



CBT for Older People: An Introduction

Kenneth Laidlaw

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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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