Cognitive Behaviour Therapy with Older People

Seeing older age as a time of loss and helplessness too often prevents therapists from providing treatments that can be of enormous benefit to older people. The authors draw upon their collective wealth of clinical experience to provide a comprehensive and practical guide to the applications of CBT to older adults.

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.

Publication Year: 2003
Edition: 1st
Author/Editor: Laidlaw, Ken; Thompson, Larry W.; Gallagher-Thompson, Dolores; Dick-Siskin, Leah
Publisher: Wiley
ISBN: 978-0-471-48710-4
Platform: Ovid
Product Type: Book
Speciality: Clinical Psychology
Language: English
Pages: 232
Illustrations: 0
Included In: Wiley Psychology Book Collection