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Treatment Factor: Psychotherapist as Neuroscientist; Recommended Treatment Factor: Booster sessions; Conclusion; Chapter 4: Depression; Prevalence and Biology; Phenomenology of Depression; Correlative Symptoms; Suicide; Anxiety; Executive Function; Treatment Studies; Psychological Treatment; Medication Plus; Predictors of Depression at Late Life and When to Change; Recommended Treatment; Grief Special Case of Home CareConclusion; Chapter 5: Anxiety at Later Life; Prevalence; Phenomena of Anxiety; Anxiety and Cognition; Anxiety and the Brain; Treatment Studies; Medication; Modules and Venues and Other Therapies; Exercise; Treatment Summary; Formal Treatment Package; Special Case: PTSD; Conclusion; Chapter 6: Cognition; Normal Aging: What is up with Cognition?; Continuum of Cognitive Decline; MCI; Brain Reserve; Dementia Criteria and Confusion; Special Contamination; Memory; EF Problems (And Depression); EF and Treatment; Medical Treatment for Dementia; Do Patients Want to Know? ConclusionChapter 7: Cognitive Training; Cognition Training; Overview; Holistic Programs; Working Memory and Older Adults; Cognitive Compromise: MCI or Mild Dementia; Study 1: Memory Clinic; Study 2: Cogmed; Special Case: Self-Regulation; Conclusion; Chapter 8: Health Issues; Integrated Care; Too Many Best Care Practices; Mental Health; Core Problems; Medical Problems/Physical Functionin; Lifestyle/Prevention; Stress; Pain; Sleep; Conclusion; Chapter 9: Medical Problems; Principles of Geriatric Health Care; Hypertension; Diabetes; Coronary Artery Disease; Vitamin B12 (Cobalamin) Deficiency Vitamin D Deficiency

Sommario/riassunto

""This is one of the best mental health and aging books I have ever read. [It] is one that I will turn to often in my teaching of doctoral students, and in my work with older adults. One of the phenomenal aspects of this book is the research reviews; which are in-depth and broad in their scope. It is clear that Lee Hyer is an exceptional scholar-clinician and geropsychologist..""-Peter A. Lichtenberg, PhD. Drawing from current research and clinical practice, this text espouses a unique interdisciplinary approach to the assessment and treatment of psychosocial impairment in older adults. This a
