

Part I: Introductory Information for Clinicians

Chapter 1: How to Use This Treatment Approach

Chapter 2: Depression and Age-Related Issues

Chapter 3: Assessment with Aging Individuals

Chapter 4: Cognitive Behavioral Therapies 101

Chapter 5: Psychotherapy Modifications with Aging Clients

Part II: Core Modules (For Most Clients)

Chapter 6 Module 1: Skills for Getting Started: Planning Your Treatment

Chapter 7 Module 2: Skills for Feeling: Recognizing and Managing Strong Emotions

Chapter 8 Module 3: Skills for Doing: Values-Based Living and Solving Problems

Chapter 9 Module 4: Skills for Thinking: Self-Compassion and Helpful Thoughts

Chapter 10 Module 11: Skills for Wrapping Up: Finishing Treatment

Part III: Personalized Modules (For Some Clients)

Chapter 11 Module 5: Skills for Brain Health: Healthy Cognitive Aging

Chapter 12 Module 6: Skills for Managing Chronic Pain: Improving Daily Life

Chapter 13 Module 7: Skills for Healthy Sleep: Resting Better and Longer

Chapter 14 Module 8: Skills for Caregiving: Reducing Stress While Helping Others

Chapter 15 Module 9: Skills for Living with Loss: Bereavement and Grief

Chapter 16 Module 10: Skills for Relating: Getting Along and Communicating Your Needs

Afterword: Professional Development

Appendix A: Professional Development Resources

Appendix B: Recommendations for Group Treatments

Appendix C: California Older Person's Positive Experiences Schedule-Revised (COPPE-R)

Appendix D: Clinical Tools and Measures