How CBT with Older People is different: Age appropriate CBT with Older People

Introduction:

The world is experiencing a profound and irreversible demographic shift meaning therapists are much more likely to come into contact with many more and much older people. Despite a new curriculum within IAPT for CBT with Older People, therapists often feel ill-prepared to meet the needs of this new cohort of older people.

This workshop provides a review of contemporary approaches to CBT with older people and provides a way for therapists to review their own preparedness for working with older clients. CBT is particularly appropriate as an intervention for older people as it is skills enhancing, present-oriented, problem-focused, straightforward to use and effective, while depression and the anxiety disorders in later life are often misunderstood as a ‘natural’ consequence of challenges and losses associated with ageing.

Content:

The workshop covers normal ageing, how CBT may be different with older people and an age-appropriate approach to CBT and helps therapists examine how CBT can be very empowering of older people in bringing about positive changes. This workshop also provides a number of key clinical examples that showcase some of the challenges therapists may face when working with older people who may present with chronic and complex anxiety disorders and depression.

While CBT for late life depression is the most systematically researched psychological treatment approach for use with older people, much less emphasis has been placed on understanding process issues in working with older people. This workshop will address these process issues and provide an overview of a new age appropriate approach to CBT that builds upon traditional Beck models of CBT. The main elements of an age-appropriate approach to CBT outlined in the day are attitudes to ageing, cohort values at a generational and familial level, optimizing functioning in comorbidity, age-appropriate case conceptualization and wisdom enhancement.
Learning objectives:

- Understand what the demographic change is and implications for therapists working with older people.
- To develop ways to engage effectively with older people using CBT
- To understand and apply CBT knowledge and skill when working with older people facing age-related challenges.
- To understand and apply an age-appropriate evidence-based approach to CBT with older people.

Training modalities:

*The workshop will be interactive and include both experiential and didactic teaching using video vignettes based on clinical cases from routine clinical practice. Participants will have a chance to discuss their own cases.*

Key references:


About the presenter:

Professor Ken Laidlaw is Programme Director of the DClinPsy Clinical Psychology Training Programme and is also Director of Postgraduate Research Programmes within CEDAR (Clinical Education, Development and Research) here at the University of Exeter. Professor Laidlaw also works on part-time basis (0.1fte) for Cornwall Partnership NHS Foundation Trust as a Consultant Clinical Psychologist.

Despite being a clinical academic for many years, Ken has always maintained his clinical practice in the NHS and in the previous 5 years worked part-time as an honorary Consultant Clinical Psychologist in an older people’s CMHT with NSFT in Norfolk. Prior to that Ken served for many years as Professional and Clinical Lead of an Older Adult Clinical Psychology Service in Edinburgh, Scotland. He is a Practitioner Psychologist Registered with Health and Care Professions Council (HCPC). He maintains ongoing research activity in cognitive behaviour therapy (CBT) for late life depression and anxiety, especially with complex, chronic and comorbid conditions. He carried out the first UK RCT of CBT for late life depression, published in 2008, and more recently (2017) published the first age-comparison meta-analysis of CBT for late life GAD. Ken was invited to provide a Keynote and a Clinical Practice Workshop at the 8th World Congress of Behavioral and Cognitive Therapies, in Melbourne, Australia in June 2016 and the 2018 European Congress of Behavioral and Cognitive Therapies, Sofia Bulgaria.

From 2000 to 2001 he was visiting scholar at the University of Pennsylvania (PENN) in Philadelphia with Aaron T. Beck, the father of CBT. He has a long and productive association with Professors Larry W. Thompson and Dolores Gallagher-Thompson at Stanford University, USA, the pioneers of CBT with Older People. He has recently authored a new book that aims to answer the question as to how CBT may be different with older people, Laidlaw, K. (2015) Cognitive Behaviour Therapy for Older People: An Introduction. Currently he is developing research into age-appropriate CBT and in 2017 was the author of a highly successful futurelearn online training module https://www.futurelearn.com/courses/cbt-older-people looking at CBT with older people.