Reviews for
Counseling Older People
opportunities and challenges
Charlene M. Kampfe

“A good counseling book is timely, well researched, relevant, and readable. By this standard, Charlene Kampfe’s Counseling Older People is great. Kampfe has written an insightful and useful text that addresses the challenges, fallacies, and joys of working with older adults. She focuses on the whole person and the environment in a comprehensive and practical way. This book should be of interest to any counselor working with adults over the age of 60.”

—Samuel T. Gladding, PhD
Wake Forest University

“This book is a bright, shining addition to a growing body of literature on counseling older adults. It is filled with strategies for skill development, which is exactly what is needed in counseling programs in order to prepare for, arguably, the largest population on the horizon who may seek our services. If there is one book to suggest as a supplement to any course in diversity, it would be Counseling Older People.”

—Catherine B. Roland, EdD
Editor, Adultspan Journal

This book provides insight into the primary issues faced by older adults; the services and benefits available to them; and the knowledge base, techniques, and skills necessary to work effectively in a therapeutic relationship. Dr. Kampfe offers empirically and anecdotally based strategies and interventions for dealing with clients’ personal concerns and describes ways counselors can advocate for older people on a systemic level. Individual and group exercises are incorporated throughout the book to enhance its practicality.

Topics covered include an overview of population demographics and characteristics; counseling considerations and empowering older clients; successful aging; mental health and wellness; common medical conditions; multiple losses and transitions; financial concerns; elder abuse; veterans’ issues; sensory loss; changing family dynamics; managing Social Security and Medicare; working after retirement age; retirement transitions, losses, and gains; residential options; and death and dying.