

CBT with Older Adults and Family Care

Partners

Across behavioral health professions, there is a workforce shortage of clinicians trained to provide evidence-based mental health services to older adults. Cognitive-behavioral conceptualizations have been effectively used to develop assessments and interventions for older adults and their involved family care partners. This webinar will help you apply your existing knowledge and experience with CBT to the common physical and mental health concerns of middle aged and older adults. You will develop an understanding of typical adjustments to assessment and intervention strategies while working with older adults. CBT assessment and interventions for late life depression will be used as an example, along with empirically supported CBT interventions for family caregivers of older adults. The presentation will also include resources for clinical practice with these populations.

Target Audience

Psychologist Social Workers Counselors
Teachers Therapists Case Managers
Marriage and Family Therapists Nurses

This seminar is for intermediate to advanced level clinicians

Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the essential features of cognitive-behavioral conceptualizations applied to the assessment and treatment of older adults
2. Explain the relevance of CBT-informed stepped care models of behavioral health services for older adults and their involved family care partners.
3. Identify at least 3 CBT grounded assessment practices for older adults and involved family care partners.
4. Explain common adjustments to behavioral activation and cognitive interventions with older adults.
5. Develop a personal action plan for continued development of professional competencies in clinical work with older adults and their involved family care partners.

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Outline

Begin 1 PM EST
Orientation/Overview
Demography of Aging
Psychiatric Epidemiology of Aging
Common Presenting Concerns
Addressing intersecting identities
Stepped Behavioral Health Care
Core CBT Principles and Modifications for older adults
Break 2:30-2:45 PM ET
Assessment
Suicidality
Alcohol Use
Depression
Proximal assessments within treatment (target complaints, mood monitoring)
Interventions
Aging-friendly adaptations
-Behavioral Activation
-Cognitive Restructuring
CBT interventions for family caregivers
Professional Development Planning
End 4:15 PM EST



The Presenter

Ann Steffen, Ph.D., ABPP earned her Ph.D. in clinical psychology from Indiana University-Bloomington and was trained in interdisciplinary geriatric care teams as an intern at the VA Palo Alto Health Care System. She completed a postdoctoral fellowship in clinical geropsychology at Stanford University School of Medicine within the Older Adult and Family Center. Dr. Steffen is currently a professor of psychology and gerontology at the University of Missouri-St. Louis, where she has spent her career in teaching, research, supervision and direct clinical services focused on the needs of older adults and family caregivers. At UM-St. Louis, she has served as the director of Gerontology programs and as director of clinical training for the APA-approved doctoral program in clinical psychology. Dr. Steffen is a faculty clinician at the UM-St. Louis Community Psychological Service, and is dual board certified in Behavioral & Cognitive Psychology and in Geropsychology by the American Board of Professional Psychology (ABPP).

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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