

Second Edition

GROUP TECHNIQUES FOR AGING ADULTS

Putting
Geriatric Skills
Enhancement
into Practice



Kathie T. Erwin

ROUTLEDGE 

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"Dr. Erwin has provided us with a much needed, practical, and potentially invaluable resource that helps readers to better understand the struggles and needs of the growing elder population. The content is immediately applicable to a range of practitioners and participants representing diverse needs. Dr. Erwin also provides a series of delightful chapters on group modalities and guidelines for their application and determining their effectiveness. This resource will increase any professional's confidence, competence, and effectiveness in working with seniors."

-Gary J. Oliver, Ph.D., Executive Director of The Center for Relationship Enrichment; Professor of Psychology, John Brown University, Siloam Springs, Arkansas

"Dr. Erwin provides a needed wake-up call to mental health professionals in her second edition of *Group Techniques for Aging Adults*. This book is a must read for those who teach and practice group techniques because it clearly acknowledges the demographic imperative we face. Erwin understands the needs, gifts and talents of our rapidly increasing numbers of older people and of those who care for them, and she underscores the evidence-based value and power available to practitioners through the tailored application of sound group principles with these groups. A groundbreaking work in the field, we have here a valuable resource for mental health professionals and students."

-Michael W. Parker, Ph.D., Lieutenant Colonel, US Army (AMEDD) Retired; Professor, University of Alabama, School of Social Work, Center for Mental Health & Aging; Associate Professor, University of Alabama at Birmingham, Center for Aging and Division of Geriatric Medicine & Palliative Care, Center for Aging; Hartford/GSA Geriatric Scholar

Elders can struggle with issues of social isolation and self-esteem, and benefit from having positive coping skills at their disposal. The practical ideas Kathie Erwin imparts in this second edition help mental health professionals working with elderly populations to create an interactive, multi-modal program that addresses the issues and needs elders have. The group modalities are defined in holistic contexts of mind, body, society, and spirituality. Among the group modalities are reminiscence, bibliotherapy, remotivation, humor, expressive art, and therapeutic writing and sacred spaces, which are new to this edition. Mental health professionals appreciate the practical and detailed guidelines for how to design, implement, and monitor progress for various types of group modalities that allow them to put theory into practice easily. Their elder clients will benefit from the methods they develop in group to deal with problems such as isolation and reduced social networks.

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