

WORKSHOP WITH PROFESSOR KENNETH LAIDLAW

NEW APPROACHES TO CBT AND AGEING: USING LIFESKILLS TO ENHANCE OUTCOME



Professor Ken Laidlaw is Programme Director of the DclinPsy Clinical Psychology Training Programme and is also Director of Postgraduate Research Programmes within CEDAR (Clinical Education, Development and Research) at the University of Exeter. Professor Laidlaw also works on part-time basis (0.1fte) for Cornwall Partnership NHS Foundation Trust as a Consultant Clinical Psychologist.

Despite being a clinical academic for many years, Ken has always maintained his clinical practice in the NHS and in the previous 5 years worked part-time as an honorary Consultant Clinical Psychologist in an older people's CMHT with NSFT in Norfolk. Prior to that Ken served for many years as Professional and Clinical Lead of an Older Adult Clinical Psychology Service in Edinburgh, Scotland. He is a Practitioner Psychologist Registered with Health and Care Professions Council (HCPC). He maintains ongoing research activity in cognitive behaviour therapy (CBT) for late life depression and anxiety, especially with complex, chronic and comorbid conditions. He carried out the first UK RCT of CBT for late life depression, published in 2008, and more recently (2017) published the first age-comparison meta-analysis of CBT for late life GAD. Ken was invited to provide a Keynote and a Clinical Practice Workshop at the 8th World Congress of Behavioral and Cognitive Therapies, in Melbourne, Australia in June 2016 and the 2018 European Congress of Behavioral and Cognitive Therapies, Sofia Bulgaria.

From 2000 to 2001 he was visiting scholar at the University of Pennsylvania (PENN) in Philadelphia with Aaron T. Beck, the father of CBT. He has a long and productive association with Professors Larry W. Thompson and Dolores Gallagher-Thompson at Stanford University, USA, the pioneers of CBT with Older People. He has recently authored a new book that aims to answer the question as to how CBT may be different with older people, Laidlaw, K. (2015) Cognitive Behaviour Therapy for Older People: An Introduction. Currently he is developing research into age-appropriate CBT and in 2017 he was the author of a highly successful futurelearn online training module <https://www.futurelearn.com/courses/cbt-older-people> looking at CBT with older people.

The world is experiencing a profound and irreversible demographic shift meaning therapists are much more likely to come into contact with many more and much older people. Therapists often feel ill-prepared to meet the needs of this new cohort of older people and often fail to take account of the lived experience (Lifeskills) of their clients as they misapprehend how this can take place in a therapy emphasizing a here and now orientation to problem-resolution. This workshop provides a review of contemporary approaches to CBT with older people and provides a way for therapists to review their own preparedness for working with older clients. This workshop also provides a number of key clinical examples that showcase some of the challenges therapists may face when working with older people who may present with chronic and complex anxiety disorders and depression. The workshop provides tools which are skills enhancing, present-oriented, problem-focused, straightforward to use and effective.

Key references:

- Chaplin, R., Farquharson, L., Clapp, M., and Crawford, M. (2015). Comparison of access, outcomes and experiences of older adults and working age adults in psychological therapy. *International Journal of Geriatric Psychiatry*, 30, 178–184.
- Gould, R. L., Coulson, M.C., & Howard, R.J. (2012). Cognitive behavioral therapy for depression in older people: A meta-analysis and meta-regression of randomized controlled trials. *J. American Geriatric Society*, 60, 1817–1830
- Laidlaw, K. (2015) *Cognitive Behaviour Therapy for Older People: An Introduction*. London: SAGE Publications. ISBN 978-1-84920-459-0
- Laidlaw, K. & Knight, B.G (Eds.,). (2008) *Handbook of the Assessment and Treatment of Emotional Disorders in Late Life: A Guide to Concepts and Practice*. Oxford: Oxford University Press. ISBN 978-0-19-856945-9
- Kishita, N. & Laidlaw, K. (2017). Cognitive Behavior Therapy for Generalized Anxiety Disorder: Is CBT Equally Effective in Adults of Working Age and Older Adults? *Clinical Psychology Review*, 52, 124-136.
- Laidlaw, K. & Kishita, N. (2015) Age Appropriate Augmented CBT for Enhancing Treatment Outcome with Older People. *Geropsych: The Journals of Gerontopsychology and Geriatric Psychiatry*. 28, 57-66
- Orgeta, V., Brede, J., Livingston, G. (2017). Behavioural activation for depression in older people: systematic review and meta-analysis. *British Journal of Psychiatry*, 211(5), 274-279

PRAKTISK INFORMASJON

Sted:	Solli DPS, Bygg A, Osvegen 15, Nesttun
Tid:	21. november kl. 15.45 - 17.30
Språk:	Engelsk
Påmelding:	https://solli.no/fag-og-forskning/kurs-og-fagdager Frist for påmelding: torsdag 14. november. Egen påmelding til workshop. Påmelding er bindende. Begrenset antall plasser.
Parkering:	Vi har begrenset med parkeringsplasser og er nødt til å prioritere parkering for pasienter som kommer til behandling. Ta derfor kontakt dersom du av særlige grunner er avhengig av parkering på Solli.

Velkommen!