



The Delicate Balance: Case Studies in Counseling and Care Management for Older Adults

Berit Ingersoll-Dayton, Ruth Campbell

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The Delicate Balance is a unique and insightful resource for gerontological professionals and students. Discover valuable and poignant lessons in these first-hand accounts of the diverse therapeutic relationships encountered when counseling older adults. Case studies range from traditional to in-home to facility-based settings, serving individuals, couples, groups, or whole family and community systems. Counseling services range from self-discovery courses to formal cognitive restructuring therapy to substance abuse interventions to care management.

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