

## Book Review

### **Casebook of Clinical Geropsychology: International Perspectives on Practice.**

**By Nancy A. Pachana, Ken Laidlaw, and Bob G. Knight. (Eds.) (2010).**

*(New York: Oxford. 319pp. ISBN: 978-0-19-958355-3).*

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The world's population is ageing. As people grow older, this stage of human life also brings in a wide range of challenges including specific age-related psychological/mental health issues. As baby boomers reach their peak age, and as the average longevity is increasing across the globe, the mental health professionals need to enhance their knowledge and skills in the management of age related issues. Geropsychology, a field of psychology, is aimed at addressing these age-specific issues and it provides comprehensive approaches in the delivery of health care to older persons, their families and to the care systems. It outlines skills in assessment, intervention approaches and management of complex issues across a range of psychosocial issues. Geropsychology offers a multiplex of challenges to clinicians in understanding as well as in the management of a wide range of complex issues. Geropsychology not only aims at dealing with age-related clinical conditions, but it also focuses on strategies for enhancing general wellbeing and quality of life of older adults.

The current volume entitled "Casebook of Clinical Geropsychology: International Perspectives on Practice" is edited by Nancy A. Pachana, Ken Laidlaw and Bob G. Knight, who are internationally known for their

contributions in the field of clinical Geropsychology. It is a major effort contributed by a group of well-known authors and edited by pioneering clinical researchers in this field. This volume is truly international in the sense that the chapters were contributed by leading experts from nations including Australia, Netherlands, New Zealand, Norway, Spain, United Kingdom and the USA.

In this volume, the authors aimed at providing best practice in managing issues of older adults from a Geropsychology perspective. The editors state, the focus of this volume is to provide clinical cases "which encompass complex issues of diagnosis and formulation, assessment and intervention, ethical and legal issues and interdisciplinary perspectives that will appeal" mental health professionals. One of their stated goals is "to provide the reader with insight into best practice in managing complex cases involving older adults from a Geropsychology and/or geriatric psychiatry perspective". In my opinion, they have succeeded in that objective and in this important volume the editors have provided an excellent collection of chapters encompassing a wide range of theoretical issues, age related clinical problems, and psychosocial issues and processes specific to ageing and health. To my knowledge, this is the first book in Geropsychology which focuses on

complex clinical issues specific to older adults using case illustrations.

While this volume is not intended to systematically review the most current research in the field of Geropsychology, its scope is to provide clinical insights into a whole range of topics relevant to Geropsychology and mental health of older adults. This volume contains 17 chapters focusing on issues from age-related clinical conditions (e.g., late life depression, anxiety, bereavement, insomnia, personality disorders, ) through application of specific therapeutic approaches (e.g., cognitive behavioural, interpersonal, systemic, psychodynamic and acceptance and commitment therapies) to more contemporary issues applicable to older adults (e.g., mental capacity, suicide, sexual orientation issues, feedback and communication, coping with chronic medical illness, challenging behaviours). It also includes some interesting topics such as treatment in long-term care facilities, supervision issues and the management of oldest-old individuals. Most of these topics were provided with ample clinical case illustrations. As the editors highlight, this volume is not intended to endorse a single theoretical orientation, but it focuses on providing information about the most current therapeutic models (e.g., interpersonal therapy) as well as imparting insights into more traditional approaches (e.g., dynamic therapies) to therapy.

The Casebook of Clinical Geropsychology is an important resource to clinical practitioners working in the area of Geropsychology as well as it provides excellent knowledge and skills to students who are interested in pursuing their training in mental health of older adults and Geropsychology. This volume offers significant clinical insights into the conceptualisation and management of a range of psychological issues in later life. The editors and authors are to be commended for their excellent efforts in preparing such a clinically valuable volume; its strength

certainly lies in its focus on clinical case formulations and illustrations.

Edited volumes are commonly criticized by reviewers for the “exclusion” of certain topics grounded on what the reviewers think should have been included, and I might do the same here. When the editors revise this book in future, it may be worth considering inclusion of other relevant topics such as alcohol and substance use disorders, psychotic disorders, cultural issues, and caregiver burden, which would further enhance the scope of this volume. Inclusion of a general introductory chapter highlighting the current conceptualizations of ageing and Clinical Geropsychology could well provide the reader with a right perspective to this complex field. Minor issue of inconsistency in referencing and citations could be addressed.