

# 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.

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

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 3:30-3:45 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 5:15 PM EST



**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., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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