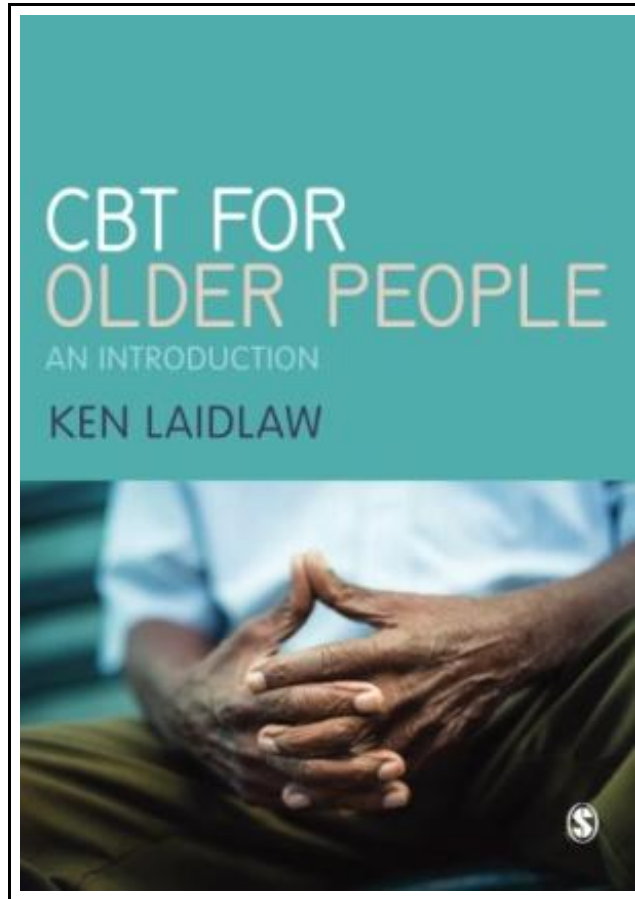


CBT for Older People: An Introduction



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Reviews

The ebook is fantastic and great. It really is basic but unexpected situations within the fifty percent in the book. Its been written in an exceptionally basic way in fact it is only after i finished reading through this ebook by which actually modified me, modify the way in my opinion.

(Ms. Donna Parker MD)

CBT FOR OLDER PEOPLE: AN INTRODUCTION



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SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, CBT for Older People: An Introduction, Kenneth Laidlaw, 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; and, 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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