

## **Article Discussion/ Role Play**

EUNICE

Cognitive Behavioral Therapy can be effective in helping older adults in life because "Cognitive-behavioral therapy (CBT) is a popular and empirically supported treatment for a number of common mental health problems, including mild to moderate major depressive disorder, generalized anxiety disorder, panic disorder, social phobia, and bulimia nervosa. CBT helps patients reduce or eliminate thinking styles and behavior

patterns that contribute to suffering" ([www.bcmj.org/.../cognitive-behavioral-therapy-older-adults](http://www.bcmj.org/.../cognitive-behavioral-therapy-older-adults)).

**Cognitive therapy counseling help older adults help through his or her dysfunctional patterns to help him or her have a healthy well being.** "A manual is often used to help set goals and identify strategies for change. Older adults can benefit from CBT, especially when modifications recommended for this population are used. One modification for older adults involves addressing physical health as well as spiritual/religious beliefs in the treatment" ([www.bcmj.org/.../cognitive-behavioral-therapy-older-adults](http://www.bcmj.org/.../cognitive-behavioral-therapy-older-adults)).

**Cognitive behavioral therapy is most effective with people suffering from a wide range of mental disorder(s). the goal is to use "skills varies somewhat depending on patient characteristics and diagnosis, most patients are taught basic relaxation skills and encouraged to increase their physical exercise and social activities, and to participate in events and activities that they find enjoyable"** ([www.bcmj.org/.../cognitive-behavioral-therapy-older-adults](http://www.bcmj.org/.../cognitive-behavioral-therapy-older-adults)).

BECKY

Cognitive behavioral therapy (CBT) may be effective in older adults with generalized anxiety disorder. In this article CBT can be effective for older adults who have generalized anxiety disorder. Studies show through cognitive behavioral therapy older adults with GAD improved and were also engaged in an education and awareness program, relaxation training, and problem-solving skills. The goal of this study was to

determine the effects of CBT vs. enhanced usual care (EUC) in older adults with GAD in primary care." Compared with EUC, CBT resulted in greater improvement in worry severity, depressive symptoms, and general mental health for older patients with GAD in primary care," the study authors write. "However, a measure of GAD severity did not indicate greater improvement with CBT." Cognitive behavioral therapy is used for a wide variety of disorders and when used on older adults it shows older adults how to they can still live a healthy life.

ZOILA

#### Cognitive Behavioral Therapy for Depressed Older People in Primary Care

In older people depression symptoms are common, psychological change to aging is difficult, and linked to continual physical illness which limits the use of antidepressants. Despite this older people are not often presented with the opportunity of psychological interventions or cognitive behavioral therapy (CBT) in a primary care setting. In this article CBT and TC (talking control) can be effective for older people with depression disorders. The results of such study showed the number of therapy sessions of either TC or CBT was greater than 7. The cognitive therapy scale showed no difference for nonspecific, but significant differences for specific factors in therapy. Ratings for CBT were high (mean [SD], 54.2 [4.1]). In conclusion CBT is an effective treatment for older people who encounter depression disorder.

CHARLETTA