

OPTIMAL AGING

Get Over Getting Older

Albert Ellis, Ph.D.
Emmett Velten, Ph.D.

Optimal Aging Get Over Getting Older

**Robert G. Meyer, Christopher M.
Weaver**



Optimal Aging Get Over Getting Older:

Sociology of Ageing Gangadhar Karalay, 2024-07-15 This book examines the biological psychological and sociocultural aspects of challenges related to ageing in India It does so by widely referring to research works beyond the disciplinary boundary of sociology to help develop a lucid yet critical understanding of sociological ageing Apart from providing an invaluable introduction to the major issues involved in the study of ageing from a sociological perspective this book discusses demographic perspective social dimensions social support and state policies in detail It aptly describes challenges faced by elderly people and avenues of opportunities available to them to remain actively engaged in life This book would be useful to the students researchers and teachers of Sociology Social Work Public Health and Psychology It would also be an invaluable companion to professionals working in the field of Gerontology Health and Social care and NGOs working with older people

The Clinician's Handbook Robert G. Meyer, Christopher M. Weaver, 2006-08-22 This extremely versatile handbook written for students and practitioners taps current treatment and assessment research to provide up to date coverage of emotional and behavioral disorders major DSM IV TR diagnostic categories MMPI 2 correlates and other test response patterns and treatment options Diagnostic concepts and observations are linked with specific assessment and test data for diagnostic categories this is then integrated with recommended intervention procedures In a single volume the authors have synthesized an abundance of information and presented it in a manageable and accessible manner Their extensive experience in clinical and forensic psychology teaching conducting research interacting with clients working in the criminal justice system highly qualifies them to know and present the kind of practical information students and practitioners need Additional outstanding features emphasizes multimodal assessment and treatment includes extensive discussions of clinical challenges such as suicidal clients the criminal personality deception and malingering offers bibliotherapy reading assignments and appropriate relaxation techniques for various types of clients provides coverage of legal issues competency criminal responsibility and civil commitment presents useful tips on case preparation and professional practice in the office and the courtroom

Fabulous After 50 Shirley W. Mitchell, 2013-06-17 Faced with the constant barrage of a youth oriented culture many women today have developed a negative attitude toward the unpleasant reality of aging Author Shirley W Mitchell challenges women approaching fifty not to fear their futures but to embrace them Realize that going through physical emotional and spiritual changes can take you into a realm of amazing possibilities Among the topics Shirley covers are Overcoming midlife fears Coping with loss Creating and fulfilling dreams Shaping spiritual life Improving fitness and diet The quantity of years in your life does not need to decrease the quality of your life Here s dynamic proof that living longer can also mean living better

Fostering Development in Midlife and Older Age Irina Catrinel Crăciun, 2023-02-22 This handbook integrates and discusses a growing evidence base concerning individual development across middle and late adulthood The book includes a comprehensive analysis of what growth implies within midlife and older age and considers

how different developmental areas are intertwined i.e. physical cognitive social and emotional development as well as personality growth. As the gap between theory and practice still constitutes an issue in developmental research, the handbook also aims to provide illustrative examples of prevention and intervention from a positive psychology perspective. These were selected to represent a variety of topics relevant for individual development where research informs practice, ranging from happiness, grandparenthood, love and sexuality to loneliness, depression, anxiety, suicide prevention and coping with death. This handbook is a must-have resource for students and researchers working in developmental psychology, health psychology, gerontology and public health. It will also be of interest to practitioners such as counsellors, life coaches, psychotherapists, organizational psychologists, health professionals, social workers or public health planners.

Finding Meaning in Life, at Midlife and Beyond David Guttman, 2008-09-30. Having been mentored by Viktor E. Frankl, the founder of logotherapy, Emeritus Professor David Guttman authored this book so general readers may understand this approach to finding meaning in life at the point when most of us begin deeply wondering over that question at midlife and beyond. Especially in this day and age of multiple demands on our time and seemingly non-stop obligations, we too often find that it is only when the dust settles after a work day or work week or even after retirement when we begin to wonder: What is the meaning of life? The purpose of this book is a new millennium venture into those questions and their answers using logotherapy, written by a sage understudy who recalls Frankl with his logotherapy as the epitome of his theory, even at 80 years old, wise and witty, exuding an energy, enthusiasm and youthful spirit that belied his years by decades. Aging does not diminish our power, our energy and our quest for life but reshapes it with new understandings, goals and needs. But says Guttman, we live in a technical and machine-based world now in which there is a danger of losing our souls. Here readers find a new creative perspective on aging and a fresh spiritual outlook. This book will be of interest not only to general readers, especially those at midlife and beyond, but also to their families, friends and students or professionals in the helping professions. This unique work provides knowledge to find meaning in life derived from the fields of philosophy, psychology, religion and gerontology, with case illustrations and vignettes to give readers both intellectual pleasure and practical guidance.

REBT with Diverse Client Problems and Populations Windy Dryden, Michael E. Bernard, 2019-02-26. This practice-focused resource demonstrates effective uses of Rational Emotive Behavior Therapy methods and techniques in treating clients across various conditions, settings and subgroups. Client problems featured include both those often associated with REBT, e.g., anxiety, depression, anger, and others noted for complex presentations, difficulties with engagement and impasses, e.g., addictions, suicidality, psychosis. Challenging treatment populations are covered as well, including women, couples, families, elder and pediatric clients, clients with disabilities and sexual minorities. These stimulating cases show how well the diversity of clients and their concerns is matched by the flexibility of techniques and applications within REBT. In each chapter, expert therapists identify concepts in REBT especially suited to approaching the problem or population. Outline best REBT practices in assessment and treatment.

of the client's Survey evidence based non REBT approaches most useful in complementing REBT Provide a brief case example representing appropriate REBT in action Assess their use of REBT in treating the problem or members of the population A bedrock text for REBT scholar practitioners REBT with Diverse Populations and Problems is a testimony to the continuing usefulness of the therapy and its adaptability as client populations emerge and as the contexts of client problems evolve in response to a demanding world **How to Stop Destroying Your Relationships** Albert Ellis, Robert A.

Harper, 2016-10-25 Break the bad habits that damage loving relationships and replace them with good ones that last Whether you are male or female single or married gay or straight Rational Emotive Behavior Therapy REBT created by world renowned therapist Dr Albert Ellis can help anyone at any age learn to maintain healthy and lasting love Simple and effective the proven REBT techniques in this landmark book show you how to relate lovingly and intimately for the long term Using a nonjudgmental approach here is more than just a guide to getting along better with a significant other You'll also find help for improving relationships with friends children and even in laws Discover practical information on Getting your relationships together by getting yourself together Realistic views of couplehood Communicating and problem solving Better sex for better couplehood Saving time and money and enjoying life more Having or not having children Building a deep and lasting relationship Self coping statements and exercises to keep you emotionally fit and much more to help you take matters into your own hands and heart and stop the cycle of relationship ruin With healing doses of wisdom and humor Dr Ellis puts you firmly on the path toward a lifetime of love Albert Ellis Revisited Jon Carlson, William Knaus, 2013-10-15 Albert Ellis was one of the most influential psychotherapists of all time revolutionizing the field through his writings teachings research and supervision for more than half a century He was a pioneer whose ideas known as Rational Emotive Behavior Therapy REBT formed the basis of what has now become known as Cognitive Behavior Therapy CBT the most widely accepted psychotherapeutic approach in the world This book contains some of Ellis most influential writings on a variety of subjects including human sexuality personality disorders and religion with introductions by some of today's contemporary experts in the psychotherapy field The 20 articles included capture Ellis with humor and breadth of knowledge and will be a valuable resource for any mental health professional for understanding the key ingredients needed to help others solve problems and live life fully **Successful Aging: Learn to Grow Older Gracefully** Agron Hoxha, 2024-04-29 Trees grow strong over the

years rivers wider Likewise with age human beings gain immeasurable depth and breadth of experience and wisdom That is why older persons should not be only respected and revered they should be utilized as the rich resource to society that they are Kofi Annan Ask Albert Ellis Albert Ellis, 2003 The most well known and highly respected psychotherapist of our time responds to reader questions submitted to the Ask Dr Ellis website The answers present the most concise reader friendly description yet of the author's Rational Emotive Behavior Therapy REBT method Fifty years of psychotherapy experience and wisdom are distilled in this practical guide for the rest of us Healthy thinking healthy emotions and healthy behavior are

explained with detailed examples and procedures for building lasting emotional well being The Essence of Psychotherapy Nicholas A. Cummings, Janet L. Cummings, 2000-03-17 This wonderful volume The Essence of Psychotherapy is a thoughtful engaging and incisive book about intermittent psychotherapy over the life cycle a collection of interesting cases of time sensitive therapy I would recommend this book to anyone with an interest in psychotherapy from the newest graduate student to the most experienced clinician SIMON H BUDMAN Ph D President Innovative Training Systems Inc Faculty Harvard Medical School For those psychotherapists who cannot see a positive future for their art in the age of managed care and evidence based practice I would prescribe a simple tonic read this book STEVEN C HAYES Ph D Foundation Professor and Chair Department of Psychology University of Nevada Reno The Essence of Psychotherapy traces the common thread in all approaches to psychotherapy behavioral cognitive psychodynamic strategic and humanistic and defines their essence as a set of fundamental principles and ultimate objectives that must be preserved in the face of increased standardization in the field While protocols and manuals guide today s therapist psychotherapy in practice remains an art Nicholas and Janet Cummings have gathered case studies of master therapists to illustrate the essential process of successful therapy and to show that as an art it is both teachable and verifiable Rational Emotive Behaviour Therapy Integrated Anjali Joshi, K.M. Phadke, 2024-12-30 This book offers a comprehensive overview of rational emotive behaviour therapy REBT a significant cognitive behavioural approach to counselling and psychotherapy originating from the pioneering work of Dr Albert Ellis Within its pages you will find a detailed exploration of REBT s historical evolution the framework of ABC activating event belief system and consequences its theoretical and philosophical foundations and its relationship with various religions atheism and morality The therapeutic process and techniques are thoroughly covered along with the wide reaching applications in real world scenarios One of the book s highlights is the inclusion of multiple case studies focusing on psychological disturbances representing different categories of irrational beliefs Through these cases readers gain a deeper understanding of psychological disturbances and discover possible remedies Foundational principles such as unconditional self acceptance unconditional acceptance of others and unconditional acceptance of life are vividly explained empowering readers to grasp these concepts and their potential for personal growth Moreover this book serves as a comprehensive reference encompassing major contributions to REBT theory and research both from the past and recent developments The second edition of this book updated and revised presents the latest advancements in the field ensuring that readers are up to date with REBT knowledge It provides a valuable resource for those seeking to explore and understand the intricacies of REBT Whether you are a student practitioner or simply curious about the field of counselling and psychotherapy this book offers a wealth of knowledge and insights into the theory and practice of REBT and its transformative potential in promoting psychological well being and resilience In this latest edition readers discover new age topics like the application of REBT in sports and exercise REBT group therapy the role of low frustration tolerance in addiction and much more **Advances in**

REBT Michael E. Bernard, Windy Dryden, 2019-03-13 This authoritative volume commemorates six decades of Rational Emotive Behavior Therapy by assembling its current state of theory practice and research Bedrock chapters on defining features assessment and measurement and empirical findings place REBT squarely in the cognitive behavioral landscape reinforcing its status as a significant therapeutic approach The book s palette of applications shows the flexibility and effectiveness of REBT in school workplace and other settings with worried parents and stuck athletes and as a foundation for brief interventions And the survey of guiding principles and the evolution of the method by REBT founder Albert Ellis is a testament to its enduring clinical value Included in the coverage A comparison of REBT with other cognitive behavior therapies The measurement of irrationality and rationality Empirical Research in REBT theory and practice Rational Emotive Behavior Therapy and the working alliance Brief interventions in Rational Emotive Behavior Therapy REBT and positive psychology Rational emotive behavior education in schools Advances in REBT will be welcomed as a definitive reference across the REBT community frontline clinicians novices trainees students and researchers Seasoned practitioners looking to incorporate REBT into their repertoires will find it immensely helpful **How to Make Yourself Happy and Remarkably Less Disturbable** Albert Ellis, 1999 Dozens of real life case examples detailed descriptions of self help action steps to help overcome anxiety depression rage self hate or self pity Cover **Reticent Hawke (A Billionaire Reverse Age Gap Best Friend's Older Sister Forbidden Romance)** Gwyn McNamee, 2023-07-27 Sometimes I wish I weren t a Hawke especially because I m in love with one Years of living on the streets taught me one hard lesson Don t trust anyone People are inherently bad and will do bad things any chance they get So when the Hawkes took me under their wings I put up walls so high that no one could ever climb over them Most stopped trying It was the way I liked it Locked away in my own little world Protected from anything that could hurt me But the very person I try so hard to keep out is the only one I want to let in I dream about her touch Crave her in a way I have no right to She s my best friend s older sister No matter what I have to keep my hands off Angelina Because she s a Hawke Reticent Hawke is the second book in The Hawke Family Second Generation Series from USA Today Bestselling Author Gwyn McNamee Grab this angsty forbidden billionaire reverse age gap best friend s older sister contemporary romance about a broken man an older woman a danger neither of them sees coming and desire neither of them can deny *Healthy Aging in Rural America* United States. Congress. Senate. Special Committee on Aging, 2001 *Nutrition and Functional Foods for Healthy Aging* Ronald Ross Watson, 2017-02-01 Nutrition and Functional Foods for Healthy Aging aims to equip anyone studying geriatric nutrition or working with aging adults with the latest scientific reviews of critical topics The major objective of this book is to review in detail the health problems of the aged and how normal food lifestyle or nutritional and dietary supplements can help treat them Nutrient requirements for optimum health and function of aging physiological systems are often quite distinct from those required for young people The special nutrition problems of the aged are intensively researched and tested especially as the elderly become a larger percentage of

the population Many chronic diseases and cancers are found with higher frequency in the aged and it is also widely known that many elderly people use foods and nutrients well above the recommended daily allowance which can be detrimental to optimal health Explains the evidence supporting nutritional interventions relevant to age related diseases Reviews the macro and micro nutrient requirements of aging adults and their variables Describes how alcohol drugs and caffeine can impact deficiencies also exploring functional food and dietary supplements that can be used for prevention and treatment **AARP** *The Scientific American Healthy Aging Brain* Judith Horstman,2012-05-22 AARP Digital Editions offer you practical tips proven solutions and expert guidance Scientific American and Scientific American Mind have good news about getting older AARP The Scientific American Healthy Aging Brain taps into the most current research to present a realistic and encouraging view of the well aged brain a sobering look at what can go wrong and at what might help you and your brain stay healthy longer Neurologists and psychologists have discovered the aging brain is much more elastic and supple than previously thought and that happiness actually increases with age While our short term memory may not be what it was dementia is not inevitable Far from disintegrating the elder brain can continue to develop and adapt in many ways and stay sharp as it ages Offers new insights on how an aging brain can repair itself and the five best strategies for keeping your brain healthy Shows how older brains can acquire new skills perspective and productivity Dispels negative myths about aging Explores what to expect as our brains grow older With hope and truth this book helps us preserve what we ve got minimize what we ve lost and optimize the vigor and health of our maturing brains **Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book** Theris A. Touhy,Kathleen F Jett,2021-04-07 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Geriatrics Gain the nursing skills you need to provide wellness based care for older adults Ebersole and Hess Gerontological Nursing Healthy Aging 6th Edition uses a holistic approach to describe compassionate care along a continuum of wellness Designed to promote healthy aging regardless of the patient s situation or disorder this text provides best practice guidelines in covering physical psychosocial spiritual and cognitive health New to this edition are Next Generation NCLEX style case studies updates on measuring clinical judgment expanded coverage of core competencies and more Written by gerontological nursing experts Theris Touhy and Kathleen Jett this concise text provides a solid foundation in every aspect of healthy aging Focus on health and wellness provides the evidence based information and strategies needed to promote healthy aging Key concepts learning activities and discussion questions in every chapter emphasize the information needed to enhance care Recommended competencies from the AACN and the Hartford Institute for Geriatric Nursing are integrated throughout Discussion of disease processes is placed in the context of healthy adaptation nursing support and responsibilities Easy to use information on nursing techniques and communication appears with the associated disorders symptoms and situations Tips for Best Practice and Resources for Best Practice boxes provide insight into proven methods of nursing care Discussions of nursing and interprofessional actions help students learn to enhance wellness

maintain optimal function and prevent unnecessary disability Coverage of age cultural racial and gender differences highlights these important considerations in caring for older adults NEW Updates reflect the NCSBN Clinical Judgment Model NEW Next Generation NCLEX NGN style case studies provide optimal preparation for the Next Generation NCLEX Examination NEW Specialized information addresses the unique needs of older adults such as atypical disease presentation geriatric syndromes neurocognitive disorders quality of life with chronic illness legal and ethical issues and mental health challenges such as depression and substance abuse NEW Coverage of competencies of expanding nursing roles in the care of older adults addresses the continuum of care NEW Gerontological expertise is incorporated into nursing actions and complements other nursing texts including med surg community health mental health and assessment books used in programs without a freestanding gerontological nursing course NEW Expanded content includes information on COPD guidelines medication use and misuse Alzheimer s Disease wound care guidelines diagnosis and treatment of sleep disordered breathing joint replacement caregiver strain hospice and transitional care and more

Exploring the Role of ICTs in Healthy Aging Mendes, David,Fonseca, César,Lopes, Manuel José,García-Alonso, José,Murillo, Juan Manuel,2020-05-31 Technological innovation continues to be present in all areas of our lives offering seemingly endless possibilities As technology is increasingly implemented in healthcare applications it is necessary to understand whether users respond to a predefined organizational strategy of model of care or whether they will become wholly dependent on the healthcare technology This understanding is especially crucial when dealing with the possibility of generating inequities especially with individuals that are elderly *Exploring the Role of ICTs in Healthy Aging* is a collection of innovative research that proposes the detailed study of a strategic framework for the development of technological innovation in healthcare and for its adoption by health organizations While highlighting topics including emotional health quality of life and telemedicine this book is ideally designed for physicians nurses hospital staff medical professionals home care providers hospital administrators academicians students and researchers Moreover the book will provide insights and support executives concerned with the management of expertise knowledge information and organizational development in different types of healthcare units at various levels

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