



# Cognitive Behavioural Therapy with Older People: Interventions for Those with and Without Dementia

*Ian Andrew James*

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The development of 'ageless' mental health services means that an increasing number of clinicians are now required to work with older people. Cognitive Behavioural Therapy is recognized by all recent meta-analyses as the most effective therapy, yet few clinicians are trained specifically in its usage with the elderly. This book is the first ever detailed guide to using CBT with older people both with and without cognitive difficulties, and reviews its use in different settings, covering both conceptual and practical perspectives. Ian James discusses CBT and its adaptation, moving on to review therapy in terms of the key stages of assessment, formulation and interventions. Case studies in both depression and dementia, together with observations from real-life practice, are then used to provide practical advice. Much of the material draws from standard therapeutic processes and techniques, but it is presented in a manner that makes it more appropriate to an older generation. Rather uniquely, the book provides practical guidance on how to work therapeutically with people with dementia, particularly those living in care. Indeed, one of the final chapters provides 'state-of-the-art' descriptions on how to help staff who are faced with challenging behaviors. This book is suitable for trainees and experienced therapists. It contains material relevant to therapists working across all age ranges. It deals with the therapy of choice for working with people with depression and anxiety across the age ranges. All meta-analyses suggest that CBT is the preferred therapy for working with older people. This should be first sentence. There are relatively few teaching texts on using CBT with older people. None provide a detailed account of using CBT with people with dementia - USP. It presents the following structure: causes, overview of treatments, (inc medication), working into different settings, case studies, general overview.

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