

The Psychology of Aging: What Every Clinician Needs to Know  
Lisa Mayfield, MA, LMHC, GMHS, CMC

October 6<sup>th</sup> 2006 9:00-4:30 6 CEUs \$125.00 Shoreline Center

This workshop will explore clinical issues related to aging and will provide attendees with tools to integrate into their work with older adults and their families. Apply this knowledge with elder clients, clients overwhelmed with their aging parents, or with your own family. You may even view your own aging differently.

Workshop topics include: normal changes associated with aging, mental health issues in older adults, cognitive disorders, elder abuse, end of life issues, and psychotherapy techniques to utilize with older adults.

**Workshop Objectives:**

Learn the principles of healthy aging

Examine normal changes associated with aging

Identify the various causes of dementia, common red flags, and assessment instruments

Examine the impact of mental health issues on older adults

Learn effective psychotherapy techniques to use in your work with older adults

**About the presenter:** *Lisa Mayfield, MA, LMHC, GMHS, CMC* received her B.A. in Psychology from the University of Puget Sound and her M.A. in Psychology from Antioch University. She works in private practice as a Clinical Therapist and Geriatric Care Manager. Lisa serves as Adjunct Faculty at Antioch and Argosy Universities. She is a member of the board of Washington Mental Health Counselors Association and serves as the course instructor of the National Clinical Mental Health Counseling Examination Preparation Course.

Lisa also facilitates several support groups related to aging issues. She has made presentations on aging and clinical issues for the Washington Mental Health Counselors Association, Lorman Educational Services, Seattle Counselors Association, City University and the national conference of the American Mental Health Counselors Association.