

# Promoting Brain Health with Middle-Aged and Older Adults

The science and practice of brain health is developing at a rapid pace; there are now many ways to promote cognitive health and functioning in your middle-aged and older clients. This 2-hour workshop features clinical strategies that are (a) responsive to normative age-related changes in cognitive functioning and that also (b) support daily living that is consistent with personal values and life goals. Whether in psychotherapy, integrated primary care, or case management, behavioral health providers can help middle aged and older adults understand cognitive aging, engage in brain-healthy habits, and support decision making related to completing a cognitive evaluation. The experience of cognitive aging is embedded within social contexts and environments. Thus, this workshop guides clinicians through recommended strategies that are responsive to the needs of culturally diverse aging clients, including within the context of telehealth.

## 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 psychoeducational practices that help client understand normal cognitive aging
  2. Select 3 evidence-based strategies to support clients' brain healthy habits
  3. Identify 3 important practices that help clients successfully navigate health concerns
  4. Develop treatment plans that include care consultation when a neurocognitive condition is suspected
  5. Identify culturally competent strategies for brain health.

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 1 PM EST

- **Providing Your Clients with Psychoeducation about Brain Health/Cognitive Aging**
- **Culturally Responsive Screening & Treatment Planning**
- **Care Consultations and Referrals for Neurocognitive Concerns**

## Break 1:55-2:05 PM ET

- **Evidence-based Strategies to Support Brain Lifestyles in Diverse Aging Clients**
- **Common Within-Session Modifications for Clients with Cognitive Aging Concerns**
- **Q&A**

## End 3:10 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 2 CE's for attending once they have completed these requirements.  
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## 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).

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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