



# Treatment of Late-Life Depression: Anxiety, Trauma, and Substance Abuse

*Patricia A. Areán*

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In coming years, mental health providers and other clinical professionals will see a growing number of older patients, but they may have little experience in the latest methods for working with this population. This collection of best practices in geropsychology addresses the competencies therapists need to work with older adults. It draws from the most recent research in treating depression, anxiety disorders, trauma, and substance use disorders in late life. Detailed case examples in each chapter demonstrate the disabling and costly realities of mental illness in older adults, but also highlight the features that make working with older adults a unique experience.

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