

CO 741
Counseling the Aged
Introduction to Gerontology
Gordon-Conwell Theological Seminary

Professor Pendleton
Spring 2011

The significant growth in the population of older citizens necessitates a clearer understanding of the unique issues and needs of this population. The church must learn to address specific issues in responding to the needs of its older citizens. In addition, mental health professionals are increasingly expected to provide services to this important segment of our society.

This course is designed to take a holistic approach to counseling for the population of older persons. There are significant areas of development that are essential for understanding the needs of older persons. This course will deal with the biological, psychological, sociological, economic, and spiritual aspects of development in this growing population.

Students are expected to familiarize themselves with the rich resources for research and study that are available in this domain of understanding. The course is designed in such a way as to focus on both critical information and developmental issues that help in the understanding of multifaceted approaches to counseling the elderly population.

Course Objectives:

1. To look at several basic areas of developmental change in the life of older persons: biological, psychological, sociological, cultural, economic and spiritual.
2. Recognize the significant diversity or heterogeneity of older adults.
3. Understand social and cultural differences among the elderly.
4. Develop some elementary skills in assessing various indices of normal and abnormal characteristics of aging.
5. Assess the most viable counseling approaches for working with older persons.
6. Understand the most effective ways to provide spiritual nurture and guidance as an essential component of caregiving.

REQUIRED TEXTS

Chop, Walter & Robnett, Regula. (2010). *Gerontology for the Health Care Professional (2nd Ed.)*, Boston: Jones & Barlett Publishers.

Deane, Barbara, (1989). *Caring for Your Aging Parents: When Love is Not Enough*, Colorado Springs: NavPress.

COURSE REQUIREMENTS

Reading – Students are expected to read the basic texts and 1200 – 1500 pages from the vast literature available.

An annotated reading log is expected. This log should consist of:

The Author, Title, Publisher, Date of publication

A brief synopsis of the major thesis of the book

A critical commentary on its usefulness in understanding and responding to the needs of older citizens; a one half to one page summary is quite sufficient.

Written Work - Each student will write a summary of an in-depth interview with an older person. This should include important biographical and family systems information along with particular attention to developmental and relational issue. Particular attention should be given to the point of view of the interviewee with regard to significant persona, social and spiritual issues. 10-15 pages maximum.

Each student will submit a problem oriented case that will become the basis for in class discussion regarding means and manner for intervention from a counseling perspective. Cases should be based upon real personal situations but sufficiently disguised to protect the identity of the individual.

A topical paper that concentrates on a particular issue in counseling the elderly: this is a research paper that requires adequate bibliographic support. Please use the APA Style format for presentation.

GRADING

In depth interview –	30%
Case Study -	20%
Research Paper	30%
Reading Log	10%
Class contribution	10%

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SUBJECTS TO BE COVERED

SESSION 1 – Introduction – Review of syllabus, assignments for case presentations for Discussion. The importance of a whole person model.

SESSION 2 – Physical Issues in Aging

SESSION 3 – Emotional Factors in Aging

SESSION 4 – Intellectual/Cognitive Factors in Aging

SESSION 5 – Relational/Social/Cultural Factors in Aging

SESSION 6 – Spirituality in Aging

SESSION 7 – Caring for the Caregiver

SESSION 8 – Therapeutic Intervention for the Elderly

SESSION 9 – Planning for Care

SESSION 10 – End of Life Issues

(End of course issues- Evaluation and Feedback)

BIBLIOGRAPHY

- Abrams, W.B., M.H. Beers, & R. Berkow (Ed.s) *Merck Manual of Geriatrics (3rd Ed)*, Whitehouse Station, NJ, Merck Research Laboratories (2000)
- Albom, M. *Tuesdays With Morrie: An Old Man, A Young Man, and the Last Great Lesson*, New York, Doubleday (1997)
- Biren, J. E. & K. W. Schaie (Eds.) *Handbook of the Psychology of Aging (5th ed.)*, Sand Diego, CA, Academic Press (2002)
- Deane, Barbara, *Caring for Your Aging Parents*, Colorado Springs, NavPress (1989)
- Duffy, M. (Ed.) *Handbook of Counseling and Psychotherapy with Older Adults*, New York, John Wiley (1999)
- Garilov, Leonid A. and Natalia S. Gavriolova, *The Biology of Lifespan: A Quantitative Approach*, New York, Harwood Academic Publishers (1991)
- Gilles, John L. *A Guide To Caring For and Coping With Aging Parents*, Nashville, Thomas Nelson (1981)
- Hauerwas, Stanley (et al), *Growing Old In Christ*, Grand Rapids, Wm. B. Eerdmans (2003)
- Herr, John J. and John H. Weakland, *Counseling Elders and Their Families: Practical Techniques for Applied Gerontology*, New York, Springer (1979)
- Hoyer, W. J. & P. A. Rodin, *Adult Development & Aging (5th Ed)*, Boston, McGraw Hill (2003)
- Maddox, George L (Ed) *The Encyclopedia of Aging*, New York, Springer Publishing (1995)
- McLwain, Harris & Debra Bruce *My Parent My Turn*, Nashville, Broadman and Holman (1995)
- Moody, Harry, *Aging: Concepts and Controversies*, Boston, Pine Forge Press (2000)
- Myers, Wayne A. *Dynamic Therapy Of The Older Patient*, New York, Aaronson (1984)
- Oates, Wayne E. (Ed) *Understanding Aging Parents*, Philadelphia, Westminster (1980)
- Piepenbrink, Linda (Ed) *Caring For Your Aging Loved Ones*, Wheaton, ILL, Tyndale House (2002)
- Reiske, Robert J. and Henry Holstege *Parent Care*, Wheaton, ILL, Tyndale House, (1992)

Seuss, Dr & A. S. Geigel, *Your're Only Old Once*, New York, Random House (1986)

Walker, Alexis J. (et al) *Families In Later Life: Connections And Transitions*, Boston, Pine Forge Press (2000)

Zarit, S. H. & B.G. Knight (Eds.) *A Guide to Psychotherapy and Aging: Effective Clinical Interventions In a Life Stage Context*, Washington, D.C., American Psychological Association (1996)

JOURNALS THAT MAY BE HELPFUL

American Journal of Geriatric Psychiatry

The Gerontologist

Journal of Religion, Spirituality & Aging