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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Counseling Older People: Opportunities and Challenges; Table of Contents; Preface; About the Author; Acknowledgments; Chapter 1: The Increasing Older Population and Its Characteristics; Levels, Classifications, and Definitions of Old Age; Projections of Growth of the Older Population; Diversity of the Older Population; Negative Attitudes Toward Aging and Older People; Media and Advertising Activity; Individual Exercise: Counselors' Perceptions of Aging; Group Exercise: Influence of Stereotypes; They Are the Survivors: The Strong Ones; Summary Chapter 2: Counselor Considerations When Working With Older People Counselor Education Program Standards; Other Professionals Who Work With the Older Population; HIPAA; Evidence-Based Programming and Practice; Potential Dangers of Transference Among Counselors and Older People; Autonomy, Personal Control, Independence, and Empowerment; Multicultural Issues Associated With Older People and the Need for Counselor Cultural Competency; Cultural Awareness Exercise (Who Am I?); Multicultural Case Study; Therapies Used With

Older People; Group Work; Creative Problem Solving  
Bibliotherapy and the Use of Other Media in Therapy Life  
Review/Reminiscence Work; Pet Therapy-Assistive Animals; Relaxation  
Training and Other Related Modalities; Dance and Music Therapies;  
Horticulture Therapy; Case Management; Assessment, Evaluation, and  
Testing; Assistive Technology (AT); Summary; Chapter 3: Advocacy and  
Aging Issues; Legislative/Public Policy Advocacy; Case Example of  
Legislative/Public Policy Advocacy; Becoming an Advocate for Public  
Policy Issues; Legislative Advocacy Activity; Systems/Systemic  
Advocacy; Training Module That Can Be Used for Systemic/Systems  
Advocacy  
Dignity Versus Dehumanization Activity Advocacy for Social Justice and  
Against Ageism; Advocacy for Individual Clients; Advocacy: Elder  
Abuse; Danger of Client Disempowerment in Advocacy; Laws Designed  
to Protect the Rights of Older People; Resources Regarding Advocacy;  
Summary; Chapter 4: Aging Well/Successful Aging; Adult Development  
and Aging; Successful Aging; Resilience; Wisdom; Maintaining a Healthy  
Body: Physical Fitness/Physical Activity; Maintaining a Healthy Brain;  
Healthy Diet/Nutrition; Religion and Spirituality; Productivity and  
Creativity in Older Individuals  
Joy, Satisfaction, and Fun Bibliotherapy Focusing on Aging Well and  
Counteracting Ageism; Resources for Healthy Aging; Summary; Chapter  
5: Health Issues Associated With Aging; Potential Disempowerment in  
the Medical Community; Health Issues That May Be Experienced by  
Older People; Metabolic and Other Changes; Pain; Case Example  
Regarding Pain; Falls; Frailty or Frailty Syndrome; Dementia (Cognitive  
Impairment); Alzheimer's Disease; Dementia-Like Symptoms; Case  
Example of Dementia-Like Symptoms; Interpersonal Consequences of  
the Diagnosis of Dementia  
Personal Strategies for People With Dementia or Dementia-Like  
Symptoms

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Sommario/riassunto

This book provides insight into the primary issues faced by older adults; the services and benefits available to them; and the knowledge base, techniques, and skills necessary to work effectively in a therapeutic relationship. Dr. Kampfe offers empirically and anecdotally based strategies and interventions for dealing with clients' personal concerns and describes ways counselors can advocate for older people on a systemic level. Individual and group exercises are incorporated throughout the book to enhance its practicality. Topics covered include an overview of population demographics

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