A one-stop resource for core discipline practitioners who provide mental health services to the geriatric population, Cognitive Behavior Therapy with Older Adults presents strategies for integrating cognitive behavioral therapy (CBT) skills and therapies into various healthcare settings for aging patients.

Cognitive Behavior Therapy with Older Adults is divided into key two parts: CBT for common mental health problems for older adults and innovations across settings in which older adults are present. Evidence-based and provider-friendly, it emphasizes adapting CBT specifically for the aging population and its specific needs.

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