"Modifying CBT for Cognitively Impaired Older Adults with Depression"

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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.

REFERENCES


