

Cognitive Behaviour Therapy with Older People



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Foreword by Aaron T. Beck, M.D.

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Cognitive Behaviour Therapy With Older People:

Cognitive Behaviour Therapy with Older People Ken Laidlaw, Larry W. Thompson, Dolores Gallagher-Thompson, Leah Dick-Siskin, 2003-07-25 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

Cognitive Behavioural Therapy with Older People Ian Andrew James, 2010-05-15 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

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

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Innovations and Advances in Cognitive Behaviour Therapy Danielle A. Einstein, 2007 Advances and innovations in cognitive behaviour therapy *Psychological Therapies with Older People* Jason Hepple, Mary-Jane Pearce, Philip Wilkinson, 2002 The authors demonstrate the value of a range of psychological interventions with older people describing the therapies most likely to be useful in mental health services for this group and considering the implications for service provision

Stories and Analogies in Cognitive Behaviour Therapy Paul Blenkiron, 2011-09-23 An accessible guide to employing stories and metaphors within cognitive behaviour therapy which will aid clinicians in providing effective treatment for their clients Provides therapists with a range of metaphors that can be employed as a tool to enable clients to gain a new perspective on their problem and reinforce their clients motivation for change CBT Cognitive Behaviour Therapy continues to grow in popularity and is strongly recommended as an effective intervention by the National Institute of Clinical Excellence Written in an engaging style that is accessible to both established practitioners and trainees in clinical psychology

The Therapeutic Relationship in Cognitive Behavioural Therapy Stirling Moorey, Anna Lavender, 2018-10-29 The therapeutic relationship in CBT is often reduced to a cursory description of establishing warmth genuineness and empathy in order to foster a collaborative relationship This does not reflect the different approaches needed to establish a therapeutic partnership for the wide range of disorders and settings in which CBT is applied This book takes a client group and disorder approach with chapters split into four sections General issues in the therapeutic relationship in CBT Therapeutic relationship issues in specific disorders Working with specific client groups Interpersonal considerations in particular delivery situations Each chapter outlines key challenges therapists face in a specific context how to predict and prevent ruptures in the therapeutic alliance and how to work with these ruptures when they occur With clinical vignettes dialogue examples and tips for therapists this book is key reading for CBT therapists at all levels

Psychotherapy in Later Life Rajesh R. Tampi, Brandon Yarns, Kristina F. Zdanys, Deena J. Tampi, 2020-01-16 A practical how to guide on choosing and delivering evidence based psychological therapies to adults in later life This book provides the latest peer reviewed evidence for using psychotherapy among older adults and will appeal to a wide range of readers including patients caregivers trainees and clinicians

Assessment and Case Formulation in Cognitive Behavioural Therapy Sarah Corrie, Michael Townend, Adrian Cockx, 2015-11-23 Offering a unique philosophical theoretical and process focused introduction to one of the cornerstones of CBT assessment and case formulation Updated and expanded to take account of the vast developments in the field of CBT since its first publication this second edition follows a clear two part structure Part One introduces trainees to the key theory practice and processes of assessment and case formulation Part Two provides practical illustrations of the theory through 12

extended case studies considering both simple and complex presenting issues Each of these chapters follows a set structure to enable easy comparison Offering all they need to know about this crucial part of their training this is essential reading for trainees on any CBT course

Oxford Textbook of Old Age Psychiatry Tom Dening, Alan Thomas, 2013-09-26 Broad in scope and with global appeal The Oxford Textbook of Old Age Psychiatry second edition is the definitive resource on old age psychiatry It comprehensively provides the latest knowledge on the science and practice of treating later life mental disorders focusing on the health and social issues that arise around ageing dementia co morbidity dependency and the end of life in progressively ageing societies across the world Published in previous incarnations as the much loved Psychiatry in the Elderly this core resource for all old age psychiatrists trainees and other clinical professionals treating older people's mental health has been fully revised updated and significantly expanded Twelve months inclusive access to the online version including the full text which can be browsed by the contents list index or searched links from references to external sources via PubMed ISI and CrossRef and the ability to download all figures and illustrations into PowerPoint ensures that it remains the leading text on old age psychiatry in the field Maintaining the classic combination of comprehensive coverage clear writing style and the provision of authoritative and up to date information from earlier editions this highly respected volume covers the underpinning basic science both the neurobiological and social varieties clinical practice and specific disorders as well as providing information on psychiatric services for older people and medico legal and ethical issues that often present hard challenges for those treating older patients Taking a global approach by highlighting both the common burdens and the differences in management from country to country and with a much expanded cast of contributors providing a truly international perspective The Oxford Textbook of Old Age Psychiatry second edition includes information on all the latest improvements and changes in the field New chapters are included to reflect the development of old age care covering palliative care the ethics of caring and living and dying with dementia Existing chapters have also been revised and updated throughout and additional information is included on brain stimulation therapies memory clinics and services and capacity which now includes all mental capacity and decision making Providing extensive coverage and written by experts the field the second edition of the Oxford Textbook of Old Age Psychiatry is an essential resource no old age psychiatrist trainee or anyone working in the field of mental health care for older people should be without a copy on their bookshelf

Low Intensity Cognitive Behaviour Therapy Mark Papworth, Theresa Marrinan, 2018-10-04 This is the essential book for any health professionals whose role incorporates low intensity CBT It introduces readers to the principles and skills of cognitive behaviour therapy and guides them through the entire process of working with adult patients with common mental health problems Beginning at the initial assessment it takes students through the implementation of interventions to the management of ending Detailed case studies illustrate each step of patients recovery journeys This new edition is updated in line with changes in the PWP curriculum and broader IAPT policies includes new chapters on working with older adults and

patients with long term conditions adds new exercises to help readers reflect on their own practice and builds confidence to help them become outstanding practitioners

Cognitive Behavioural Therapy in Mental Health Care Alec Grant, Michael Townend, Ronan Mulhern, Nigel Short, 2010-02-17 This second edition provides an accessible and thorough overview of the practice of CBT within mental health care Updates and additions include Revised chapters on the therapeutic relationship and case formulation New material on personality disorders and bipolar disorder New material on working with diversity Content on the multidisciplinary context of CBT the service user perspective CBT from a holistic perspective Developments within the cognitive behavioural psychotherapies Continuous professional development for the CBT practitioner Photocopiable worksheets linked to case studies Already a tried and tested guide for trainee psychologists and psychotherapists as well as clinicians in mental health services and private practices this text is also of value to practitioners who need refresher courses in CBT

Handbook of the Clinical Psychology of Ageing Robert T. Woods, Linda Clare, 2015-06-22 The first authoritative reference on clinical psychology and aging the Handbook of the Clinical Psychology of Ageing was universally regarded as a landmark publication when it was first published in 1996 Fully revised and updated the Second Edition retains the breadth of coverage of the original providing a complete and balanced picture of all areas of clinical research and practice with older people Contributions from the UK North America Scandinavia and Australia provide a broad overview of the psychology of aging psychological problems including depression anxiety psychosis and dementia the current social service context and assessment and intervention techniques

The CBT Handbook Windy Dryden, Rhena Branch, 2011-11-15 The CBT Handbook is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising 26 accessible chapters from leading experts in the field the book covers CBT theory practice and research Chapters include CBT Theory CBT Skills Assessment and Case Formulation in CBT The Therapeutic Relationship in CBT Values and Ethics in CBT Reflective and Self Evaluative Practice in CBT Supervision of CBT Therapists Multi disciplinary working in CBT Practice This engaging book will prove an indispensable resource for CBT trainees and practitioners

How to Become a More Effective CBT Therapist Adrian Whittington, Nick Grey, 2014-04-21 How to Become a More Effective CBT Therapist explores effective ways for therapists to move beyond competence to metacompetence remaining true to the core principles of CBT while adapting therapeutic techniques to address the everyday challenges of real world clinical work This innovative text explores how to Work most effectively with fundamental therapeutic factors such as the working alliance and diversity Tackle complexities such as co morbidity interpersonal dynamics and lack of progress in therapy Adapt CBT when working with older people individuals with long term conditions LTCs intellectual disabilities personality disorders and psychosis Develop as a therapist through feedback supervision self practice and training

The Wiley-Blackwell Handbook of Mood Disorders Mick Power, 2013-08-19 The Wiley Blackwell Handbook of Mood Disorders 2 e reflects the important and fast changing advancements that have occurred in theory and practice in unipolar and bipolar mood disorders There is no other

current reference that gathers all of these developments together in a single book Every chapter is updated to reflect the very latest developments in theory and practice in unipolar and bipolar mood disorders Includes additional chapters which cover marital and family therapy medical disorders and depression and cross cultural issues Contributions are from the world's leading authorities and include psychiatrists and clinical psychologists with experience in both research and in practice Focuses on innovations in science and clinical practice and considers new pharmacological treatments as well as psychological therapies

Key Topics in Psychiatry Sheena C. Jones, Kate Roberts, 2007-01-01 This title is directed primarily towards trainee psychiatrists sitting MRCPsych or similar exams and qualified psychiatrists It summarizes information on a wide range of topics such as important journal articles clinical trials government White Papers guidelines and rating scales which are vital for both good exam performance and clinical practice but which are not available elsewhere between one set of covers Brings together information from disparate sources on the major areas of psychiatry saves much trawling through journals and other sources Covers the vital areas for each topic as relevant summaries of journal articles clinical trials government directives national guidelines Presents the information in an easily accessible form through the use of bullet points lists tables and diagrams Invaluable for the hard pressed exam candidate revising for the essay paper and clinical sections of Part II of the MRCPsych and similar exams Also highly relevant for psychiatric CPD and for day to day practice

Practical Management of Affective Disorders in Older People Stephen Curran, John Wattis, 2008 Building on the success of Practical Psychiatry of Old Age now in its Fourth Edition this book looks in more detail at affective disorders from a variety of perspectives It includes expert contributions on areas such as aetiology diagnosis and psychological and pharmacological treatment It also focuses on a contextual approach to the management of affective disorders in areas like primary care and geriatric medicine as well as the specific contributions of disciplines such as nursing social work and occupational therapy User and carer viewpoints are also included along with the often neglected spiritual aspects of managing these conditions This balanced inclusive and practical approach makes it ideal for all members of the multi disciplinary team involved in the management of affective disorders in older people

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

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