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"Modifying CBT for Cognitively Impaired Older Adults with Depression"

Abigail Foster
University of Missouri-St. Louis, Ajfpnr@mail.umsl.edu

Mary Wells
University of Missouri-St. Louis, mpw8t2@mail.umsl.edu

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INTRODUCTION
Older adults with cognitive impairment are at risk for depression. Previous research has supported Cognitive-Behavioral Therapy (CBT) for the treatment of depression. Jargon and abstract ideas are difficult for this population. Therapy modifications help improve treatment outcomes.

TREATMENTS THAT WORK
A modified CBT for older adults has shown better outcomes compared to other non-pharmacological treatments. The first edition client workbook is 10 years old and is ready for the revised edition currently in development by our lab.

COGNITIVE RESTRUCTURING
Therapy clients learn to recognize and change unhelpful thoughts. Practicing this over time leads to improved mood. Clients also learn to problem solve and work on parts of their life that are changeable.

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CHALLENGES
- Conveying the same information with less text
- Improving the layout without being overly busy
- Reducing jargon and abstract ideas
- Developing 2 versions of each handout: High-functioning and Lower-functioning

RECOMMENDATIONS
- Therapy materials revised into handout form helps MA-level clinicians.
- Handouts provide opportunities for discussion and allow therapists to take individual life experiences, strengths and sociocultural contexts into consideration.
- Before publishing, it is important to pilot these materials with already trained CBT clinicians who are working full time in community practice settings.

REFERENCES