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The majority of counseling approaches build upon a foundation of respect, empathy, and support. Creating a culture where mentally healthy older adults are considered "normal" is paramount to the field of geriatric counseling. Counselors must promote the idea that old age in itself is not pathological and does not necessarily require counseling.

Counseling the Elderly - IResearchNet

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n Of the various counselling approaches CBT has the strongest evidence base and is efficacious with older people in the treatment of anxiety and depression. n There is a lack of research into a number of counselling approaches which are commonly used in routine practice, particularly interpersonal, psychodynamic, client-centred, validation,

Counselling older people - British Association for ...

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