrating its 20th anniversary The most internationally cited resource in the arena of multicultural counseling the Handbook of Multicultural Counseling is a resource for researchers educators practitioners and students alike Continuing to emphasize social justice research and application the Fourth Edition of this best seller features nearly 80 new contributors of diverse backgrounds orientations and levels of experience who provide fresh perspectives to every chapter Completely updated this classic text includes new chapters on prevailing social issues and covers the latest advances in theory ethics measurement clinical practice assessment and more This is the most comprehensive synthesis of cutting edge multicultural counseling research available This is the gold standard and a must read for anyone working in a human services field Audrey M Ervin Delaware Valley College

Handbook of Psychosocial Interventions for Chronic Pain Andrea Kohn Maikovich-Fong, 2019-05-13 Handbook of Psychosocial Interventions for Chronic Pain provides a cutting edge and comprehensive review of interventions for chronic pain grounded in biopsychosocial frameworks Each chapter gives readers the opportunity to solidify their knowledge of major approaches to chronic pain in an accessible format Reflecting national efforts to reduce prescriptions for pain medications and increase access to interdisciplinary treatment approaches the book also considers a wide range of person level variables such as age cultural factors and comorbid mental health conditions In this book mental health and allied health professionals will find the tools they need to understand the real world delivery of chronic pain treatments in a wide variety of settings

Comprehensive Textbook of Psychotherapy Andrés Consoli, Larry E. Beutler, Bruce Bongar, 2016-10-03 This completely updated second edition of Comprehensive Textbook of Psychotherapy discusses the contemporary landscape of psychotherapy honors its complexities and focuses on history theory science practice and diversity The book is divided into three parts 1 Models of Psychotherapy 2 Psychotherapy by Modalities and Populations and 3 Research Methods and Randomized Clinical Trials Professional Issues and New Directions in Psychotherapy Part 1 has been expanded to include two chapters on Interpersonal Psychotherapy IPT This section now details the similarities and differences that exist across models in an effort to articulate overarching principles of human change and stability processes that are advanced through professional practice Chapters in Part 1 are organized into sets of two each set has a theory chapter covering one of the six psychotherapy models discussed followed by a practice chapter that conveys and illustrates the use of the model in a specific application including a detailed case example Part 2 addresses modalities of psychotherapy such as group family and electronic based approaches as well as psychotherapy with specific

populations such as children and adolescents older adults and women This section too has been expanded to include treatment of people in the schizophrenia spectrum a chapter on treatment of immigrants and refugees and another on working with men There are also new chapters on working with military personnel and veterans and a chapter on treating survivors of trauma specifically on those exposed to mass trauma Still another new chapter is included on working with psychological emergencies Part 3 covers research methods and randomized clinical trials the training of psychotherapists ethics and legal matters and the future of psychotherapy Research and diversity are emphasized in each chapter and throughout the book This new edition of a classic textbook will be valuable to instructors and students psychotherapists in training practitioners and supervisors alike *Clinical Psychology for Trainees* Andrew C. Page, Werner G. K.

Stritzke, 2014-12-04 Thoroughly revised and fully updated for DSM 5 the new edition of this practice focused book guides clinical psychology trainees through a field which is rapidly evolving Through real world exploration of the scientist practitioner model the book helps readers to develop the core competencies required in an increasingly interdisciplinary healthcare environment New chapters cover brief interventions routine monitoring of treatment progress and managing alliance ruptures Practical skills such as interviewing diagnosis assessment treatment and case management are discussed with emphasis on the question how would a scientist practitioner think and act By demonstrating how an evidence base can influence every decision that a clinical psychologist makes the book equips trainees to deliver the accountable efficient effective client centred service which is demanded of professionals in the modern integrated care setting Essential reading for all those enrolled in or contemplating postgraduate studies in clinical psychology *The Oxford Handbook of Counseling Psychology* Elizabeth M. Altmaier, Jo-Ida C. Hansen, 2012 Recognized experts in theory research and practice review and analyze historical achievements in research and practice from counseling psychology as well as outline exciting agendas for the near future for the newest domains of proficiencies and expertise **Psychotherapy for the Advanced Practice**

Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Print CourseSmart *Clinical Handbook of Couple Therapy* Jay L. Lebow, Douglas K. Snyder, 2022-09-13 Now in a significantly revised sixth edition with 70% new material this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today Prominent experts present effective ways to reduce couple distress improve overall relationship satisfaction and address specific relational or individual problems Chapters on major approaches follow a consistent format to help readers easily grasp each model's history theoretical underpinnings evidence base and clinical techniques Chapters on applications provide practical guidance for working with particular populations such as stepfamily couples and LGBT couples and clinical problems such as intimate partner violence infidelity and various psychological disorders Instructive case examples are woven throughout New to This Edition Chapters on additional clinical approaches acceptance and commitment therapy mentalization based therapy intergenerational therapy socioculturally attuned therapy and the therapeutic palette

approach Chapters on sexuality older adult couples and parents of youth with disruptive behavior problems Chapters on assessment and common factors in couple therapy Chapters on cutting edge special topics relationship enhancement telehealth interventions and ethical issues in couple therapy See also Snyder and Lebow's What Happens in Couple Therapy which presents in depth illustrations of treatment *Helping Relationships With Older Adults* Adelle M. Williams, 2016-06-29 Helping Relationships with Older Adults From Theory to Practice examines the fundamental theoretical perspectives of the aging process with an emphasis on the healthy aspects of aging Taking a comprehensive approach author Adele Williams addresses various therapeutic methods as she highlights the strengths and resiliency of the older population Exercises and case studies demonstrate key concepts and promote skill development by allowing students to experience the various challenges in the lives of older clients **The Encyclopedia of Adulthood and Aging, 3 Volume Set** Susan K. Whitbourne, 2016-01-19 This authoritative reference work contains more than 300 entries covering all aspects of the multidisciplinary field of adult development and aging Brings together concise accurate summaries of classic topics as well as the most recent thinking and research in new areas Covers a broad range of issues from biological and physiological changes in the body to changes in cognition personality and social roles to applied areas such as psychotherapy long term care and end of life issues Includes contributions from major researchers in the academic and clinical realms 3 Volumes www.encyclopediaadulthoodandaging.com **Translating Psychological Research Into Practice** Lisa Grossman, Lisa R. Grossman, Steven Walfish, 2013-11-15 It is only through the development of true partnerships between researchers and clinicians that mental health treatment can achieve an optimal level of success This highly accessible desk reference will assist clinicians in easily incorporating findings from current evidence based research into their day to day practice It bridges the gap between empirical research and the needs of practicing clinicians and clinicians in training The guide brings together respected researchers and clinicians to discuss approaches to treating over 60 problem areas for adults adolescents and children It provides concise easily digestible summaries of the most current evidence based research regarding interventions for many of the most common clinical disorders and mental health issues encountered in everyday clinical practice These summaries present research that has been translated by experienced clinicians into practical applications that can be easily incorporated in therapeutic practice Research coverage of each problem area includes Brief description Incidence prevalence data Summary findings of best practices for treatment Suggestions for research directions Key references for further consultation The corresponding clinical application includes Response to the research summary Case example that applies the evidence based research to clinical practice Identification of challenges and cultural considerations in applying these interventions Suggestions for future research Key references By presenting the perspectives of the mental health researcher and clinician side by side this reference facilitates an important dialogue that narrows the gap between research and practice and ultimately fosters better mental health outcomes for clients Key Features Covers over 60 of the

most frequently encountered disorders and issues for both adult and pediatric clients that mental health clinicians face today Brings together leading researchers and clinicians to discuss their approaches to treating a clinical problem area Summarizes the current research on treatments in each problem area Interprets research for clinicians offering practice wisdom that helps them become more effective evidence based practitioners

Psychopathology James E Maddux, Barbara A Winstead, James E. Maddux, Barbara A. Winstead, 2019-07-11 Psychopathology Fifth Edition is the most up to date text about the etiology and treatment of the most important psychological disorders The chapters are written by leading experts in the field of psychopathology who provide up to date information on theory research and clinical practice The book is unique in its strong emphasis on critical thinking about psychopathology as represented by chapters on such topics as culture race gender class clinical judgment and decision making and alternatives to traditional categorical approaches to understanding psychopathology The contributors have incorporated information about and from the World Health Organization s International Classification of Diseases along with information about and from the DSM 5 As with the previous editions this book remains a true textbook in psychopathology Unlike the many weighty volumes that are intended as reference books Psychopathology Fifth Edition has been designed specifically to serve as a textbook on psychopathology for graduate students in clinical and counseling psychology programs and related programs such as social work It will also serve as an extremely useful reference source for practitioners and researchers

Introduction to Clinical Psychology Douglas A. Bernstein, Bethany A. Teachman, Bunmi O. Olatunji, Scott O. Lilienfeld, 2020-10-29 Resource added for the Psychology includes Sociology 108091 courses

Ethnicity and the Dementias Gwen Yeo, Linda A. Gerdner, Dolores Gallagher-Thompson, 2018-09-03 In recent years the literature on the topic of ethnic and racial issues in Alzheimer s disease and other dementias has increased dramatically At the same time the need for cultural competence in all of geriatric care including dementia care is increasingly being acknowledged Dementia is a large societal problem affecting all communities regardless of race or ethnicity and understanding dementia for specific groups is tremendously important for both clinical knowledge and for health planning as a nation This third edition of *Ethnicity and the Dementias* offers invaluable background information in this area while also examining how those suffering from dementia and their family members respond or adapt to the challenges that follow Thoroughly updated and revised throughout the book features contributions from leading clinicians and researchers in the field with particular attention given to genetic and cultural factors related to dementia effective prevention and treatment strategies and issues in caregiving and family support Chapters offer specific recommendations for dementia care in eleven ethnic racial groups as well as suggestions for working effectively with LGBTQ families Providing a truly comprehensive resource on ethnicity and dementia and including reflections on emerging trends and the future of caregiving this new edition is ideal reading for clinicians educators researchers policy makers and families in search of the most current ethnogeriatric findings

Handbook for Provisional Psychologists in Training Alexa

Kambouropoulos, Connie Harris, 2022-06-16 This book provides provisional psychologists in training with a comprehensive and practical understanding of the specific skills and competencies required in the profession during placement and beyond in varied settings Handbook for Provisional Psychologists in Training supports the personal and professional development of provisional psychologists undertaking the Master of Professional Psychology and brings together current research findings with practical insights and resources It covers all aspects of practice for trainees such as establishing professional relationships and maintaining professional boundaries applying evidence based theory to practice utilisation of psychological treatments communicating with clients about treatment making referrals and self reflective practice It also enables provisional psychologists to prepare for psychological practice in varied settings including working with children adults and diverse populations This book will be helpful to all provisional psychologists but particularly those undertaking the Master of Professional Psychology 5 1 pathway

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