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Nota di contenuto	Introduction -- Historical perspectives and changing attitudes toward older adults -- Characteristics of positive older adults and the helping process -- Common issues and problematic behaviors experienced by older adults -- Health challenges that impact well-being of older adults -- Challenging conditions experienced by older adults -- Family issues and support systems -- Loss and its effect on older adults -- Opportunities in later life -- Professional practice in working with older adults -- Skills, attitudes, and knowledge of effective practitioners -- Professional practice with older adults -- Therapeutic approaches and appropriateness for older clients -- Future trends -- References -- Index -- About the author.
Sommario/riassunto	"A definite read for students in counseling programs for improving the lives of older adults!" -Amy Gray-Graves, Webster University Helping Relationships with Older Adults: From Theory to Practice examines the

fundamental theoretical perspectives of the aging process with an emphasis on the healthy aspects of aging. Taking a comprehensive approach, the text addresses various therapeutic methods as it highlights the strengths and resiliency of the older population. Exercises and case studies demonstrate key concepts and promote skill development by allowing students to experience the various challenges in the lives of older clients. *Helping Relationships with Older Adults: From Theory to Practice* is part of the Counseling and Professional Identity Series. To learn more about each text in the Series, please visit www.sagepub.com/cpseries.
