



Addressing an older caregiver's depression with cognitive behavior therapy

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In a session with an elderly black woman, Dr. Dolores Gallagher-Thompson uses cognitive behavioral therapy to help the client make changes to her daily activity schedule. The client presents with depression and reports several contributing factors, including the recent losses of her mother and two sisters, caring for a grown child with addiction, caring for a young grandchild, caring for an ailing brother, and caring for a neighbor with a disability. The client reports difficulty in getting sufficient sleep, feelings of isolation, and a sense that she has no time for herself. She reports a desire to improve her self-care. Dr. Gallagher-Thompson diagrams a cognitive model that includes thoughts, actions, physical well-being, and feelings. She psychoeducates the client about the interplay between the thoughts, feelings, and actions. She suggests that the client prioritize her physical well-being by trying to incorporate more sleep into her schedule. She suggests that the client's actions and feelings are driven by a problematic core belief that the client must place the needs of others before her own needs. She psychoeducates that client about the connection between the problematic core belief and depression. Together, Dr. Gallagher-Thompson and the client draw out a daily schedule of the client's activities that incorporates time for leisure and self-care

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