



Making Evidence-based Psychological Treatments Work With Older Adults

Forrest Scogin

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In this new release by geropsychology scholars Forrest Scogin and Avani Shah, researchers and clinicians come together in each chapter to discuss the prevalent psychological disorders that afflict this burgeoning population.

Each chapter focuses on one of the major presenting problems anxiety, insomnia, depression, memory function, and behavioral disturbances with researchers identifying successful evidence-based treatments (EBTs), and clinicians discussing how their specific expertise and flexibility maximized EBT fidelity while tailoring the EBT to the special needs and conditions of their older clients.

Written for clinicians who specialize in psychotherapy and counseling with older adults, this timely book will also appeal to practitioners who work with elders in assisted-living facilities or in home settings. The final chapter of the book is devoted to family caregivers who also experience psychological symptoms in caring for an older parent or other relative.

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