



Geriatric Counselling

Day 1: Introduction to Geriatric Counseling

- ***Objective:*** To understand the fundamental aspects of geriatric mental health and the aging process.
- ***Theory:*** Overview of geriatric psychology and common mental health issues in older adults.
- ***Practice:*** Identifying age-related psychological changes.
- ***Activities:*** Discussion on prevailing stereotypes and myths about aging.
- ***Case Studies:*** Introduce a case of late-life depression.
- ***Role Play:*** First encounter with an elderly client.
- ***In-Session Practice/Peer Counseling:*** Active listening skills with elderly clients' concerns.

Day 2: Common Mental Health Disorders in the Elderly

- ***Objective:*** To recognize and understand common mental health disorders in the geriatric population.
- ***Theory:*** Depression, anxiety, dementia, and substance abuse in the elderly.
- ***Practice:*** Diagnosis criteria and assessments specific to older clients.
- ***Activities:*** Mental health screening exercises.
- ***Case Studies:*** Discussing early signs and symptoms through a case study.
- ***Role Play:*** Role-playing cognitive assessment.
- ***In-Session Practice/Peer Counseling:*** Practicing empathetic communication.

Day 3: Therapeutic Approaches and Techniques

- ***Objective:*** To explore evidence-based therapies tailored for the elderly.

- ***Theory:*** Introduction to Cognitive Behavioral Therapy (CBT) for the elderly, reminiscence therapy, and life review.
- ***Practice:*** Adapting therapy techniques for cognitive and sensory changes.
- ***Activities:*** Developing therapeutic goals with the elderly.
- ***Case Studies:*** Analyzing the efficacy of different therapies.
- ***Role Play:*** Conducting a CBT session with an elderly client.
- ***In-Session Practice/Peer Counseling:*** Peer feedback on therapy adaptation.

Day 4: Grief, Loss, and End-of-Life Issues

- ***Objective:*** To address grief and end-of-life issues unique to geriatric counseling.
- ***Theory:*** Stages of grief, loss, and end-of-life psychological care.
- ***Practice:*** Grief counseling techniques and interventions.
- ***Activities:*** Writing a letter from the perspective of a grieving elderly client.
- ***Case Studies:*** Examining the grieving process in the elderly.
- ***Role Play:*** Facilitating a grief counseling session.
- ***In-Session Practice/Peer Counseling:*** Reflective practice on personal attitudes towards death and dying.

Day 5: Dealing with Chronic Illness and Disability

- ***Objective:*** To focus on counseling strategies for elderly clients with chronic conditions and disabilities.
- ***Theory:*** Psychological impact of chronic illness and adapting to disability.
- ***Practice:*** Creating a supportive therapeutic environment for clients with physical limitations.
- ***Activities:*** Simulations to understand the physical limitations experienced by some elderly clients.
- ***Case Studies:*** Treatment planning for chronic illness management.
- ***Role Play:*** Enhancing coping strategies in a counseling session.

- ***In-Session Practice/Peer Counseling:*** Sharing experiences of vulnerability and resilience.

Day 6: Caregiver Stress and Support Systems

- ***Objective:*** To study caregiver roles and formulating support systems for the elderly.
- ***Theory:*** Dynamics of caregiving and family involvement.
- ***Practice:*** Counseling caregivers and identifying caregiver burnout.
- ***Activities:*** Setting up a caregiver support group.
- ***Case Studies:*** Discussion on the psychological impact of caregiving.
- ***Role Play:*** Supporting a caregiver in distress.
- ***In-Session Practice/Peer Counseling:*** Role reversal to understand caregivers' emotional needs.

Day 7: Ethics and Legal Issues

- ***Objective:*** To understand ethical and legal considerations specific to the geriatric population.
- ***Theory:*** Confidentiality, decision-making capacity, and elder abuse.
- ***Practice:*** Navigating ethical dilemmas in the context of diminished capacity.
- ***Activities:*** Ethical decision-making tree exercise.
- ***Case Studies:*** Legal case studies on issues like power of attorney and consent.
- ***Role Play:*** Ethical consultation session.
- ***In-Session Practice/Peer Counseling:*** Discussing boundaries and ethical practices.

Day 8: Cognitive Impairments and Dementia Care

- ***Objective:*** To gain insight into the psychological treatment of dementia and related cognitive disorders.
- ***Theory:*** Types of dementia, progression, and psychosocial interventions.
- ***Practice:*** Environmental modifications and communication strategies.

- ***Activities:*** Reality orientation and memory aids creation.
- ***Case Studies:*** Analyzing a dementia case from diagnosis to treatment.
- ***Role Play:*** Interacting with a client showing symptoms of dementia.
- ***In-Session Practice/Peer Counseling:*** Implementing memory care strategies.

Day 9: The Role of Pharmacotherapy

- ***Objective:*** To examine the role of medication in the treatment of psychiatric conditions in the elderly.
- ***Theory:*** Common psychotropic medications and age-related pharmacokinetics.
- ***Practice:*** Collaborating with geriatric psychiatrists/physicians.
- ***Activities:*** Review medication charts and discuss side effects and interactions.
- ***Case Studies:*** A case involving medication management complexities.
- ***Role Play:*** Discussing medication adherence with a client.
- ***In-Session Practice/Peer Counseling:*** Peer discussions on integrating pharmacotherapy with counseling.

Day 10: Integrating Skills and Future Trends

- ***Objective:*** To synthesize skills learned and discuss continued professional development.
- ***Theory:*** Overview of course content and emerging trends in geriatric counseling.
- ***Practice:*** Develop a continued education plan.
- ***Activities:*** Create a resource list for elderly clients and caregivers.
- ***Case Studies:*** Future implications for practice based on demographic trends.
- ***Role Play:*** Combining techniques in a comprehensive counseling session.
- ***In-Session Practice/Peer Counseling:*** Final role-playing session with peer feedback and future planning for skill application.