



Psychological Treatment for Older Adults and Their Caregivers

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Deadline for manuscript
submissions:

closed (15 January 2022)

Message from the Guest Editor

Dear Colleagues,

Psychological Treatment for Older Adults and Their Caregivers is one of the most important factors related to gerontology. Aging presents a challenge in providing adequate mental health services to a population with rapidly increasing longevity. Although older adult patients have many of the psychological needs that other age groups have, they also have some specific needs. Older adults have unique mental healthcare needs. Nevertheless, usual training in psychotherapy makes minimal distinctions between middle adulthood and old age of the client in the treatment process. Worse still, these differences are often associated with ageism.

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