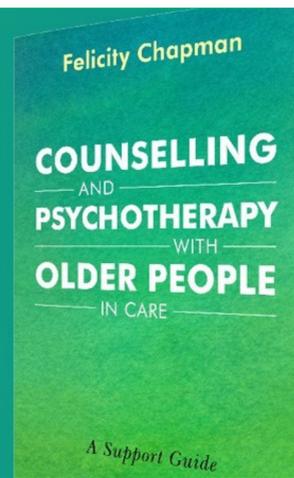


# PERFECT PRIMER FOR GERONTOLOGY AND/OR MENTAL HEALTH COURSES



Counselling and Psychotherapy with Older People in Care: A Support Guide  
Published by Jessica Kingsley Publishers of London and available through Amazon

## KEY FEATURES

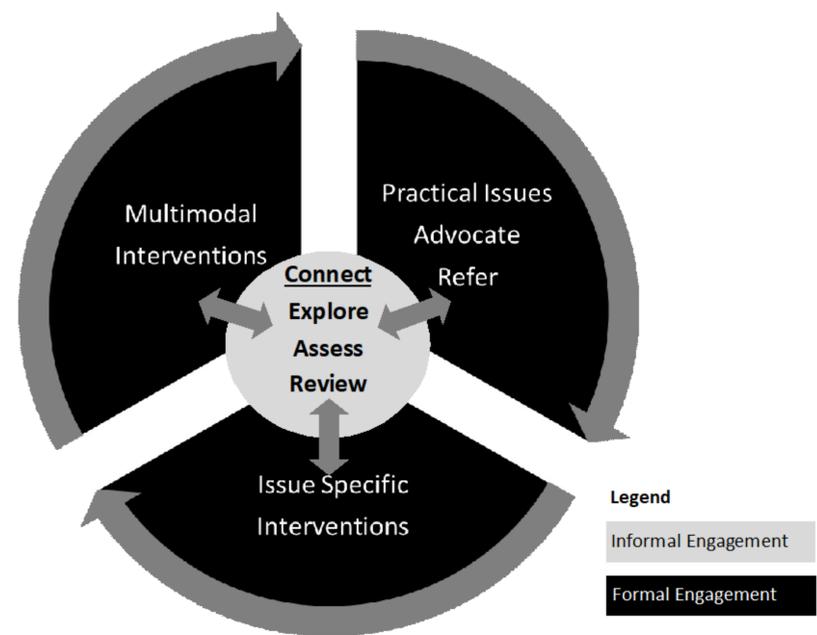
1. Relevant for work with all advanced seniors; especially those in care settings.
2. Relevant for care managers, counsellors, social workers, psychologists, mental health nurses, policy makers and primary health program developers.
3. A psychological and sociological analysis of the aged care sector and affects of ageism.
4. Uniquely addresses self care and motivation for the practitioner.

### Undercover agents: innovative psychological model for an advanced senior population

The current cohort of people eighty years and over are often not familiar with psychotherapy, nor seek it, however psychological distress for this group can be high. Men over eighty five in Australia have the highest rate of suicide and a report by the Australian Institute of Health and Welfare revealed in 2013 that more than half of facility residents in their study had depressive symptoms. Current models of psychological practice, irrespective of modality, are limited for an advanced senior population because they do not consider generational nuances. They assume literacy with the purpose of psychological intervention, client motivation and a degree of comfort in psychological or social help seeking. Moreover, traditional models of psychological practice emphasize pathology and assume an expert role. Such approaches can be alienating, uncomfortable and disempowering for an advanced senior population who often pride themselves as being resilient and can be affected by internalized ageism. The Flexicare Model\* aims to improve relevancy, comfort and accessibility of psychotherapy by seeing informal engagement as foundational to formal encounters of multimodal intervention, advocacy work and evidence based interventions which target specific issues such as trauma. Informal engagement is covertly therapeutic through life story consultation, reflective listening skills, identification of abilities and values and mindfulness based qualities of the therapist. In this way the therapist is akin to being an 'undercover agent' – performing undercover therapy - during which time comfort and interest in deeper psychological work can be established. The Flexicare Model is conceptualized as a dynamic diagram of integrated intervention. It asserts that the therapist's language and approach should be generationally sensitive and relevant.

\*Initially called An Integrated Model of Intervention, in Chapman, F. (2017) Counselling and Psychotherapy with Older People in Care: A Support Guide. London: Jessica Kingsley Publishers.

## The Flexicare Model



**"A refreshing and much needed text"**

Julianne Whyte, OAM, CEO and Founder of the Amaranth Foundation, NSW

**"Written with rigor, elegance and humour... a must read guide!"**

Shona Russell, mental health social worker and co-director of Narrative Practices Adelaide

**"This will be a significant text for years to come"**

Vittorio Cintio, Social Work Department Head at Nepean Blue Mountains Local Health District

**"Small but powerful"**

Amazon.com consumer

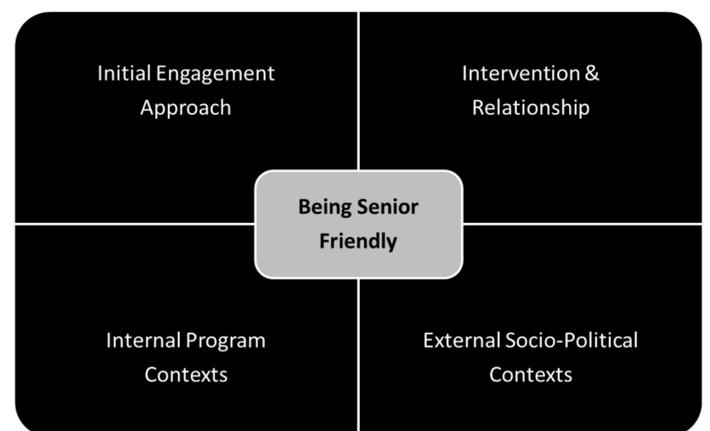
**"[This book] breaks new ground"**

Gillian Guthrie, qualified counsellor, author, former current affairs journalist and TV producer

## The Senior-Friendly Service Delivery Matrix

"[This book] includes a neat list of five forms of ageism or disempowering attitudes, building senior-friendly care systems, and self-care for the psychotherapist...I could not help but be impressed by the way she looks at all aspects of the person, which is something we espouse in palliative care. I was also impressed by her down-to-earth approach to assessments, interventions, and the goals of care... you will enjoy this book."

Dr Roger Woodruff, Book Reviews, Volume 19, No 4, April 2018,  
International Association of Hospice and Palliative Care



Felicity Chapman is author of **Counselling and Psychotherapy with Older People in Care: A Support Guide**. She is a clinical social worker specializing in psychotherapeutic work with advanced seniors in the community and in care and is a Medicare registered mental health clinician.