

Cognitive Behaviour Therapy with Older People



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Foreword by Aaron T. Beck, M.D.

Cognitive Behaviour Therapy With Older People

Ian Andrew James



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

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

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

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

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Table of Contents Cognitive Behaviour Therapy With Older People

1. Understanding the eBook Cognitive Behaviour Therapy With Older People
 - The Rise of Digital Reading Cognitive Behaviour Therapy With Older People
 - Advantages of eBooks Over Traditional Books
2. Identifying Cognitive Behaviour Therapy With Older People
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cognitive Behaviour Therapy With Older People
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cognitive Behaviour Therapy With Older People
 - Personalized Recommendations
 - Cognitive Behaviour Therapy With Older People User Reviews and Ratings
 - Cognitive Behaviour Therapy With Older People and Bestseller Lists
5. Accessing Cognitive Behaviour Therapy With Older People Free and Paid eBooks

- Cognitive Behaviour Therapy With Older People Public Domain eBooks
- Cognitive Behaviour Therapy With Older People eBook Subscription Services
- Cognitive Behaviour Therapy With Older People Budget-Friendly Options
- 6. Navigating Cognitive Behaviour Therapy With Older People eBook Formats
 - ePub, PDF, MOBI, and More
 - Cognitive Behaviour Therapy With Older People Compatibility with Devices
 - Cognitive Behaviour Therapy With Older People Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cognitive Behaviour Therapy With Older People
 - Highlighting and Note-Taking Cognitive Behaviour Therapy With Older People
 - Interactive Elements Cognitive Behaviour Therapy With Older People
- 8. Staying Engaged with Cognitive Behaviour Therapy With Older People
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cognitive Behaviour Therapy With Older People
- 9. Balancing eBooks and Physical Books Cognitive Behaviour Therapy With Older People
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cognitive Behaviour Therapy With Older People
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Cognitive Behaviour Therapy With Older People
 - Setting Reading Goals Cognitive Behaviour Therapy With Older People
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cognitive Behaviour Therapy With Older People
 - Fact-Checking eBook Content of Cognitive Behaviour Therapy With Older People
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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