Psychotherapy with Older Adults

Counseling Older Adults

This book presents the latest in-depth, case-based counseling approaches to new, increasingly complex psychosocial issues of patients requiring assisted reproduction.

Case Studies in School Counseling

If ever a book could be called timely, this is it. Sleep disorders medicine has made rapid advances in recent years. The field has attained growing respectability, with a textbook recently published, a congressionally mandated National Commission on Sleep Disorders Research, and a growing public awareness of the importance of sleep disorders. However, this rapid growth has made the discrepancy among certain components of the field all the more obvious. Thus, we find that patients who complain of insomnia are almost never in the majority of those seen in sleep disorders centers, in spite of the well-known fact that the prevalence of such individuals in our society is by far the largest. Current articles on insomnia abound, but they tend to be facile recitations of diagnosis and impractical global recommendations for treatment, without providing the essential details. Indeed, the clinical professions really do not know what to do about insomnia. This is reflected in a number of observations I have made in the recent past. For example,
the majority of individuals who complain of insomnia take alcohol, aspirin, over-the-counter medications, hot baths, and a host of other nostrums, but rarely seek a physician. In the unlikely event that a physician is consulted, he is likely to prescribe a sleep medication but without any particular consistency, or any clear instructions on its use.

**Counselling Older Clients**

**Developmental Career Counseling and Assessment**

This text is unique in its application of counselling principles to the specific problems of the older person. The book seeks to demystify counselling and present the counseller as 'carer and friend', not therapist and psychoanalyst. Counselling Older People 2/e has been thoroughly revised and updated and takes into account the changes in practice. There is now a more practical bias with many case studies and examples from a wide cross-section of ethnic groups. The text addresses the social, psychological and practical concerns of older people, and looks at how counselling can be used to help.

**Counseling Older Adults**

This book provides insight into the primary issues faced by older adults; the services and benefits available to them; and the knowledge base, techniques, and skills necessary to work effectively in a therapeutic relationship. Dr. Kampfe offers empirically and anecdotally based strategies and interventions for dealing with clients’ personal concerns and describes ways counselors can advocate for older people on a systemic level. Individual and group exercises are incorporated throughout the book to enhance its practicality. Topics covered include an overview of population demographics and characteristics; counseling considerations and empowering older clients; successful aging; mental health and wellness; common medical conditions; multiple losses and transitions; financial concerns; elder abuse; veterans’ issues; sensory loss; changing family dynamics; managing Social Security and Medicare; working after retirement age; retirement transitions, losses, and gains; residential options; and death and dying. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

**Nursing Case Studies on Improving Health-Related Quality of Life in Older Adults**

Meet Pokâemon Trainers Black and White! His entire life, Black has dreamed of winning the Pokâemon League! Now he embarks on a journey to explore the Unova region and fill a Pokâedex for Professor Juniper. White has an exciting career as the Trainer of a talented troupe of performing Pokâemon. She dreams of making her Tepig Gigi a star! Together, Black and White continue on their journey What surprising new Pokâemon - and people - will they meet next?!
**Counselling Older People**

Counseling older adults is not equivalent to counseling the general population, and specialized skills and knowledge, as well as sensitivity to the contexts in which older adults live, are essential in working successfully with this population. This text provides an introduction to gerontological counseling, integrating the basic skills of working with older adults with theories of counseling and aging. Specific counseling issues discussed include mental health counseling, career counseling, rehabilitation counseling, and family counseling. Along with these, important contextual factors such as race/culture, social class, social justice, spirituality, Alzheimer’s and other dementias, and family issues are considered in light of the latest research. Each chapter contains case studies, discussion questions, a glossary, and suggestions for further reading to reinforce the material presented.

**Case Studies in Child Counseling**

Population aging often provokes fears of impending social security deficits, uncontrollable medical expenditures, and transformations in living arrangements, but public policy could also stimulate social innovations. These issues are typically studied at the national level; yet they must be resolved where most people live—in diverse neighborhoods in cities. New York, London, Paris, and Tokyo are the four largest cities among the wealthiest, most developed nations of the world. The essays commissioned for this volume compare what it is like to grow older in these cities with respect to health care, quality of life, housing, and long-term care. The contributors look beyond aggregate national data to highlight the importance of how local authorities implement policies.

**Countertransference and Older Clients**

Arts Therapies in the Treatment of Depression is a comprehensive compilation of expert knowledge on arts therapies’ potential in successfully addressing depression. The book identifies ways of addressing the condition in therapy sessions, shares experience of tools and approaches which seem to work best and guides towards a conscious and confident evidence-based practice. Including contributions from international experts in the field of arts therapies, the book presents some of the most recent, high-profile and methodologically diverse research, whether in the form of clinical trials, surveys or case studies. The three sections of this volume correspond to particular life stages and explore major topics in arts therapies practice and the nature of depression in children, adults and in later life. Individual chapters within the three sections represent all four arts therapies disciplines. The book hopes to improve existing arts therapies practice and research, by encouraging researchers to use creativity in designing meaningful research projects and empowering practitioners to use evidence creatively for the benefit of their clients and the discipline. Arts Therapies in the Treatment of Depression is an essential resource for arts therapies researchers, practitioners and arts therapists in training. It should also be of interest to other health researchers and health professionals, particularly those who work with clients experiencing depression and in multidisciplinary teams.
Counseling the Older Adult

Fertility Counseling

In Case Studies in Counseling Older Adults Larry Golden addresses a growing trend—older adults presenting for counseling—and the techniques that may be used to help treat them. Golden has selected cases studies that highlight many common issues faced by older adults today, such as loss of a spouse, health, financial means, depression, and spirituality. The organization of the cases provides the reader with a sense of the contributors' environment, the clients' contextual issues (i.e. family, economics, health), the clients' presenting problems, and the therapeutic strategies implemented. This book is a valuable resource to counselors who are seeking to enhance their expertise with innovative approaches to counseling older adults.

Cognitive Behavioural Therapy with Older People

"Case Studies in Multicultural Counseling and Therapy is a magnificent resource that will help create a greater bridge of understanding between the academic, research, and applied domains of the mental health professions." —From the Foreword by Thomas A. Parham, PhD, Vice Chancellor, Student Affairs, University of California, Irvine; Distinguished Psychologist, Association of Black Psychologists An indispensable collection of real-life clinical cases from practicing experts in the field of multicultural counseling and psychotherapy Case Studies in Multicultural Counseling and Therapy is a one-of-a-kind resource presenting actual cases illustrating assessment, diagnostic, and treatment concerns associated with specific populations. The contributors—well-known mental health professionals who specialize in multicultural counseling and psychotherapy—draw on their personal experiences to empower therapists in developing an individually tailored treatment plan that effectively addresses presenting problems in a culturally responsive manner. Providing readers with the opportunity to think critically about multicultural factors and how they impact assessment, diagnosis, and treatment, this unique book: Covers ethical issues and evidence-based practice Integrates therapists' reflections on their own social identity and how this may have influenced their work with their clients Considers the intersectionality of racial/ethnic, class, religious, gender, and sexual identities Contains reflection and discussion questions, an analysis of each case by the author, and recommended resources Includes cases on racial/ethnic minority populations, gender, sexuality, poverty, older adults, immigrants, refugees, and white therapists working with people of color Aligns with the ACA's CACREP accreditation standards, the APA guidelines for multicultural competence, and the AMCD Multicultural Counseling Competencies

Helping Relationships With Older Adults
Using a developmental approach, this volume integrates the career counselling process into the life span, ranging from early childhood through to older adulthood. The stages explored include: years of identification and differentiation; years of growth and searching; and years of compromise and commitment to a lifestyle.

**Art Therapy with Older Adults**

Cognitive Behaviour Therapy (CBT) is now well established as an effective treatment for a range of mental health problems, but for clinicians working with older clients, there are particular issues that need to be addressed. Topics covered include the need to build a therapeutic relationship, dealing with stereotypical thinking about ageing, setting realistic expectations in the face of deteriorating medical conditions, maintaining hope when faced with difficult life events such as the loss of a spouse, disability, etc., and dealing with the therapist's own fears about ageing. Illustrated throughout with case studies, practical solutions and with a troubleshooting section, this is essential reading for all clinical psychologists, psychiatrists and related health professionals who work with older people. *Authors are world authorities on depression and psychotherapy with older people* *First book to be published on CBT with older people* *Case studies and examples used throughout to illustrate the method and the problems of older people*

**PERSONAL LITERATURE INDEX**

This book is a detailed guide to using CBT with older people both with and without cognitive difficulties. Reviewing its use in different settings, it covers both conceptual and practical perspectives, and details everything from causes and initial assessment to case formulation and change techniques.

**Case Studies in Insomnia**

Counseling older adults is not equivalent to counseling the general population, and specialized skills and knowledge, as well as sensitivity to the contexts in which older adults live, are essential in working successfully with this population. This text provides an introduction to gerontological counseling, integrating the basic skills of working with older adults with theories of counseling and aging. Specific counseling issues discussed include mental health counseling, career counseling, rehabilitation counseling, and family counseling. Along with these, important contextual factors such as race/culture, social class, social justice, spirituality, Alzheimer’s and other dementias, and family issues are considered in light of the latest research. Each chapter contains case studies, discussion questions, a glossary, and suggestions for further reading to reinforce the material presented.

**Case Studies in Multicultural Counseling and Therapy**

Counselling Older Adults outlines the startling demographic changes in recent population patterns with particular focus on the older adult segment. The author provides an overview of the existing knowledge base in order to enable health professionals to develop their practice and enhance the world of older persons through outlining counselling issues. The book considers the theory and application
of counselling approaches to this increasing and important section of society and evaluates counselling research to date. Biological, sexual, psychological, social and spiritual perspectives are covered and particular attention is given to factors that hinder the counselling of older adults both on the part of the counsellor and the client. Theoretical approaches to older individuals are discussed in Chapter 2, while other chapters are specifically devoted to counselling older adults and evaluating its effect. In conclusion there is a consideration of both research and ethical issues. Case studies and actual counselling transcripts are included in the text making Counselling Older Adults accessible and valuable for students, lecturers and professors in counselling, psychotherapy, social work, psychology, gerontology, adult education and continuing education.

Social Work Practice With Older Adults

Counselling Older Adults

It is a well known fact that our population of persons aged 65 and over are growing at a faster rate than any other demographic. Older adults are now living longer more complex lives than previous generations. Recent census data confirms the emergence of a growing, more visible older Gay, Lesbian, Bisexual and Transgendered (GLBT) community. In spite of the diversity that now exists in older GLBT communities, very little is known about their contemporary experiences and healthcare needs. What is needed is a more inclusive understanding of older GLBT family and community life. As a result, this book will educate community professionals about the experiences of older GLBT adults and the issues they face within their families and communities. In particular, physical and mental health, family relationships, and individual development are explored in this textbook. This multidisciplinary approach to GLBT aging will also benefit undergraduate students, graduate students, and academics specializing in anthropology, education, family studies, gerontology, health studies, human development, psychology, social work, and sociology. For that matter, anyone currently researching or working with older sexual communities. This book was published as a special issue of the Journal of GLBT Family Studies.

Current Index to Journals in Education Semi-Annual Cumulations, 1991

Occupational Therapy and Older People

This book outlines a framework for art therapy with older adults rooted in a belief in the autonomy and self-efficacy of older adults, including those with dementia or other diseases of later life. Advocating for a more collaborative approach to art-making, the author presents approaches and directives designed to facilitate community engagement, stimulate intellectual and emotional exploration, and promote a sense of individual and collective empowerment. Relevant to community, assisted living, skilled nursing and dementia-care environments, it includes detailed case studies and ideas for using art therapy to tackle stigma.
around stroke symptoms and dementia, encourage increased interactions between older adults in care homes, promote resilience, and much more.

**Case Studies in School Counseling**

**The Delicate Balance**

Contemporary Case Studies in School Counseling is not a guide to school counseling but rather a conversation starter on the challenges that school counselors face on a daily basis.

**Subject Catalog of the Institute of Governmental Studies Library, University of California, Berkeley**

Social Work Practice with Older Adults promotes a strengths-based social work perspective to dispel myths and stereotypes about older adults and encourages students to focus on client strengths and resources when working with the elderly. Organized around the World Health Organization's Active Aging policy framework, this book has a unique foundation based on contemporary practice. Authors Jill Chonody and Barbra Teater focus on the major behavioral, personal, physical, social, and economic determinants. Covering micro, mezzo, and macro practice domains, this innovative text examines all aspects of working with aging populations, from assessment through termination.

**Growing Older in World Cities**

Features evidence-based, practical, and effective strategies for creating and maintaining optimal quality of life for older adults. This globally focused resource integrates sound research evidence, real-life case scenarios, and effective, practical strategies to address a key health care initiative of the 21st century: optimal quality of life for older adults. Distinguished by its broad outlook, the book includes contributions from an international cadre of widely published scholars and is designed for easy integration into traditional nursing education curricula. The book explores the experiences of older adults at home, in assisted living, and in nursing home environments, examining their complex and wide-ranging health, spiritual, and emotional needs. The book is organized into two sections that address quality of life issues. Section I broadly addresses quality of life issues across the full range of care environments, while Section II addresses some of the more specific issues and health conditions that have an impact on the quality of life of older adults. A detailed and multidimensional case study opens each chapter, including subjective and objective data focusing on the quality-of-life domain being addressed. Articulation and definition of each quality-of-life issue are presented along with information on the incidence and prevalence of the problem. Several cases addressing issues older adults encounter in preventing and managing acute and chronic disease serve as a clinical resource guide, with an emphasis on clinical reasoning. Each chapter features a comprehensive, synthesized literature review, delivering the best evidence in the field and offering effective strategies for managing care issues. Generalist and advanced practice
nursing roles in promoting quality of life, along with relevant cultural considerations, are covered in detail. Each chapter concludes with tips and strategies for the promotion of quality of life among older adults, accompanied by a list of critical thinking questions. Content is organized to be compatible with the Adult-Gero Nurse Practitioner Certification Test Plan. Key Features: Addresses key quality-of-life education and practice initiatives advanced by leading gerontology organizations worldwide Includes detailed, multifaceted case studies reflecting extensive, current evidence-based literature Describes practical, cost-effective strategies aimed at maintaining health Disseminates the universally applicable perspectives of international scholars of global aging Provides content compatible with the Adult-Gero Nurse Practitioner Certification Test Plan

**Young Programs for Older Workers**

`This is a warm, compassionate, wise book, the crystallization of Anne Orbach's many years experience of psychotherapy and counselling with the elderly people. It opens up many vistas, questions and creative possibilities for work in this field' - British Journal of Psychotherapy  `Counselling Older Clients is a handbook for practitioners, trainers and student counsellors who are interested in the experience of ageing and old age. The book offers a good beginning and a functional training tool for practitioners new to the field' - Ageing and Society `This book is wise for its years! Offers so much to all of us - not just those of us working with the 'elderly' There is something to delight, inform and challenge everyone' - Quality in Ageing `. invaluable to those in counselling training, for carers working with the older age group and for experienced counsellors who maybe interested in working with older clients - Healthcare Counselling and Psychotherapy Journal Counselling Older Clients is a much-needed guide for practitioners working with older clients in a range of settings. Highlighting the stereotypes and prejudices which frequently exist around ageing, Ann Orbach gives practical advice on how to develop an approach to counselling which is both age-affirmative and thoroughly in tune with the needs of older clients. The book explores the difficulties which people commonly experience as they get older and through examples, shows how client's can be helped in areas such as: } adjusting to retirement } the loss of a partner } coming to terms with ageing. Examining different methods of working with older clients, including brief and open-ended contracts and the use of stories to facilitate the therapeutic process, Counselling Older Clients is invaluable reading for counsellors and other professionals working with older people.

**Case Studies in Multicultural Counseling and Therapy**

**Counseling Older Persons**

The Delicate Balance is a unique and insightful resource for gerontological professionals and students. Discover valuable and poignant lessons in these first-hand accounts of the diverse therapeutic relationships encountered when counseling older adults. Case studies range from traditional to in-home to facility-based settings, serving individuals, couples, groups, or whole family and community systems. Counseling services range from self-discovery courses to
formal cognitive restructuring therapy to substance abuse interventions to care management.

**Contemporary Case Studies in School Counseling**

**Cognitive Behaviour Therapy with Older People**

This Third Edition of the bestselling Psychotherapy with Older Adults continues to offer students and professionals a thorough overview of psychotherapy with older adults. Using the contextual, cohort-based, maturity, specific challenge (CCMSC) model, it draws upon findings from scientific gerontology and life-span developmental psychology to describe how psychotherapy needs to be adapted for work with older adults, as well as when it is similar to therapeutic work with younger adults. Sensitively linking both research and experience, author Bob G. Knight provides a practical account of the knowledge, technique, and skills necessary to work with older adults in a therapeutic relationship. This volume considers the essentials of gerontology as well as the nature of therapy in depth, focusing on special content areas and common themes.

**Counseling the Older Disabled Worker**

**Counseling Older People**

Offers practical advice on helping older individuals choose second careers, plan their retirement, or prepare for death.

**Graduate and Undergraduate Study in Marriage and Family**

Case Studies in School Counseling is a valuable resource to school counselors who are seeking to enhance their program expertise with innovative approaches to facilitate student growth and development. The book contains 22 real cases, dealing with a wide range of issues faced by counselors in today's schools. The book presents cases from elementary, middle, and secondary schools. The organization of the cases provides the reader with a sense of the contributors' environment, the intent of the activity or intervention, and a sequential process for implementing the activity. General K-12 School Counselors, Psychologists, or Behavioral Interventionists and other professional counseling agencies.

**Case Studies in Child Counseling**

This timely book locates older people as major clients of occupational therapy services. It provides a comprehensive resource for students and a basic working reference for clinicians. The book encompasses current theories, debates and challenges which occupational therapists need to engage in if they are to provide pro-active and promotional approaches to ageing. Detailed coverage of bodily structures, functions and pathologies leads onto chapters dedicated to activity, occupation and participation. The ethos of the book is to inspire innovation.
in the practice of occupational therapy with older people, promoting successful ageing that entails control and empowerment. Features: * Contains many practical elements, including case studies, and narratives from practice. * Promotes active ageing. * Adopts the framework of the World Health Organization's International Classification of Functioning, Disability and Health (2001) * Specialist contributions reveal the diversity of occupational performance considerations in older age.

**Older GLBT Family and Community Life**

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.

**Journal of Housing**

Case Studies in School Counseling is a valuable resource to school counselors who are seeking to enhance their program expertise with innovative approaches to facilitate student growth and development. The book contains 22 real cases, dealing with a wide range of issues faced by counselors in today's schools. The book presents cases from elementary, middle, and secondary schools. The organization of the cases provides the reader with a sense of the contributors' environment, the intent of the activity or intervention, and a sequential process for implementing the activity. General K-12 School Counselors, Psychologists, or Behavioral Interventionists and other professional counseling agencies.

**Case Studies in Counseling Older Adults**

"Case Studies in Multicultural Counseling and Therapy is a magnificent resource that will help create a greater bridge of understanding between the academic, research, and applied domains of the mental health professions." — From the Foreword by Thomas A. Parham, PhD, Vice Chancellor, Student Affairs, University of California, Irvine; Distinguished Psychologist, Association of Black Psychologists An indispensable collection of real-life clinical cases from practicing experts in the field of multicultural counseling and psychotherapy Case Studies in Multicultural Counseling and Therapy is a one-of-a-kind resource presenting actual cases illustrating assessment, diagnostic, and treatment concerns associated with specific populations. The contributors—well-known mental health professionals who specialize in multicultural counseling and psychotherapy—draw on their personal experiences to empower therapists in developing an individually tailored treatment plan that effectively addresses presenting problems in a culturally responsive manner. Providing readers with the opportunity to think critically about multicultural factors and how they impact assessment, diagnosis, and treatment, this unique book: Covers ethical issues and evidence-based practice Integrates therapists' reflections on their own social identity and how this may have influenced their work with their clients Considers the intersectionality of
Arts Therapies in the Treatment of Depression

An invaluable, step-by-step guide for understanding the basic problems and concerns of the growing population of adults over the age of 65. Based on years of clinical research and testing, this book provides a thorough review of critical information on older adults, the aging process, and mental health issues. Organized into a useful workbook format, the book is filled with brief lectures, quizzes, exercises, and sample forms. These training materials are designed to help counselors build the interpersonal skills needed to provide aid and comfort for senior citizens requiring psychological services.