Counselling and Psychotherapy with Older People in Care: A Support Guide

Jessica Kingsley Publishers (2018)

ACKNOWLEDGEMENTS PREFACE INTRODUCTION

The Perfect Storm

Incidences of distress Our ageing population Shortage of worker interest & expertise

Same Ripple, Different Ponds A Special Breed of Senior A Disclaimer

PART 1: THE CONTEXT

1. Residential Living

Building Trust with Staff
Who is Your Client?
Negotiating the Space
The organizational-political space
The physical space
Collaboration is Key
Personal Reflection

2. Barriers to Engagement

The Referral Context
Resident Unfamiliarity & Wariness
'The Lucky Generation'
Martians, counsellors, all the same
Can they trust you (really?)
Positive Psychology?
Personal Reflection

3. Types of Distress

Physical
Neurological
Social or Spiritual
Psychological
Environmental or Lifestyle
Personal Reflection

PART 2: INTERVENTION

4. The Moving Wheel of Assessment

The Mental Health and Neurological Spectrum
Determining Suitability and Whose Problem It Is

Informal Assessment

Formal Assessment

The Mini Mental State Examination

The Emotion Thermometers Tool

The Geriatric Depression Scale

The Intake Form

Senior-friendly measures in formal assessment

Senior-friendly approaches in formal assessment

Personal Reflection

5. Invitations for Engagement

The Missing Jigsaw Piece

Undercover Agents

The Life Story Interview

Personal Reflection

6. Types of Engagement

Issue-Specific Interventions

Grief and loss

Readiness to die

Experiences of pain and stress

Complex childhood trauma and PTSD

Multimodal Interventions

Acceptance Commitment Therapy & Mindfulness-Based Interventions

Cognitive Behavioural Therapy

Interpersonal Therapy

Narrative Therapy

Reminiscence Therapy and Life Review

An Integrated Model for Intervention

Formal engagement

Informal or foundational engagement

Personal Reflection

PART 3: THE BIGGER PICTURE

7. Caring for You the Psychotherapist

The Mickey Mouse Mindset

Buttons & Formal Supervision

Transference and countertransference

The constancy of death and decline

Managing your own distress

Compassion Satisfaction

Dealing with Frustrations and Disillusions

Personal Reflection

8. Disempowering Attitudes

Urgh!
'O' is for Obsolete
It's Not Worth It
What Do You Expect?
Where's the Progression?
Personal Reflection

9. Building Senior-Friendly Care Systems

Empowerment or Dependency?

Therapist need

Perpetuating a "needy" context

Insatiable need

Relevant Programmes of Specialist Care

Initial engagement approach

Formal intervention and relationship

Internal programme contexts

External socio-political contexts

Accessibility All Round

Privates rebates that appreciate complexity

Models of training and practice not dominated by clinical psychology

Services free from requiring a mental health care plan

Active attempts to offset internalized ageism

Consult below and advocate up

Bring Sexy Back! Summary

APPENDICES

DEFINITIONS

REFERENCES

FURTHER READING AND RESOURCES