

IDENTIFYING AND DEVELOPING STRATEGIES

TO

REDUCE DEPRESSION AND ANXIETY

IN

THE OLDER PERSON



Catherine Ebert MAPS CCLIN
Clinical Psychologist
May, 2015
cathy.ebert@gmail.com

Eastern Suburbs
Mental Health
Services
South Eastern Sydney
Local Health District



DOMESTICE VIOLENCE

DIVORCED

ENGLISH, FAMILY DECEASED

SON DIES AGED 36

HEALTH ISSUES

CHILDREN IN NEW ZEALAND

LIVING ALONE

SOCIALLY ISOLATED
HOUSEBOUND



ANXIETY

POOR COMMUNICATION

POOR MEMORY

DEPRESSION

PSYCHOSIS

GRIEF

EMOTIONAL DYSREGULATION

UNTRUSTING

CHRONIC POST TRAUMATIC
STRESS DISORDER

SUICIDAL THOUGHTS

INCIDENCE OF ANXIETY AND DEPRESSION IN THE ELDERLY

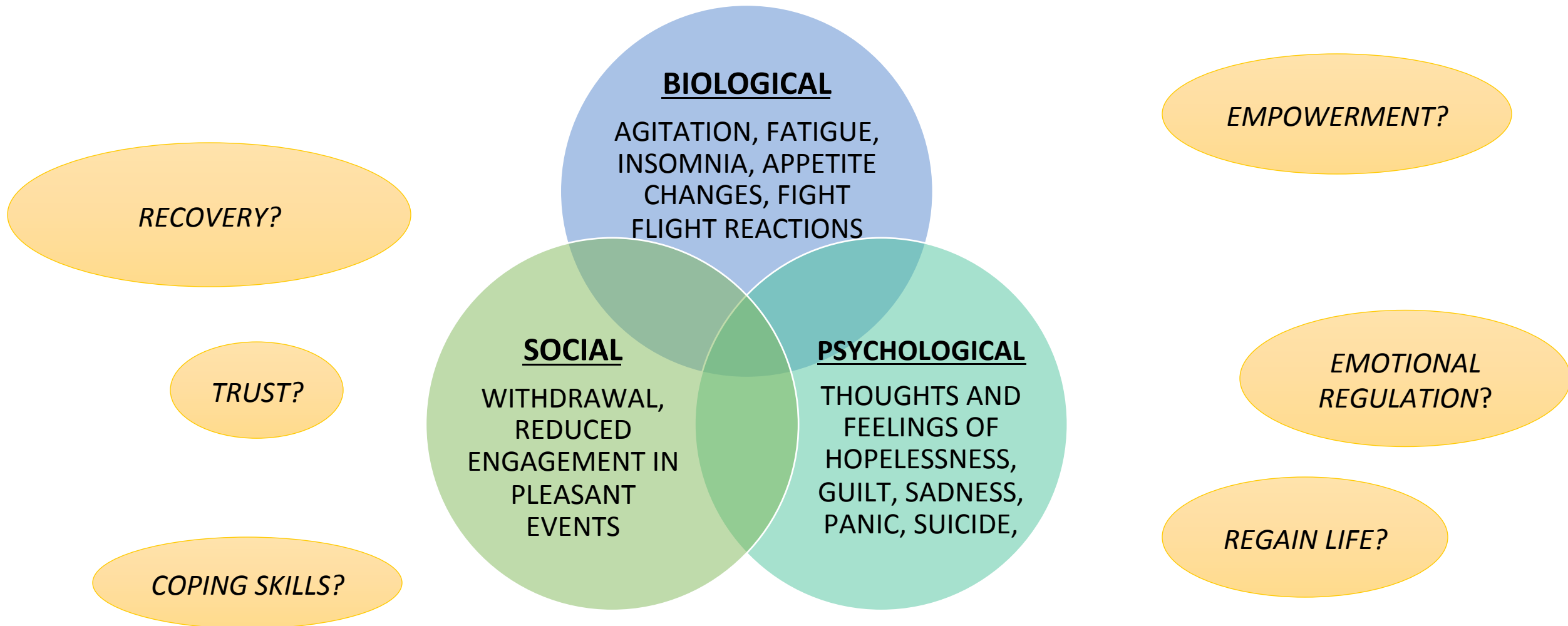
ANXIETY 15-52% IN THE ELDERLY (BRYANT ET AL, 2008)

- CO OCCURS WITH COGNITIVE DECLINE (ROZZINI ET AL, 2009)
- EMERGENT DEPENDENT AND AVOIDANT PERSONALITY STYLES (COOLIDGE ET AL, 2000)

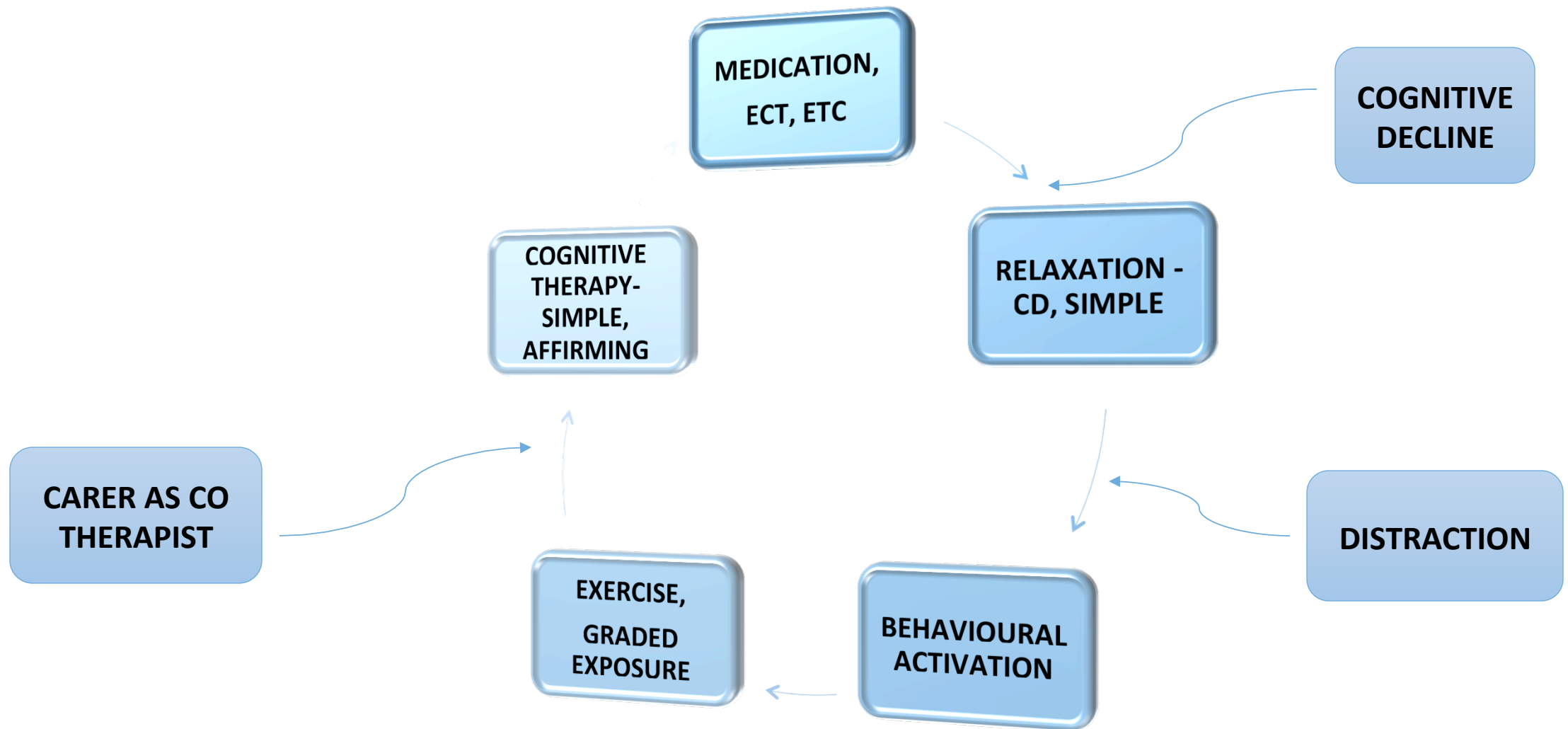
DEPRESSION 20-45% IN THE ELDERLY (DRAPER ET AL, 2000)

- INFLUENCED BY ADVERSE LIFE EVENTS (EGE ET AL, 2015)
- CO OCCURS WITH NEUROTICISM (HAYWARD ET AL, 2013)
- CO OCCURS WITH COGNITIVE IMPAIRMENT (KORTEN ET AL, 2014)

BIOPSYCHOSOCIAL MODEL OF ANXIETY AND DEPRESSION



PREVIOUS TWENTY YEARS: TREATMENT APPROACHES



NEW DIRECTIONS

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CLOSE YOUR EYES.....



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ATTENTIONAL SWITCHING

TIMES
TABLES.
1X12=
2X12=
3X12=

SPELLING
BACKWARDS

NURSERY
RHYMES
Mary had a
little
lamb.....

THEN.....

SELF SOOTHING,
PLEASANT EVENT
GENTLE EXERCISE
PRAISE.....

Emotional Recovery Program (Dialectical Behavior-Informed)

EMOTIONAL REGULATION

MINDFULNESS

INTERPERSONAL
EFFECTIVENESS

DISTRESS
TOLERANCE



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Distraction, Attentional Switching, Behavioural Activation, Exercise, Daily Routine

Qualitative benefits from the group

Shared expression of emotional experiences is beneficial to facilitate emotional change

Mindfulness is beneficial for relaxation

Being part of a group allows rapport building with others

Expression of loss and grief experiences

Group activities promoting emotional change

Planning activities to engage in at home

THERAPEUTIC RELATIONSHIP



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