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DEVELOPMENTAL FACTORS
Attachment and temperament

Neurodevelopment
Autism spectrum? Trauma? ADHD? Learning difficulties?

Social/environmental

LIFE EVENTS

Born
Parent finds it difficult to cope

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Bullied at school

Struggle at college

Gain employment; meets partner

Takes up hobbies; resilience increases

Impaired mental health admission; begins recovery

Loss of role; increase in mental health symptoms

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PRESENTATIONS

Depression Anxiety Cognitive problems Complex grief
Personality difficulties Psychosis Substance misuse
Adjustment/loss/identity Complex trauma

RESOURCES

Stability of environment Hobbies/interests
Values Good relationships – past/present
Ability to self-soothe/previous coping

THERAPEUTIC APPROACHES

Systemic

Humanistic

Integrative

Psychodynamic

Cognitive /behavioural

Therapeutic Approaches

Systemic

Humanistic

Integrative

Psychodynamic

Cognitive /behavioural

Humanistic therapies

Models drawn upon in older adult psychology services in DWMM include:
- Person-centred therapy, gestalt therapy, existential therapy
Adopts a holistic approach to human existence, paying special attention to concepts such as free will, creativity and human potential.
Primarily concerned with helping people develop a stronger ‘sense of self’. Enables people to access and understand their feelings to help them derive a sense of purpose or meaning in life; ‘self actualisation’.

Cognitive behavioural therapies

Models drawn upon in older adult psychology services in DWMM include:
- 2nd wave: cognitive therapy, behavioral therapy, cognitive behavioural therapy, schema focussed therapy.
Primarily concerned with changes in how you think (cognition), or your relationship with your thoughts (meta-cognition), and/or what you do (behaviour). Examines the impact of what you carry with you from your past, on your beliefs about the present/future and your actions.

Psychodynamic therapies

Models drawn upon in older adult psychology services in DWMM include:
- Interpersonal therapy, experiential dynamic therapy.
Primarily concerned with enabling people to experience feelings, impulses and emotions that may have been ‘hidden’, in order for them to consider the impact on their current functioning, facilitating change and ‘restructuring’.

REFERENCES