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**Nominee for AJA book of the year 2019**

**AJA review, volume 40, issue 1, March 2021, bookshelf**

A big thank you to Catherine Andrew, Senior Lecturer at Southern Cross University, for writing this review and also to Professor Yvonne Wells, AJA Associate Editor of Book Reviews, for allowing me to offer free access to the review so I can share. See link above if want to view reference to the review in this month's issue.

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*“Counselling and Psychotherapy with Older People in Care* is written for counsellors, psychologists and social workers as a guide to working effectively with people living in residential care and alongside those employed to care for them. The author uses her own stories to share insights into ways to engage individuals in therapy and support them as they navigate personal issues of loss and grief associated with becoming older and transitioning to residential aged care.

This book is written from the heart but at the same time presents academically sound support for the need for counselling and psychotherapy with older people. The author provides the context for salient issues faced by those in residential care by drawing upon references to findings from aged care reports, practice guidelines and evidence-based research. Justification for and insights into supporting older adults through person-centred counselling are offered.

One of the strengths of the book is that it encourages the reader to understand the importance of providing timely and relevant interventions by reflecting on contemporary issues faced by people living in residential care. The author wanted to share the voices of those people who ‘told her what mattered’ to them. The stories shared about transitions from ‘despair’ to ‘hope and resolution’ will give students and those new to the field of working with older people a sense of optimism. Staff can make a difference through hearing, truly listening and working with empathy alongside those they care for. The author reminds us that not everyone needs to be a psychologist, counsellor or social worker to address the psychological and emotional wellbeing needs of older adults.

The book aims to be clinically relevant to those working in a range of health practitioner disciplines, such as occupational therapy. The content is informative and examples of practical approaches to intervention are provided. However, several assessment methods and interventions described are not generic. This limits the relevance of the book to a wider readership, including older people and those without a background in health care. For example, the book recommends specific assessment and treatment strategies that can be used only by those qualified to deliver them and interpret the results. Therefore, this book would be most relevant for those health practitioners who are training or trained in psychotherapy and counselling and interested in ways to provide effective counselling interventions with older people, particularly those living in residential care.”

Catherine Andrew, Senior Lecturer in Occupational Therapy, School of Health and Human Sciences, Southern Cross University, Coffs Harbour

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*Senior-friendly approaches in formal assessment*

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REFERENCES

FURTHER READING AND RESOURCES

**Felicity Chapman**

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— AND —  
**PSYCHOTHERAPY**  
— WITH —  
**OLDER PEOPLE**  
— IN CARE —

*A Support Guide*