



# Strategies for Therapy with the Elderly: Living With Hope and Meaning, 2nd Edition

*Claire M., PhD Brody, Vicki G., PsyD Semel*

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Newly revised and updated! In this second edition, Brody and Semel contend that meaningful and successful therapy can be accomplished with an aging population, debunking the belief that the elderly can not pick up or put into practice newly acquired information. Rather, the way in which therapy with aging adults is approached may affect the way in which the therapist initially experiences and reacts to the client because of stereotypes about aging.

- Living in nursing homes
- Living in assisted living housing, while participating in community-oriented activities for the aged
- Living independently and being seen in private practice

It comprises a variety of approaches, ranging from eclectic small group formats for nursing home residents, group and individual counseling in assisted living settings, and home care for the elderly, to psychoanalytic therapy techniques in private practice. Illustrative case examples used throughout the book bring to life successful strategies and interventions.

- Treatment of stress and mental disorders
- Alzheimer's disease
- Caregiving issues at home
- Expanded information on Medicare coverage issues

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