

INTERVENTIONS II: AGING
Schedule of Activities & Readings

Class #	Date	Topic	Readings
1	August 31	Introduction to key aspects of aging	<ul style="list-style-type: none"> Stanford Center on Longevity. (2010). <i>New realities of an older America: Challenges, changes and questions</i>. Stanford, CA: Author. American Psychological Association. (2003). <i>Guidelines for psychological practice with older adults</i>. Washington, DC: Author.
2	September 7	The context for psychological interventions with older adults	<ul style="list-style-type: none"> Federal Interagency Forum on Aging-Related Statistics. (2010). <i>Older Americans 2010: Key indicators of well-being</i> (pp. 1-70 only). Washington, DC: Federal Interagency Forum on Aging-Related Statistics. American Psychological Association. (1998). <i>What practitioners should know about working with older adults</i>. Washington, DC: Author. Knight, B. G. (2004). <i>Psychotherapy with older adults</i> (Ch. 1 – 3). Thousand Oaks, CA: Sage.
3	September 14	Geriatric psychopharmacology (guest lecture)	<ul style="list-style-type: none"> Arnold, M. (2008). Polypharmacy and older adults: A role for psychology and psychologists. <i>Professional Psychology: Research and Practice</i>, 39, 283-289. Salzman, C. (2001). <i>Psychiatric medications for older adults: The concise guide</i> (Ch. 2, Depression, & 4, Anxiety). New York: Guilford Press. Meyers, B. S. & Young, R. C. (2004). Psychopharmacology. In J. Sadavoy, L. F. Jarvik, G. T. Grossberg, & B. S. Meyers (Eds.), <i>Comprehensive textbook of geriatric psychiatry</i> (pp. 903-993). New York: W. W. Norton & Company. <i>[optional reading but useful reference]</i>
4	September 21	Diversity and ethics	<ul style="list-style-type: none"> Tsai, J.L., & Carstensen, L.L. (1996). Clinical intervention with ethnic minority elders. In L.L. Carstensen, B.A. Edelman, & L. Dornbrand (Eds.), <i>The practical handbook of clinical gerontology</i> (pp. 76-106). Thousand Oaks, CA: Sage. Hinrichsen, G. A. (2006). Why multicultural issues matter for practitioners working with older adults. <i>Professional Psychology: Research and Practice</i>, 37, 29-35. American Psychological Association. (2009). <i>Multicultural competency in geropsychology</i>. Washington, DC: Author. Karel, M. (2008). Ethical issues in long-term care. In E. Rosowsky, J. Casciani, & M. Arnold (Eds.), <i>Geropsychology and long term care: A practitioner's guide</i> (pp. 111-123). New York: Springer. Bush, S.S. (2009). <i>Geriatric mental health ethics: A casebook</i> (Ch. 8, Privacy, confidentiality, and informed consent). New York: Springer.
5	September 28	Public policy issues	<ul style="list-style-type: none"> Koenig, H.G., George, L.K., & Schneider, R. (1994). Mental health care for older adults in the year 2020: A dangerous and avoided topic. <i>The Gerontologist</i>, 34, 674-679. Jeste, et al. (1999). Consensus statement on the upcoming crisis in geriatric mental health: Research agenda for the next 2 decades. <i>Archives of General Psychiatry</i>, 56, 848-853. Hinrichsen, G.A. (2010). Public policy and the provision of psychological services to older adults. <i>Professional Psychology: Research and Practice</i>, 41, 97-103. Karlin, B. E., & Humphreys, K. (2007). Improving Medicare

			<p>coverage for psychological services for older Americans. <i>American Psychologist</i>, 62, 637-649.</p> <ul style="list-style-type: none"> • Hunsley, J. (2003). Cost-effectiveness and medical cost-offset considerations in psychological service provision. <i>Canadian Psychology</i>, 44, 61-73.
6	October 5	Interventions and consultation across settings	<ul style="list-style-type: none"> • American Psychological Association, Presidential Task Force on Integrated Health Care for an Aging Population. (2008). <i>Blueprint for change: Achieving integrated health care for an aging population</i>. Washington, DC: American Psychological Association. • Cohen, C.I., & Boran, M. (2004). Integrated community services. In J. Sadavoy, L.F. Jarvik, G.T. Grossberg, & B.S. Meyers (Eds.), <i>Comprehensive textbook of geriatric psychiatry</i> (pp. 1143-1180). New York: W.W. Norton. • Zeiss, A.M., & Steffen, A.M. (1996). Interdisciplinary health care teams: The basic unit of geriatric care. In L.L. Carstensen, B.A., Edelstein, & L. Dornbrand (Eds.), <i>The practical handbook of clinical gerontology</i> (pp. 423-450). Thousand Oaks, CA: Sage. • Coyne, J.C., & Thompson, R. (2003). Psychologists entering primary care: Manhattan cannot be bought for \$24 worth of beads. <i>Clinical Psychology: Science and Practice</i>, 10, 102-108. • Yang, J.A., Garis, J., Jackson, C., & McClure, R. (2009). Providing psychotherapy to older adults in home: Benefits, challenges, and decision-making guidelines. <i>Clinical Gerontologist</i>, 32, 333-346. • Thomas, S. A. (2001). Recognizing our professional limits. In B. Ingersoll-Dayton & R. Campbell (Eds.), <i>The delicate balance: Case studies in counseling and care management for older adults</i> (pp. 51-66). Baltimore: Health Professions Press.
7	October 12	Cognitive and behavioral approaches	<ul style="list-style-type: none"> • Dick, L.P., Gallagher-Thompson, D., & Thompson, L.W. (1999). Cognitive-behavioural therapy. In R.T. Woods (Ed.), <i>Psychological problems of ageing: Assessment, treatment and care</i> (pp. 253-291). New York: John Wiley & Sons. • Brenes, G.A., Wagener, P., & Stanley, M.A. (2008). Treatment of late-life generalized anxiety disorder in primary care settings. In D. Gallagher-Thompson, A.M. Steffen, & L.W. Thompson (Eds.), <i>Handbook of behavioral and cognitive therapies with older adults</i> (pp. 33-47). New York: Springer. • Ciechanowski, P., et al. (2004). Community-integrated home-based depression treatment in older adults: A randomized controlled trial. <i>Journal of the American Medical Association</i>, 291, 1569-1577. • Burgio, K.L., et al. (2002). Behavioral training with and without biofeedback in the treatment of urge incontinence in older women: A randomized controlled trial. <i>Journal of the American Medical Association</i>, 13, 2293-2299. • Rybarczyk, B., Gallagher-Thompson, D., Rodman, J., Zeiss, A., Gantz, F. E., & Yesavage, J. (1992). Applying cognitive-behavioral psychotherapy to the chronically ill elderly: Treatment issues and case illustration. <i>International Psychogeriatrics</i>, 4, 127-140. • Rewilak, D. (2007). Behavioral management strategies. In D.K. Conn, N. Herrmann, A., Kaye, D. Rewilak, & B.Schogt (Eds.), <i>Practical psychiatry in the long-term care home</i> (pp.

			217-237). Cambridge, MA: Hogrefe & Huber.
8	October 19	Psychodynamic, interpersonal, and existential approaches	<ul style="list-style-type: none"> • Semel, V. G. (1996). Modern psychoanalytic treatment of the older patient. In S. H. Zarit & B. G. Knight (Eds.), <i>A guide to psychotherapy and aging: Effective clinical interventions in a life-stage context</i> (pp. 101-120). Washington, DC: American Psychological Association. • Nordhus, I. H., & Nielsen, G. H. (1999). Brief dynamic psychotherapy with older adults. <i>Journal of Clinical Psychology, 55</i>, 935-947. • Knight, B. G. (2004). <i>Psychotherapy with older adults</i> (Ch. 4). Thousand Oaks, CA: Sage. • Hinrichsen, G.A. (2008). Interpersonal psychotherapy as a treatment for depression in later life. <i>Professional Psychology: Research and Practice, 39</i>, 306-312. • Guttman, D. (2008). <i>Finding meaning in life, at midlife and beyond: Wisdom and spirit from logotherapy</i> (pp. 27-49). Westport, CT: Praeger.
	October 26	NO CLASS	
9	October 27	Field trip to ECT suite	<ul style="list-style-type: none"> • Weiner, R.D., & Krystal, A.D. (2009). Electroconvulsive therapy. In D.G. Blazer & A.D. Krystal (Eds.), <i>Textbook of geriatric psychiatry</i> (pp. 485-499). Washington, DC: American Psychiatric Press. • Weiner, R. D. (2001). <i>The practice of electroconvulsive therapy: Recommendations for treatment, training, and privileging</i> (Ch. 11, Treatment procedures, pp. 125-177). Washington, DC: American Psychiatric Association. • Ottosson, J., & Fink, M. (2004). <i>Ethics in electroconvulsive therapy</i> (Ch. 1, The stigmatization of electroconvulsive therapy, pp. 3-19). New York: Brunner-Routledge. • Orr, A. & O'Connor, D. (2005). Dimensions of power: Older women's experiences with electroconvulsive therapy (ECT). <i>Journal of Women & Aging, 17</i>, 19-36. • O'Reardon et al. (2007). Efficacy and safety of transcranial magnetic stimulation in the acute treatment of major depression: A multisite randomized controlled trial. <i>Biological Psychiatry, 62</i>, 1208-1216.
10	November 2	Families and groups	<p>Group A proposal draft due to Brian & Group B</p> <ul style="list-style-type: none"> • Qualls, S. H. (1999). Family therapy with older adult clients. <i>Journal of Clinical Psychology, 55</i>, 977-990. • Zarit, S. H., & Edwards, A. B. (1999). Family caregiving: Research and clinical intervention. In R. T. Woods (Ed.), <i>Psychological problems of ageing: Assessment, treatment, and care</i> (pp. 153-193). New York: John Wiley & Sons. • Hays, P. A. (2001). <i>Addressing cultural complexities in practice: A framework for clinicians and counselors</i> (Ch. 10, Practice doesn't make perfect, but it sure does help). Washington, DC: American Psychological Association. • Leszcz, M. (2004). Group therapy. In J. Sadavoy, L.F. Jarvik, G.T. Grossberg, & B.S. Meyers (Eds.), <i>Comprehensive textbook of geriatric psychiatry</i> (3rd ed.) (pp. 1023-1054). New York: W.W. Norton.
11	November 9	End of life care	<p>Group A receives draft feedback from Brian & Group B</p> <ul style="list-style-type: none"> • Haley, W. E., Larson, D. G., Kasl-Godley, J., Neimeyer, R. A., & Kwilosz, D. M. (2003). Roles for psychologists in end-of-life care: Emerging models of practice. <i>Professional Psychology: Research and Practice, 34</i>, 626-633.

			<ul style="list-style-type: none"> • Knight, B. G. (2004). <i>Psychotherapy with older adults</i> (Ch. 6). Thousand Oaks, CA: Sage. • Knight, B. G. (1992). <i>Older adults in psychotherapy: Case histories</i> (Ch. 11, Jerry and Bea: Preparation for dying, a marital case). Newbury Park, CA: Sage. • Breitbart, W., Gibson, C., Poppito, S. R., & Berg, A. (2004). Psychotherapeutic interventions at the end of life: A focus on meaning and spirituality. <i>Canadian Journal of Psychiatry</i>, 49, 366-372. • Neimeyer, R.A., Holland, J.M., Currier, J.M., & Mehta, T. (2008). Meaning reconstruction in later life: Toward a cognitive-constructionist approach to grief therapy. In D. Gallagher-Thompson, A.M. Steffen, & L.W. Thompson (Eds.), <i>Handbook of behavioral and cognitive therapies with older adults</i> (pp. 264-277). New York: Springer.
12	November 16	Student presentations (Group A)	Group A proposal revision due to Brian Group B proposal draft due to Brian & Group C
13	November 23	NO CLASS	Gerontological Society of American meeting Group B receives draft feedback from Brian & Group C Group C proposal draft due to Brian & Group A
14	November 30	Student presentations (Group B)	Group B proposal revision due to Brian Group C receives draft feedback from Brian & Group A
15	December 7	Student presentations (Group C)	Group C proposal revision due to Brian

Group A: Andrea, Rachel

Group B: Alexandra, Erin

Group C: Sarah, Krystle