

ISTDP with Older Adults



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Disclosures

- Co-Editor, *Psychotherapy in Later Life*, to be published by Cambridge University Press, April 2020
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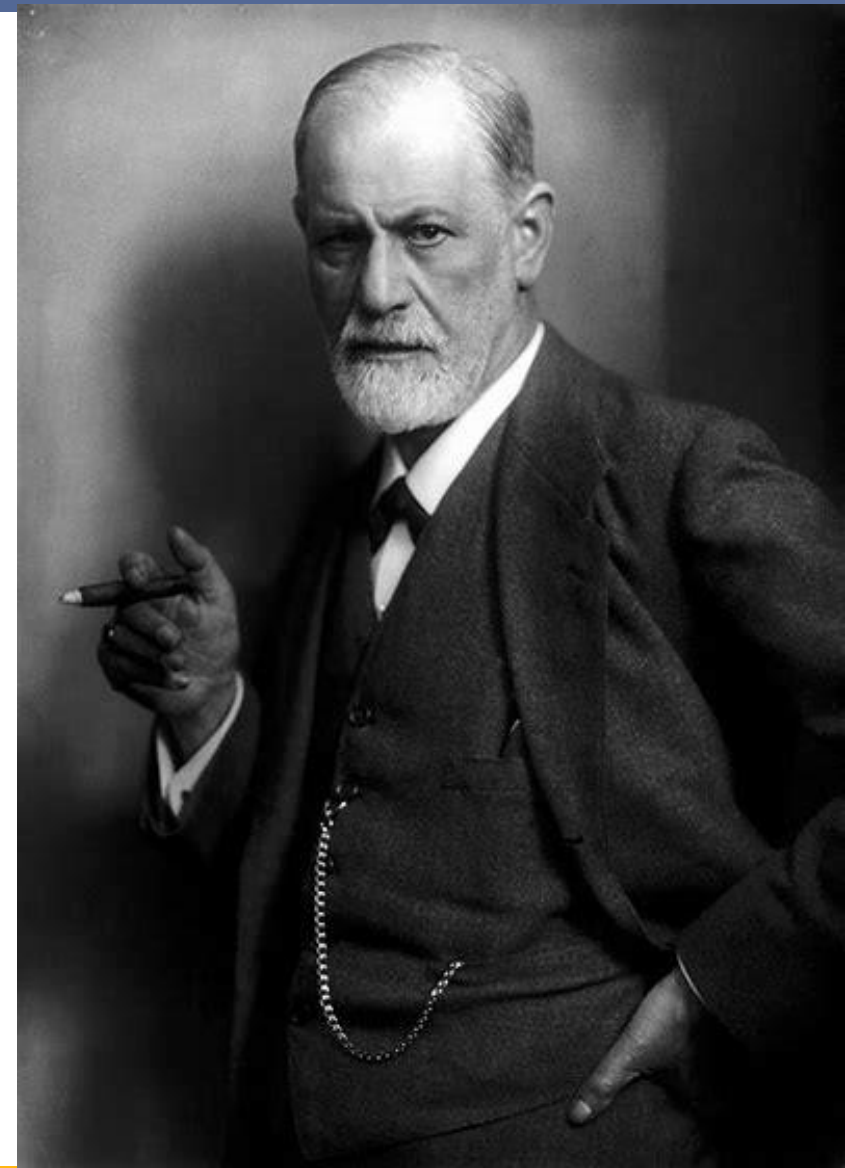


Freud wrote that psychoanalysis could not be used in patients age 50 years and older.

“the elasticity of the mental process on which the treatment depends is lacking”

“old people are no longer educable”

Freud, *On Psychotherapy*, 1905

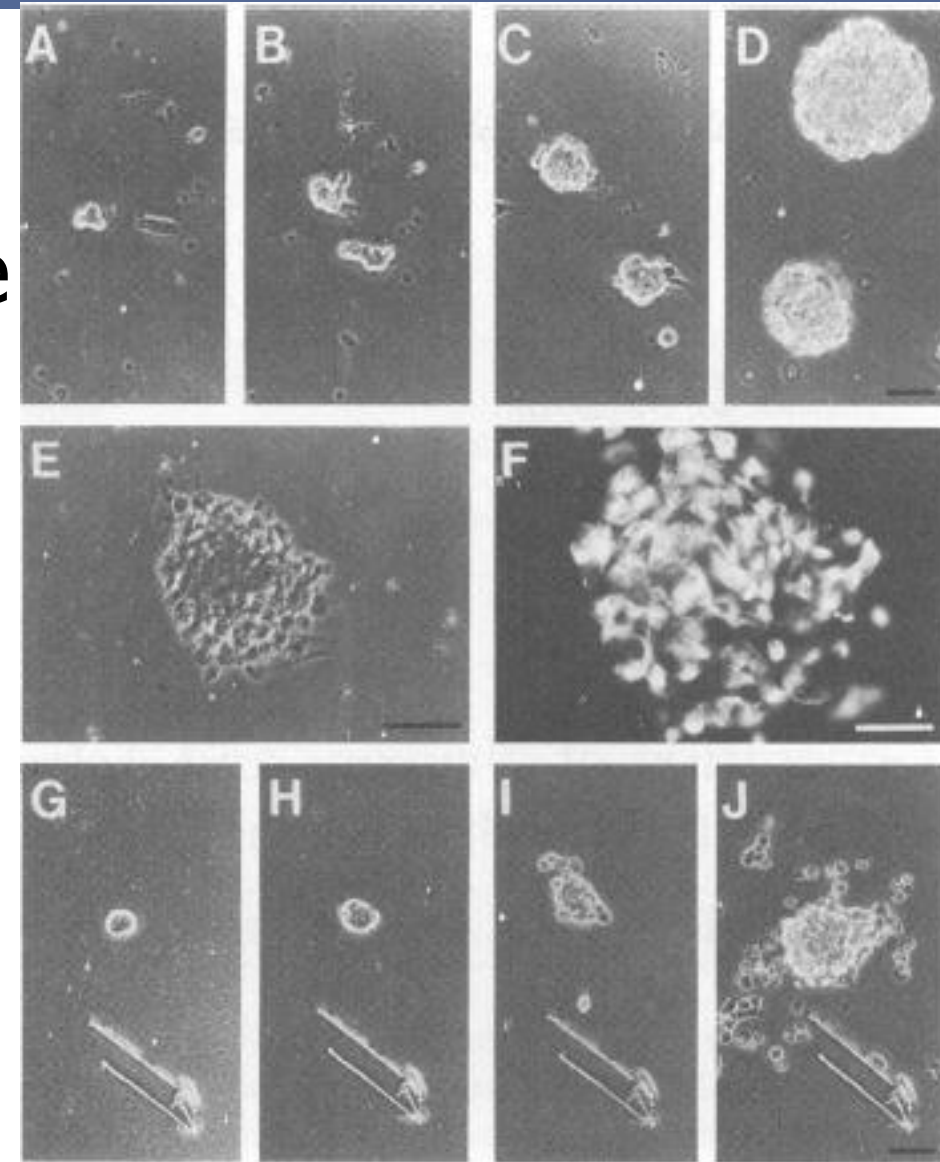


Yet, recent research indicates that learning and neuroplasticity can continue into old age.

Compensation for age-related degenerative changes

Increases in synapses, dendritic spines, blood vessels, and even new neurons!

Reynolds & Weiss, *Science*, 1992; Gage, *J Neurosci*, 2002; Pascual-Leone, et al., *Annu Rev Neurosci*, 2005; Jeste, et al., *J Clin Psychiatry*, 2015



Cocoanut Grove Fire, November 1942

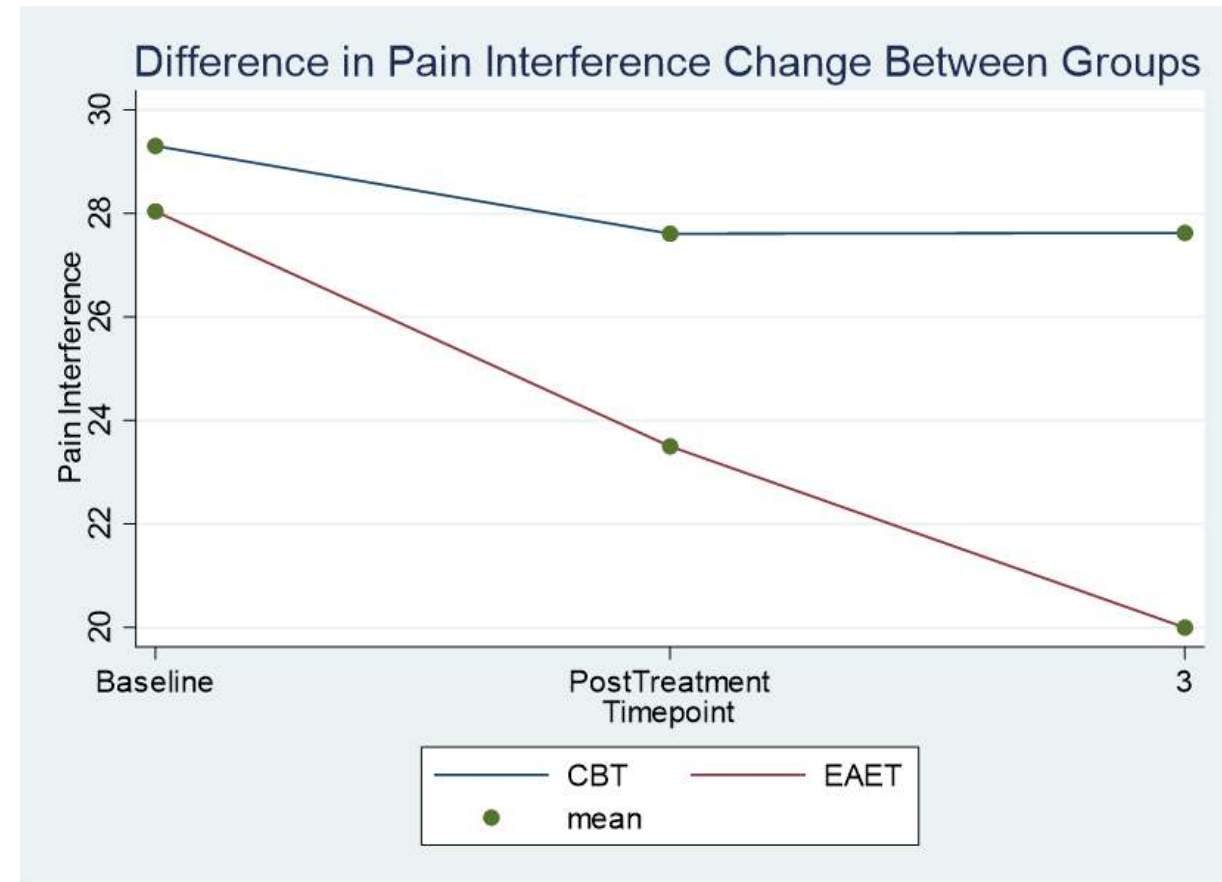
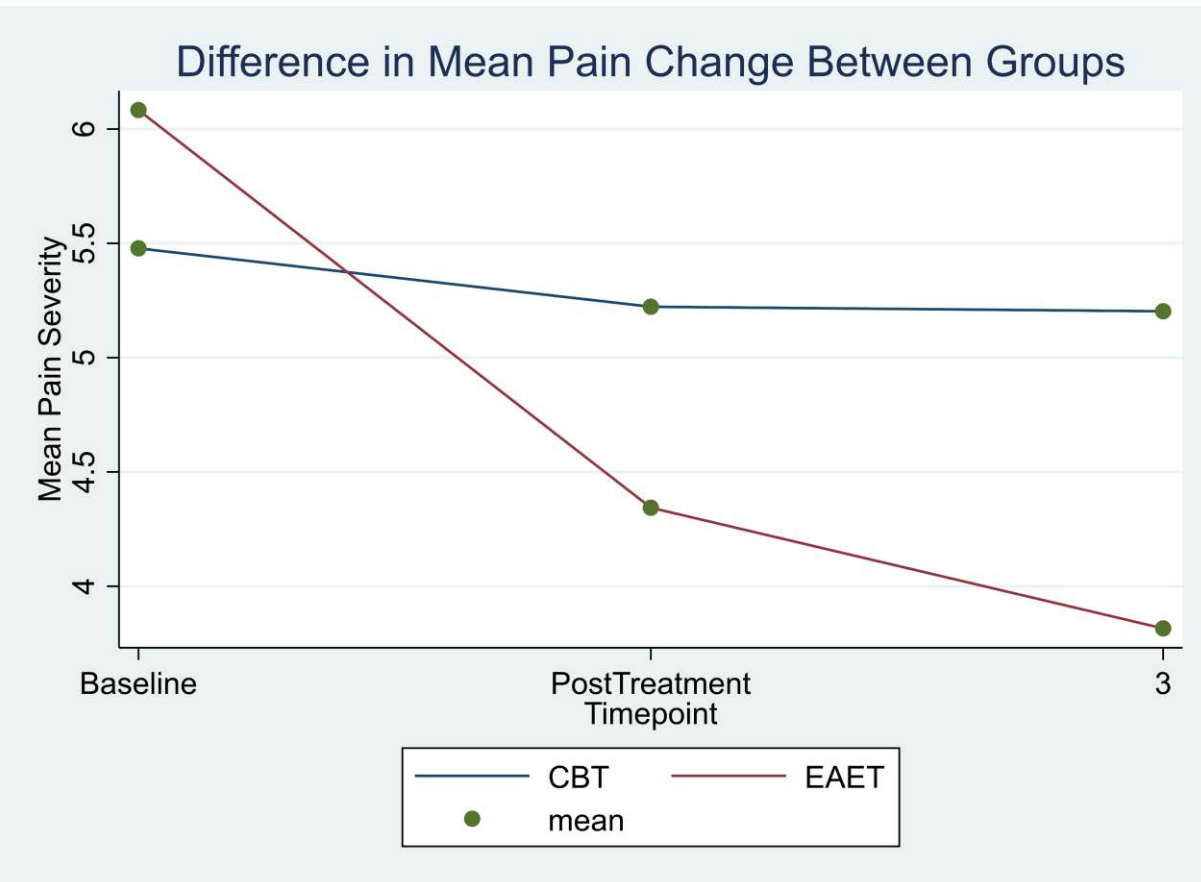


And older adults, facing illness and death, can experience crisis that can facilitate rapid, deep, and lasting change.

Lindemann, 1944; Davanloo, 1980; Coughlin & Yarns, *in press*



Emotional Awareness and Expression Therapy (EAET)



Lumley & Schubiner, *EAET Therapist Manual*, 2012; Yarns, et al., *in preparation*

Special Considerations for ISTDP in Older Adults

- There for others or motivated for change?
- Social isolation & RAEC?
- Cognitive impairment, anxiety, or resistance?
- Medical disease, anxiety, or somatization?



Coughlin & Yarns, In: *Psychotherapy in Later Life*, in press