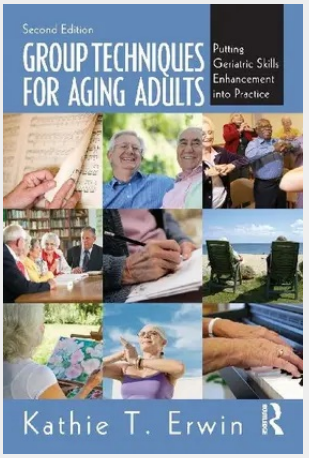
Erwin

Group Techniques for Aging Adults

Putting Geriatric Skills Enhancement into Practice

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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