



# Counseling Older Adults

*By John Blando*

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## Counseling Older Adults By John Blando

Counseling older adults is not equivalent to counseling the general population, and specialized skills and knowledge, as well as sensitivity to the contexts in which older adults live, are essential in working successfully with this population. This text provides an introduction to gerontological counseling, integrating the basic skills of working with older adults with theories of counseling and aging. Specific counseling issues discussed include mental health counseling, career counseling, rehabilitation counseling, and family counseling. Along with these, important contextual factors such as race/culture, social class, social justice, spirituality, Alzheimer's and other dementias, and family issues are considered in light of the latest research. Each chapter contains case studies, discussion questions, a glossary, and suggestions for further reading to reinforce the material presented.

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## Counseling Older Adults By John Blando Bibliography

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## **Editorial Review**

### **Review**

*"This engaging and highly readable text provides a wealth of information for those interested in gerontological counseling. The liberal use of case studies, identification of helpful interventions, and attention to multicultural issues create an important learning tool that will assist students and counselors alike in understanding and working effectively with older persons."* – **Marvarene Oliver, EdD, LPC, LMFT, Associate Professor, Texas A&M University-Corpus Christi**

*"This is a comprehensive, well-documented, interesting book that does an excellent job bringing those interested in providing competent services to older individuals up to date as to the best practices in the field. It does a fantastic job integrating theory with research, and discussing how the process of psychotherapy unfolds as one works with older individuals."* – **Stephen R. Wester, PhD, Associate Professor and Training Director, Department of Educational Psychology, the University of Wisconsin - Milwaukee**

*"This text will soon be considered a classic by everyone in the field of gerontology and the helping professions. It is the most comprehensive and up-to-date publication on the many dimensions of counseling this complex age group. Extremely well-organized and with detailed chapters with case examples and glossaries, it is every gerontological instructor's dream book."* – **Gloria E. Gregg, PhD, MFT, Senior Lecturer, Gerontology, Department of Counseling, San Francisco State University**

### **About the Author**

San Francisco State University, California, USA

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