Seeing older age as a time of loss and helplessness too often prevents therapists from providing treatments that can be of enormous benefit to older people. The authors draw upon their collective wealth of clinical experience to provide a comprehensive and practical guide to the applications of CBT to older adults.

Topics covered include the need to build a therapeutic relationship, dealing with stereotypical thinking about ageing, setting realistic expectations in the face of deteriorating medical conditions, maintaining hope when faced with difficult life events such as the loss of a spouse, disability, etc., and dealing with the therapist's own fears about ageing.