



Oldies but Goodies

What Therapists Need to Know about Aging

Presented by
Judy Zarit, Ph.D and Steven Zarit, Ph.D.

Overview

Despite the increases in our elderly population, most academic mental health programs do not address aging except in a cursory manner and the number of trained clinicians is not adequate to meet the needs in many communities. In part, that lack of interest is due to mistaken assumptions that older people are not interesting and cannot benefit from treatment.

The webinar goal is to provide clinicians with a foundation for understanding changes that are associated with aging, how to identify problems that are found in the older population, and how to provide effective treatment. Dr. Zarit and Dr. Zarit emphasize practical strategies that have been developed in clinical settings. Even when working with people who have chronic conditions, they find there are often treatable aspects of the situation which help them function better.

Objectives: Participants will be able to:

- Differentiate normal aging from mental disorders
- Understand mental status testing for an initial assessment
- Recognize depression and anxiety in an older person
- Identify the different types of dementia.
- Describe the benefits and limitations of various dementia treatments
- Describe ways to work with caregivers
- List keys to successful aging

Ageing of America and the Role of Psychotherapists (1:25)

- What is normal aging?
- How depression and anxiety can look different in older patients

The Heart of Gero-psychology: Differential Diagnosis

- Taking a lifespan history
- Developing alliances with physicians
- A critical look at mental status exams

Gero-psychologist's Tools for Effective Treatment (1:31)

- Establishing a healthy therapeutic alliance
- Determining reasonable treatment goals
- Integrating health issues into treatment

Treating Anxiety & Depression

- Treatment works!
- Outcome studies
- Five components of treatment with depressed people
- Addressing anxiety symptoms

What are the characteristics of Dementia, Mild Cognitive Impairment (MCI), and Delirium (1:23)

- Recognizing the main types of dementia
- What is MCI?
- How is delirium different from dementia

Treatment and prevention of dementia

- Medication
- Cognitive and behavioral
- Lifestyle changes

And Now for the Fun: Working with Families (1:33)

- Providing information and support to a caregiving spouse
- Coaching children in dealing with their aging parents

Keys to successful aging for you and your clients

- Accepting and planning for the changes that come with aging
- Stay healthy, active, and connected

Dr. Steven Zarit completed postdoctoral training at University of Chicago with a focus on clinical geropsychology. He joined the faculty of the Pennsylvania State University in 1986 where he was Assistant Director of the Gerontology Center and head of the Human Development and Family Studies department. In 2016, he retired and was named Distinguished Professor Emeritus at Penn State. He continues as adjunct professor at the Institute of Gerontology, Jönköping University, Jönköping, Sweden. Dr. Steven Zarit has authored, edited or co-authored 18 books and over 350 chapters and articles on family caregiving, Alzheimer's disease and other clinical issues in later life. He served as chair of the Clinical Geropsychology section of the American Psychological Association and of APA's Committee on Aging.

Dr. Judy Zarit received her Ph.D. in Clinical Psychology from the University of Southern California in 1982. She taught undergraduate courses at UCLA, USC and the California School of Professional Psychology in Los Angeles. She was also Coordinator of Geriatric Services at the Didi Hirsch Community Mental Health Center in Culver City. When the Zarits moved to State College in 1986, Judy became an adjunct assistant professor in the Penn State University Department of Psychology and also established her private practice. For many years she also consulted with several nursing homes and assisted living facilities, and the Lebanon VA Hospital. She published 22 articles and chapters and co-authored two books. She has presented papers and workshops at professional conferences across the United States.

6 CE Hours for Psychologists Counselors Social Workers MFT

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904 Church Rd., Wyncote, PA 19095-1601 (800) 801-5415 JK@JKSeminars.com
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