



# Psychological Assessment and Therapy with Older Adults

*Bob G. Knight, Nancy A. Pachana*

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Due to improvements in health and healthcare, the elderly population is expanding rapidly within the developed world. However, more and more elderly people require some form of psychological support at some point in their later years. The types of problems faced by this population are quite distinct and often more complex than those faced by younger adults, and throw up many new challenges - in both assessment and treatment.

Though there are books available that focus individually on assessment or treatment, few have combined the two into a single framework. Within this book Knight and Pachana argue that psychological assessment needs to be more tightly integrated with therapy, especially with older adult clients. Using the Contextual Adult Lifespan Theory for Adapting Psychotherapy (CALTAP) as a framework for applying our knowledge about developmental, social contextual, and cohort/generational factors that influence age differences in response to psychological assessment and therapy, they present an integrated framework for psychological assessment and therapy with older adults.

This text is valuable for practitioners looking for a solid theoretical basis for the practice of assessment and therapy with older clients, students in graduate courses looking at later lifespan issues, and educators looking for material to enhance generalist psychotherapy courses with a lifespan perspective.

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