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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Copyright Page; Dedication; Contents; Foreword; Preface; Problem; Proposa; Road map of the Book; Conclusion; Chapter 1: Introduction; Process of Care; Backdrop; Best Predictors; Age; Brain Issues; Anxiety; Depression; Medical/Somatic Issues; Adjustment; Psychotherapy Works, Even at Late Life; Social Reality/Cost; Caregiving; The Domain Dance; Conclusion; Chapter 2: Model of Care; Model; Case Formulation and the Five Domains of Treatment; Watch and Wait Ingredients; Perspective; Successful Aging; Conclusion; Chapter 3: Psychotherapy; Problems of Science General Reviews: Data Related to Older AdultsLate-Life Psychotherapy Overview; ACT; Medications; Our Position; Necessary Psychotherapy Features; Core Treatment Factor: Psychoeducation; Core Treatment Factor: Alliance; Core Treatment Factor: Monitoring; Core Treatment Factor: Case-Based Approach; Recommended Treatment Factor: Motivational Interviewing; Recommended Treatment Factor: Behavioral Activation; Recommended Treatment Factor: IPT; Recommended Treatment Factor: PST; Recommended Treatment Factor: Transdiagnostic Model; Recommended Treatment Factor: Prevention Recommended Treatment Factor: Case ManagerRecommended Treatment Factor: Exercise; Recommended Treatment Factor: Modules; Recommended Treatment Factor: Cognitive Training; Recommended 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 Care Conclusion; 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? Conclusion Chapter 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

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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

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