

Contents

1. BEHAVIORAL AND COGNITIVE TREATMENTS FOR GERIATRIC DEPRESSION: AN EVIDENCE-BASED PERSPECTIVE.....	1
Kathryn S. Moss and Forrest R. Scogin	
BACKGROUND/PREVALENCE	1
EVIDENCE BASE	3
ASSESSMENT CONSIDERATIONS	3
TREATMENT/INTERVENTION APPROACH	4
Behavioral Therapy.....	5
Cognitive-Behavioral Therapy.....	6
Cognitive Bibliotherapy.....	7
Problem-Solving Therapy.....	8
Combination Treatment	8
ISSUES OF DIVERSITY	10
CASE EXAMPLE	11
COMMENTARY.....	13
CONCLUSION.....	13
References.....	14
2. TREATING GENERALIZED ANXIETY IN A COMMUNITY SETTING	18
J. Gayle Beck	
GENERALIZED ANXIETY IN OLDER ADULTS – PREVALENCE, DEFINITIONS, AND CONUNDRUMS.....	18
UNDERSTANDING DIVERSITY ISSUES.....	21
ASSESSMENT STRATEGIES	21
Clinician-Administered Measures	21
Self-Report Measures.....	22
PSYCHOSOCIAL TREATMENTS FOR GENERALIZED ANXIETY	24

THE CASE OF EVIE AND HER ANGST	26
COMMENTARY	28
CONCLUSION	28
References	29
3. TREATMENT OF LATE-LIFE GENERALIZED ANXIETY DISORDER IN PRIMARY CARE SETTINGS	33
Gretchen A. Brenes, Paula Wagener, and Melinda A. Stanley	
BRIEF REVIEW OF EMPIRICALLY SUPPORTED TREATMENTS OF ANXIETY IN OLDER ADULTS	33
MODELS OF INTEGRATION OF MENTAL HEALTH TREATMENT: PRIMARY CARE SETTING.....	34
EXTENDING PSYCHOTHERAPY FOR LATE-LIFE GAD INTO PRIMARY CARE	36
A CLINICAL PERSPECTIVE ON INTEGRATING PSYCHOTHERAPY INTO THE PRIMARY CARE SETTING	37
ASSESSMENT OF ANXIETY IN PRIMARY CARE SETTINGS	39
DIVERSITY	40
CASE STUDY	40
SUMMARY AND NEW DIRECTIONS IN THE TREATMENT OF GAD.....	43
References	43
4. COGNITIVE-BEHAVIOR THERAPY FOR LATE-LIFE INSOMNIA	48
Kristen C. Stone, Andrea K. Booth, and Kenneth L. Lichstein	
ASSESSMENT CONSIDERATIONS LINKED TO TREATMENT PLANNING.....	49
TREATMENT	51
Behavioral Interventions.....	51
Cognitive Interventions.....	54
CASE EXAMPLE	55
COMBINING PHARMACOLOGICAL AND CBT INTERVENTIONS	56
ISSUES OF DIVERSITY	57
SES and Ethnicity/Culture	57
Cognitive Impairment	57
CONCLUSION.....	58
References.....	58

5. A RELAPSE PREVENTION MODEL FOR OLDER ALCOHOL ABUSERS	61
Larry W. Dupree, Lawrence Schonfeld, Kristina O. Dearborn-Harshman, and Nancy Lynn	
ISSUES OF DIVERSITY	62
SCREENING AND ASSESSMENT	62
TREATMENT APPROACHES	63
The Relapse Prevention Model	63
The CBT/Self-Management Model	65
Determining Discharge Readiness	69
Follow-Up and Aftercare	69
Suggestions for Counselors.....	70
CASE EXAMPLE: THE WIDOW WHO DRANK ALONE.....	71
Drinking Pattern.....	71
Intervention	71
PHARMACOLOGICAL APPROACHES	72
SUMMARY	73
References.....	73
6. COGNITIVE-BEHAVIORAL PAIN MANAGEMENT INTERVENTIONS FOR LONG-TERM CARE RESIDENTS WITH PHYSICAL AND COGNITIVE DISABILITIES	76
P. Andrew Clifford, Daisha J. Cipher, Kristi D. Roper, A. Lynn Snow, and Victor Molinari	
PAIN IN LONG-TERM CARE.....	76
SPECIAL CONSIDERATIONS REGARDING PAIN IN OLDER PERSONS WITH DEMENTIA	77
EVIDENCE OF THE EFFECTIVENESS OF CBT FOR OLDER ADULTS WITH CHRONIC PAIN.....	78
PSYCHOLOGICAL ASSESSMENT FOR PAIN MANAGEMENT.....	79
Psychosocial History.....	79
Cultural, Personality, and Psychophysiological Styles Affecting Pain Experience and Expression.....	80
Cognitive Assessment.....	81
Psychiatric History and Current Medical Symptoms.....	86
Medical Conditions Associated with Acute and Chronic Pain.....	86
Pain Assessment.....	86
NOCICEPTIVE/PERCEPTUAL ASSESSMENTS	87
One-Item Pain Rating Scales	87

Minimum Data Set 2.0.....	87
Behavioral Observational Pain Severity Scales.....	87
Assessment of ADL and Behavioral Dysfunction	
Associated with Pain.....	88
Multidimensional Assessment Batteries.....	89
GMCBT.....	89
Case Conceptualization and Psychological Care Plans.....	89
GMCBT: A Comprehensive Approach to Pain Management.....	91
Case Study.....	92
PHARMACOLOGICAL INTERVENTIONS.....	96
DIVERSITY ISSUES.....	96
References.....	97
7. REDUCING PSYCHOSOCIAL DISTRESS	
IN FAMILY CAREGIVERS.....	102
Ann M. Steffen, Judith R. Gant, and Dolores Gallagher-Thompson	
BACKGROUND.....	102
Overview of Caregiver Distress: Why Do We Need Interventions for Caregivers?.....	102
Diversity Issues in Intervention Research.....	104
ASSESSMENT ISSUES AND RECOMMENDATIONS.....	106
CASE EXAMPLES.....	107
Case Study #1: Brendan.....	107
Case Study #2: Esther.....	109
DIRECTIONS FOR FUTURE RESEARCH.....	112
References.....	114
8. INTEGRATED PSYCHOSOCIAL REHABILITATION	
AND HEALTH CARE FOR OLDER PEOPLE WITH	
SERIOUS MENTAL ILLNESS.....	118
Meghan McCarthy, Kim T. Mueser, and Sarah I. Pratt	
EVIDENCE BASE.....	118
THE HOPES PROGRAM.....	120
ASSESSMENT.....	120
DESCRIPTION OF THE HOPES PROGRAM COMPONENTS.....	121
Orientation to the HOPES Program.....	121
Skills Training Classes.....	122

Curriculum 122

Community Practice Trips 122

Health Management Meetings 123

CONTENT OF THE SKILLS TRAINING CURRICULUM 123

SKILLS TRAINING METHODS 123

STEPS OF SOCIAL SKILLS TRAINING..... 125

 Establish the Rationale for the Skill..... 125

 Introducing the New Skill..... 125

 Practicing the Skill..... 126

 Home Practice..... 129

 Planning for the Community Trip..... 129

AGE-RELATED ADAPTATIONS TO SKILLS TRAINING..... 129

ADAPTATIONS TO SKILLS TRAINING TO
 ACCOMMODATE COGNITIVE IMPAIRMENT..... 130

HEALTH MANAGEMENT PROCEDURES..... 130

INTEGRATION OF COMPONENTS 131

CASE EXAMPLE 131

DIVERSITY ISSUES 132

SUMMARY 133

 References..... 133

9. COGNITIVE THERAPY FOR SUICIDAL

OLDER ADULTS 135

Gregory K. Brown, Lisa M. Brown, Sunil S. Bhar, and Aaron T. Beck

EVIDENCE-BASED TREATMENT FOR DEPRESSION
 WITH SUICIDAL OLDER ADULTS 137

SUICIDE RISK ASSESSMENT 138

COGNITIVE THERAPY FOR SUICIDAL OLDER
 ADULTS AND CASE EXAMPLE 140

 Developing a Safety Plan..... 140

 Constructing a Cognitive Case Conceptualization 141

 Case Example..... 141

*Targeting Hopelessness and Increasing
 Problem-Solving Skills*..... 143

Improving Social Resources 144

Improving Adherence to Medical Regimen..... 144

Increasing the Reasons for Living 145

Termination Issues 145

DIVERSITY ISSUES 146

SUMMARY 147

 References..... 147

10. COGNITIVE THERAPY FOR OLDER PEOPLE WITH PSYCHOSIS	151
David Kingdon, Maged Swelam, and Eric Granholm	
ADAPTING COGNITIVE THERAPY FOR OLDER PEOPLE WITH PSYCHOSIS.....	151
EVIDENCE FOR THE EFFICACY OF COGNITIVE THERAPY FOR OLDER PEOPLE WITH PSYCHOSIS	152
USE OF MEDICATION.....	153
USE OF COGNITIVE THERAPY IN PRACTICE	153
Assessment.....	154
Formulation and Goal Setting	157
PSYCHOEDUCATION AND NORMALIZATION	158
Working with Hallucinations.....	159
Case Formulation and Intervening with Delusions.....	161
CASE STUDY	163
Second Session.....	166
Third Session	167
CONCLUSION.....	168
References.....	168
11. BEHAVIORAL INTERVENTIONS TO IMPROVE MANAGEMENT OF OVERWEIGHT, OBESITY, AND DIABETES IN PATIENTS WITH SCHIZOPHRENIA	171
Christine L. McKibbin, David Folsom, Jonathan Meyer, A’verria Sirkin, Catherine Loh, and Laurie Lindamer	
EVIDENCE BASE	172
DIABETES MANAGEMENT AND REHABILITATION	
TRAINING	173
Theoretical Foundation	173
Basic Structure.....	173
Assessment.....	174
Pilot Test of the DART Program	174
Cognitive-Behavioral Elements of the DART Intervention	175
<i>Goal Setting</i>	175
<i>Short-Term Goals</i>	175
<i>Behavioral Monitoring</i>	175
<i>Stimulus Control</i>	176
<i>Problem-Solving</i>	176
<i>Behavioral Shaping Through Use of Incentives</i>	177
<i>Graded-Task Assignments</i>	177

Modifications for Older Adult Patients with Serious
 Mental Illness..... 178
 CASE EXAMPLE: Ms. B..... 179
 Overview..... 179
 Assessment..... 179
 Intervention..... 180
 Outcomes 181
 DIVERSITY ISSUES 181
 SUMMARY..... 182
 References..... 183

**12. DIALECTICAL BEHAVIOR THERAPY FOR
 PERSONALITY DISORDERS IN OLDER ADULTS 187**
 Jennifer S. Cheavens and Thomas R. Lynch

EVIDENCE BASE FOR TREATMENT OF OLDER
 ADULTS..... 188
 Study 1 188
 Study 2 189
 ASSESSMENT CONSIDERATIONS 189
 DBT^{D+PD} FOR OLDER ADULTS WITH PERSONALITY
 DISORDERS 190
 Individual Therapy..... 191
 Group Skills Training 191
 Telephone Consultation 192
 Team Consultation..... 193
 CASE EXAMPLE 193
 Assessment..... 193
 Treatment Interventions..... 193
 Treatment Outcome 195
 DBT^{D+PD} IN COMBINATION WITH
 PSYCHOPHARMACOLOGICAL TREATMENT 195
 DIVERSITY ISSUES AND PERSONALITY DISORDERS
 IN OLDER ADULTS 196
 CONCLUSION..... 197
 References..... 197

13. TREATING PERSONS WITH DEMENTIA IN CONTEXT 200
 Jane E. Fisher, Claudia Drossel, Kyle Ferguson, Stacey Cherup,
 and Merry Sylvester

COGNITIVE DECLINE, BEHAVIORAL,
 AND PSYCHOLOGICAL SYMPTOMS..... 200
 Pharmacological Treatment 201

Behavioral Treatment.....	201
THE FUNCTIONAL ANALYTIC MODEL.....	202
Evidence Base for the FA Model.....	202
Assessment Issues Unique to Dementia	203
Behavior Change Strategies.....	205
Treatment Goals.....	205
CASE EXAMPLE	209
Initial Contact.....	209
Case Conceptualization.....	210
Descriptive Functional Assessment	210
Initial Coaching Plan.....	211
The First Two Years	212
The Third Year.....	212
Second Coaching Plan	213
The Fourth Year.....	213
Third Coaching Plan	214
References.....	215
14. COGNITIVE BEHAVIORAL CASE MANAGEMENT FOR DEPRESSED LOW-INCOME OLDER ADULTS	219
Patricia A. Areán, George Alexopoulos, and Joyce P. Chu	
BACKGROUND	219
EVIDENCE BASE	221
ASSESSMENT CONSIDERATIONS	222
TREATMENT MODEL	223
The Structure of CB Case Management	224
Case Example.....	225
CULTURAL CONSIDERATIONS.....	226
CONCLUSIONS.....	228
References.....	228
15. POST-STROKE DEPRESSION AND CBT WITH OLDER PEOPLE	233
Ken Laidlaw	
UNDERSTANDING THE CONTEXT OF CBT FOR POST-STROKE DEPRESSION.....	233
Stroke	234
POST-STROKE DEPRESSION.....	234
Assessment of Depression Following a Stroke.....	236
The Efficacy of CBT as a Treatment for Post-Stroke Depression.....	237

THE APPLICATION OF CBT FOR
 POST-STROKE DEPRESSION..... 239
 Characteristics of CBT for PSD..... 239
 The Application of CBT for PSD 239
 Assessment and Therapy..... 242
 CASE EXAMPLES OF CBT FOR PSD 243
 First Case Mr. C..... 243
 An Example Illustrating the Use of SOC in CBT
 for Post-Stroke Depression 244
 SUMMARY 245
 References..... 246

**16. COGNITIVE BEHAVIORAL THERAPY FOR OLDER
 ADULTS WITH BIPOLAR DISORDER..... 249**
 Robert Reiser, Diana Truong, Tam Nguyen, Wendi Wachsmuth,
 Rene Marquett, Andrea Feit, and Larry W. Thompson

CLINICAL PRESENTATION IN OLDER ADULTS..... 250
 ASSESSMENT 251
 Depression..... 251
 Mania 251
 TREATMENT APPROACH..... 252
 Pharmacotherapy..... 252
 Psychosocial Treatment 252
 The Role of Social Rhythm Stability in Reducing Episodes 253
 A CONCEPTUAL MODEL FOR PSYCHOSOCIAL
 TREATMENT OF OLDER ADULTS 253
 SOCIALIZING OLDER ADULTS TO COGNITIVE
 BEHAVIORAL THERAPY 254
 ADAPTING COGNITIVE THERAPY TO OLDER
 ADULTS WITH PHYSICAL AND COGNITIVE
 LIMITATIONS..... 254
 TREATING BIPOLAR DEPRESSION 255
 BEHAVIORAL STRATEGIES FOR TREATING BIPOLAR
 DEPRESSION IN OLDER ADULTS 255
 TREATING MANIA IN OLDER ADULTS..... 256
 CASE EXAMPLE – COPING WITH HYPOMANIA:
 “I’M A SUPERWOMAN” 257
 CASE EXAMPLE: MRS. M 258
 History..... 258
 Current Family and Social Context..... 258
 Specific Age-Related Issues..... 259
 SUMMARY 260
 References..... 260

17. MEANING RECONSTRUCTION IN LATER LIFE: TOWARD A COGNITIVE-CONSTRUCTIVIST APPROACH TO GRIEF THERAPY	264
Robert A. Neimeyer, Jason M. Holland, Joseph M. Currier, and Tara Mehta	
BACKGROUND: PATHWAYS THROUGH BEREAVEMENT.....	265
ASSESSMENT	267
CONCEPTUAL ISSUES.....	270
TREATMENT	271
CASE ILLUSTRATION	273
CONCLUSION.....	274
References.....	275
 18. PTSD (POST-TRAUMATIC STRESS DISORDER) IN LATER LIFE.....	 278
Lee Hyer and Amanda Sacks	
EMPIRICALLY SUPPORTED TREATMENT AND PRINCIPLES	278
ACUTE AND CHRONIC TRAUMA AT LATE LIFE	280
AGING ISSUES OF TRAUMA: VULNERABILITY AND STRESS INOCULATION HYPOTHESES.....	281
ASSESSMENT	282
TREATMENT MODEL	283
CASE EXAMPLE	286
Assessment.....	287
Treatment	288
CONCLUSION.....	289
References.....	289
 19. TRAINING OF GERIATRIC MENTAL HEALTH PROVIDERS IN CBT INTERVENTIONS FOR OLDER ADULTS	 295
Nancy A. Pachana, Bob Knight, Michele J. Karel, and Judith S. Beck	
CORE COMPETENCIES IN WORKING WITH OLDER ADULTS	295
IMPORTANCE OF CBT COMPETENCIES IN FORMAL TRAINING PROGRAMS AS WELL AS CONTINUING EDUCATION	297
THERAPIST SKILLS TRAINING MODELS.....	299
SUPERVISION OF SKILLS TRAINING IN GEROPSYCHOLOGY.....	301

CONCLUSIONS.....	303
References.....	303
APPENDIX.....	305
TRAINING COURSES	305
North America	305
International.....	306
PROFESSIONAL SOCIETIES (AGING FOCUS).....	306
PROFESSIONAL SOCIETIES (CBT FOCUS).....	307
MANUALS AND PUBLICATIONS OF NOTE	308
20. THE ROLE OF POSITIVE AGING IN ADDRESSING THE MENTAL HEALTH NEEDS OF OLDER ADULTS	309
R. D. Hill and E. Mansour	
SOC AND RESERVE CAPACITY	311
CBT AND POSITIVE AGING CHARACTERISTICS	313
Dealing with Age-Related Decline	313
Making Affirmative Lifestyle Choices	314
Invoking Novel Problem Solving Strategies.....	314
Focusing on the “Positives”	315
MEANING-CENTERED STRATEGIES AND COPING	
CAPACITY.....	315
Gratitude	316
Altruism	316
Forgiveness	317
CASE PRESENTATION.....	318
References.....	321
21. HOW MEDICARE SHAPES BEHAVIORAL HEALTH PRACTICE WITH OLDER ADULTS IN THE US: ISSUES AND RECOMMENDATIONS FOR PRACTITIONERS.....	323
Paula E. Hartman-Stein and James M. Georgoulakis	
WHY BOTHER TO BECOME A MEDICARE PROVIDER?	325
ESSENTIAL SOURCES OF INFORMATION	326
A CAUTIONARY TALE FOR MEDICARE PROVIDERS	326
THE RESOURCE-BASED RELATIVE VALUE SCALE, BASIS OF REIMBURSEMENT	327
ADVOCACY EFFORTS MAKE A DIFFERENCE.....	328
MEDICAL NECESSITY.....	328
DOCUMENTATION SHOULD REFLECT OBSERVABLE SYMPTOMS AND/OR PROBLEM BEHAVIORS	329
AUDITS IMPACT CLINICAL PRACTICE.....	329

THE USE OF MODIFIERS IN CORRECT BILLING.....	330
EXPANSION AND CHANGE OF CLINICAL PROCEDURAL CODES.....	330
DOCUMENTATION OF CLINICAL SERVICE.....	330
DEVELOP A MEDICARE COMPLIANCE PLAN FOR YOUR PRACTICE.....	332
PAY-FOR-PERFORMANCE: A FUTURE TREND IN MEDICARE REIMBURSEMENT?	333
References.....	333
INDEX.....	335



<http://www.springer.com/978-0-387-72006-7>

Handbook of Behavioral and Cognitive Therapies with
Older Adults

Gallagher Thompson, D.; Steffen, A.; Thompson, L.W.
(Eds.)

2008, XXXIV, 346 p., Hardcover

ISBN: 978-0-387-72006-7