



Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work)

By Dolores Gallagher-Thompson, Larry W. Thompson

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Depression is a common problem for individuals in their senior years. Conservative estimates suggest that more than five million seniors over 65 are suffering from severe depression. How can you help your older clients manage depressed mood?

This Therapist Guide outlines a three-phase program based on the principles of cognitive-behavioral therapy. Designed specifically for use with older adults, this treatment generally is delivered over the course of 16 - 20 sessions. In Phase 1 of the intervention, clients are introduced to the program and are encouraged to develop goals for therapy. The focus of Phase 2 is on helping the client acquire the cognitive and behavioral skills needed to meet the therapy goals. It is during this phase that clients learn the benefits of participating in pleasant activities, how to challenge negative thinking, how to manage feelings of anger and frustration through relaxation, and how to improve communication skills. Phase 3 deals with termination and how to maintain the gains obtained in therapy.

Step-by-step instructions for administering therapy are provided in a user-friendly format, along with information on screening and assessment. A separate chapter on age-related issues that may affect treatment guides you through potentially difficult clinical situations. Complete with sample dialogues, at-home assignments, and lists of materials needed, this comprehensive guide includes all the tools necessary for facilitating effective treatment.

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Editorial Review

Review

The authors' experience of working with this group is evident and their advice invaluable; particularly so for clinicians who may be new to this client group. It is structured such that once familiar with the protocol, the reader can quickly refer to a specific technique detailed in the book. Although the book is written by American authors it lends itself extremely well to UK practice and overall would make an excellent choice for any clinician practising CBT with older adults. The Journal of Critical Psychology, Counselling and Psychotherapy, March 2013 This is one of the most comprehensive descriptions of practical CBT that I have read and, even without the client workbook, it does stand alone as a useful workbook for trainee CBT therapists and as a reference book for the more experienced therapist. Healthcare Counselling and Psychotherapy Journal

About the Author

Dolores Gallagher-Thompson is Research Professor of Psychiatry and Behavioral Science, Stanford University. Larry W. Thompson is The Goldman Family Professor of Psychology, Pacific Graduate School; Professor Emeritus, Stanford University.

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