

## CBT with Aging Individuals

Across behavioral health professions, there is a workforce shortage of psychotherapists trained to provide evidence-based mental health services to aging individuals. Cognitive-behavioral conceptualizations and therapy strategies have been effectively used with culturally diverse middle-aged and older adults. This webinar is aimed at psychotherapists who already have some knowledge of and experience providing CBT. You will develop an understanding of typical adjustments to CBT sessions with aging individuals, with CBT strategies for later life depression used as examples. The presentation will also include resources for clinical practice with middle-aged and older adults and recommendations for further professional development.

### 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. Identify unhelpful thoughts, challenge them, and come up with positive thoughts to replace them
  2. Talk about their early childhood experiences and focus on schemas and other long-term thought patterns, then analyze them so they can be updated to the present
  3. Identify unhelpful thoughts, notice if there is a pattern in their thinking, ask themselves questions to help develop more adaptive thoughts, and observe how changing negative thoughts leads to more adaptive actions (\*)
  4. Ask their family and friends to help identify negative thoughts and replace them with more positive thoughts
  5. Identify two aspects of aging that require adjustments in CBT strategy

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Outline

Begin 2 PM EST

Cultural Responsivity in CBT with middle-aged and older adults

Within-Session Modifications of CBT for Aging Individuals

Break 3:30-3:45 PM ET

Adapting Behavioral Activation & Problem Sol

Adapting Cognitive Reappraisal Strategies

Depression Case Study and Video Demonstrations

Professional Development Resources

End 5:15 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 up to three times. 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., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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tzkseminars, LLC  
168 West Lake Drive  
Annapolis, Md. 21403