



# Counselling Older People with Alcohol Problems

*Lesley Wilson, Michael Fox*

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Alcohol misuse is becoming an increasingly significant issue for people aged 55 and over, and providing effective counselling services to this growing client group requires a unique and specialised approach. This practical guide explores the factors that differentiate older drinkers, and introduces an innovative person-centred model that will help counsellors and other healthcare professionals to give older people with alcohol problems the help and support they need.

Older people with alcohol problems often have complex personal histories, and are particularly vulnerable to long-term dependency, social isolation and self-medication. This book explores the influences, patterns and triggers that affect the development and progression of alcohol dependency in this age group, and provides a detailed description of a theoretical model and therapeutic process that has proved successful in practice. Informative case studies demonstrate the approach in action and guidance is also given for working with clients with dementia or mental health problems.

This book will prove an invaluable resource for counsellors and other healthcare professionals who encounter alcohol problems in their clinical practice, including clinical psychologists, social workers, occupational therapists and community psychiatric nurses.



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