



# Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work)

By Dolores Gallagher-Thompson, Larry W. Thompson

[Download now](#)

[Read Online](#) 

**Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work)** By Dolores Gallagher-Thompson, Larry W. Thompson

Depression is a common problem for individuals in their senior years. Conservative estimates suggest that more than five million seniors over 65 are suffering from severe depression. How can you help your older clients manage depressed mood?

This Therapist Guide outlines a three-phase program based on the principles of cognitive-behavioral therapy. Designed specifically for use with older adults, this treatment generally is delivered over the course of 16 - 20 sessions. In Phase 1 of the intervention, clients are introduced to the program and are encouraged to develop goals for therapy. The focus of Phase 2 is on helping the client acquire the cognitive and behavioral skills needed to meet the therapy goals. It is during this phase that clients learn the benefits of participating in pleasant activities, how to challenge negative thinking, how to manage feelings of anger and frustration through relaxation, and how to improve communication skills. Phase 3 deals with termination and how to maintain the gains obtained in therapy.

Step-by-step instructions for administering therapy are provided in a user-friendly format, along with information on screening and assessment. A separate chapter on age-related issues that may affect treatment guides you through potentially difficult clinical situations. Complete with sample dialogues, at-home assignments, and lists of materials needed, this comprehensive guide includes all the tools necessary for facilitating effective treatment.

**TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!**

- All programs have been rigorously tested in clinical trials and are backed by years of research
- A prestigious scientific advisory board, led by series Editor-In-Chief David H.

Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date

- Our books are reliable and effective and make it easy for you to provide your clients with the best care available
- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
- A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources
- Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

 [Download Treating Late Life Depression: A Cognitive-Behavio ...pdf](#)

 [Read Online Treating Late Life Depression: A Cognitive-Behav ...pdf](#)

# **Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work)**

*By Dolores Gallagher-Thompson, Larry W. Thompson*

## **Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work)** By Dolores Gallagher-Thompson, Larry W. Thompson

Depression is a common problem for individuals in their senior years. Conservative estimates suggest that more than five million seniors over 65 are suffering from severe depression. How can you help your older clients manage depressed mood?

This Therapist Guide outlines a three-phase program based on the principles of cognitive-behavioral therapy. Designed specifically for use with older adults, this treatment generally is delivered over the course of 16 - 20 sessions. In Phase 1 of the intervention, clients are introduced to the program and are encouraged to develop goals for therapy. The focus of Phase 2 is on helping the client acquire the cognitive and behavioral skills needed to meet the therapy goals. It is during this phase that clients learn the benefits of participating in pleasant activities, how to challenge negative thinking, how to manage feelings of anger and frustration through relaxation, and how to improve communication skills. Phase 3 deals with termination and how to maintain the gains obtained in therapy.

Step-by-step instructions for administering therapy are provided in a user-friendly format, along with information on screening and assessment. A separate chapter on age-related issues that may affect treatment guides you through potentially difficult clinical situations. Complete with sample dialogues, at-home assignments, and lists of materials needed, this comprehensive guide includes all the tools necessary for facilitating effective treatment.

**TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!**

- All programs have been rigorously tested in clinical trials and are backed by years of research
- A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date
- Our books are reliable and effective and make it easy for you to provide your clients with the best care available
- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
- A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources
- Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

**Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson Bibliography**

- Sales Rank: #1431181 in Books
- Published on: 2009-09-04
- Original language: English
- Number of items: 1
- Dimensions: 6.80" h x .60" w x 9.80" l, .95 pounds
- Binding: Paperback
- 256 pages



[Download](#) Treating Late Life Depression: A Cognitive-Behavio ...pdf



[Read Online](#) Treating Late Life Depression: A Cognitive-Behav ...pdf

---

## **Download and Read Free Online Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson**

---

### **Editorial Review**

#### **Review**

The authors' experience of working with this group is evident and their advice invaluable; particularly so for clinicians who may be new to this client group. It is structured such that once familiar with the protocol, the reader can quickly refer to a specific technique detailed in the book. Although the book is written by American authors it lends itself extremely well to UK practice and overall would make an excellent choice for any clinician practising CBT with older adults. The Journal of Critical Psychology, Counselling and Psychotherapy, March 2013 This is one of the most comprehensive descriptions of practical CBT that I have read and, even without the client workbook, it does stand alone as a useful workbook for trainee CBT therapists and as a reference book for the more experienced therapist. Healthcare Counselling and Psychotherapy Journal

#### **About the Author**

Dolores Gallagher-Thompson is Research Professor of Psychiatry and Behavioral Science, Stanford University. Larry W. Thompson is The Goldman Family Professor of Psychology, Pacific Graduate School; Professor Emeritus, Stanford University.

### **Users Review**

#### **From reader reviews:**

##### **Angie Dean:**

Do you one of people who can't read enjoyable if the sentence chained from the straightway, hold on guys this kind of aren't like that. This Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) book is readable by simply you who hate the straight word style. You will find the info here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to give to you. The writer associated with Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) content conveys thinking easily to understand by lots of people. The printed and e-book are not different in the content but it just different such as it. So , do you continue to thinking Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) is not loveable to be your top listing reading book?

##### **Kevin Serna:**

Reading a guide can be one of a lot of action that everyone in the world enjoys. Do you like reading book consequently. There are a lot of reasons why people enjoyed. First reading a book will give you a lot of new details. When you read a reserve you will get new information due to the fact book is one of many ways to share the information as well as their idea. Second, looking at a book will make you actually more imaginative. When you reading through a book especially hype book the author will bring you to imagine the story how the figures do it anything. Third, you are able to share your knowledge to other individuals. When you read this Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide

(Treatments That Work), you could tell your family, friends along with soon about yours publication. Your knowledge can inspire the others, make them reading a reserve.

**Sandra Conaway:**

Typically the book Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) has a lot details on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. This article's author makes some research ahead of writing this book. This specific book is very easy to read you can find the point easily after reading this article book.

**Patricia Trevino:**

You can get this Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) by going to the bookstore or mall. Just viewing or reviewing it might be your solve problem if you get difficulties to your knowledge. Kinds of this guide are various. Not only by means of written or printed but can you enjoy this book simply by e-book. In the modern era like now, you just look because of your mobile phone and searching what their problem. Right now, choose your ways to get more information about your reserve. It is most important to arrange you to ultimately make your knowledge are still updated. Let's try to choose correct ways for you.

**Download and Read Online Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson #5YWA693H4X7**

# **Read Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson for online ebook**

Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson books to read online.

## **Online Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson ebook PDF download**

### **Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson Doc**

**Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson Mobipocket**

**Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson EPub**

**5YWA693H4X7: Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide (Treatments That Work) By Dolores Gallagher-Thompson, Larry W. Thompson**