



E4 CENTER
Center of Excellence for
Behavioral Health Disparities in Aging
AT RUSH UNIVERSITY MEDICAL CENTER



The Process of Working With Older Adults in Psychotherapy

March 21, 2024

Sponsored by the Medicare Mental Health
Workforce Coalition

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Meeting Details

1

Closed Captioning is enabled and attendees can turn CC on or off as they desire.

2

Interpreter Phone Number: 305-224-1968 Webinar ID: 893 7134 1991 Passcode: 338133

3

Session Evaluation / [Take Our Evaluation Survey](#) ➡ (CE credit for live attendance only)

4

Webinar will be posted on NBCC website a few days following the webinar.

5

Q&A: Please add your questions in the Q&A box at any time during the meeting.

Previous Webinars

- **MMHWC Webinar:**
The Role of Medicare
Administrative Contractors:
Enrollment to Payment



Previous Webinars

- **Medicare 101:**
[An Introduction to the Medicare Program and Coverage of Counselors and MFTs](#)
- **Medicare 201:**
[The Implementation of Medicare Part B Coverage of Counselors and MFTs](#)
- **Medicare 301:**
[Navigating the Medicare Provider Enrollment Process and Physician Fee Schedule](#)
- **Medicare 401:**
[Assessing the Essential Features of the 2024 Medicare Physician Fee Schedule Rule and Implications for Counselors and MFTs](#)
- **Medicare 501:**
[New Engagement Opportunities for Community Behavioral Health Centers With Counselors and MFTs Under Medicare](#)
- **Medicare 601:**
[The Enrollment Process for Counselors and MFTs](#)



Medicare Mental Health Workforce Coalition Members

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California Association of Marriage and Family Therapists

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and Developmental Disability Directors

National Board for Certified Counselors

National Council for Mental Wellbeing

National Council on Aging

Network of Jewish Human Service Agencies

The Jewish Federations of North America



Erin Emery-Tiburcio

PhD, ABPP

Erin Emery-Tiburcio, PhD, ABPP, is a professor of psychiatry, behavioral sciences, and geriatric medicine and director of geropsychology at Rush University Medical Center. She is also codirector of the [Rush Center for Excellence in Aging](#); codirector of [CATCH-ON](#), the HRSA-funded Geriatric Workforce Enhancement Program based at Rush University Medical Center; and codirector of the [E4 Center of Excellence for Behavioral Health Disparities in Aging](#). She is past chair of the American Psychological Association Committee on Aging and past president of the Society for Clinical Geropsychology, and she currently cochairs the APA taskforce to revise the APA Guidelines for Working with Older Adults. Dr. Emery-Tiburcio was recently awarded the 2024 APA Award for Distinguished Professional Contributions to Independent Practice.



Matthew Fullen

PhD, M.Div., LPCC (OH)

Matthew Fullen, PhD, M.Div., LPCC (OH), is an associate professor at Virginia Tech, where he teaches in the counselor education program. His research, teaching, and advocacy focus on the mental health needs of older adults with an emphasis on addressing gaps in Medicare mental health policy and developing programs to enhance resilience and wellness and prevent suicide among older adults. Dr. Fullen is the counseling profession's most active scholar on aging and mental health, with over 40 peer-reviewed publications and over 95 peer-reviewed conference presentations and keynotes. He has received research grant funding from public and private entities, including the U.S. Department of Health & Human Services and the Mather Institute, to develop programs that support older adults' mental health. More information about his work can be found at agewellcounseling.org.



CATCH-ON

A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM



Process of Working with Older Adults in Psychotherapy

Erin Emery-Tiburcio, PhD, ABPP
Professor, Rush University
Director, Geropsychology
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CATCH-ON

**Matthew Fullen, PhD,
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Associate Professor of
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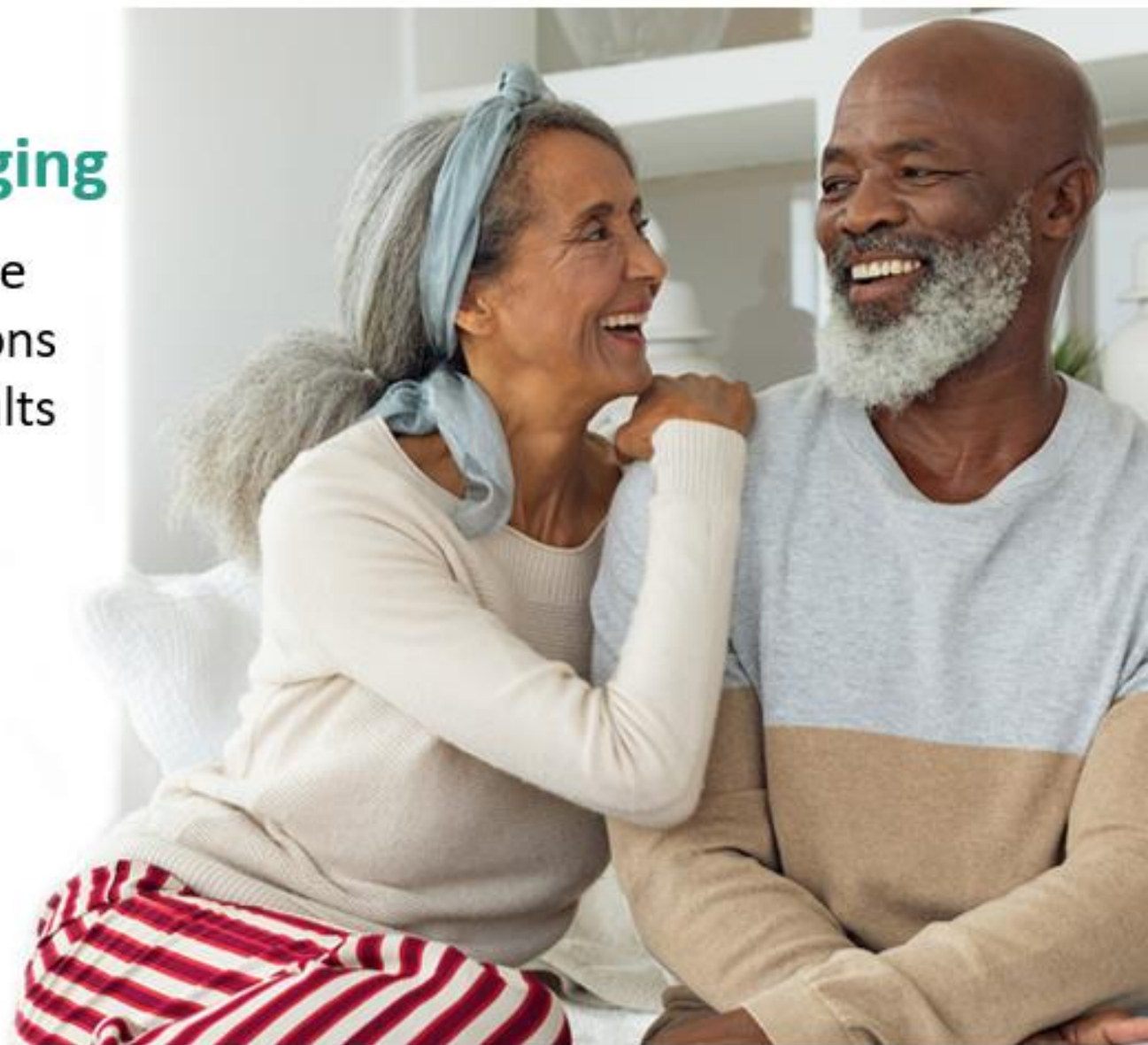
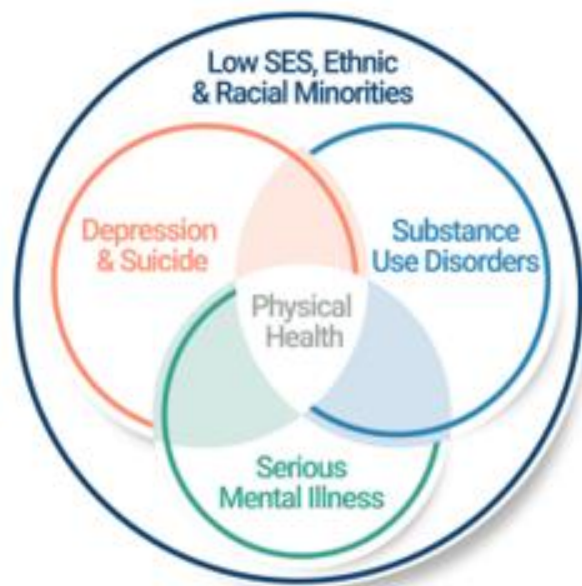


Grant#: 6H79FG000600-01M001

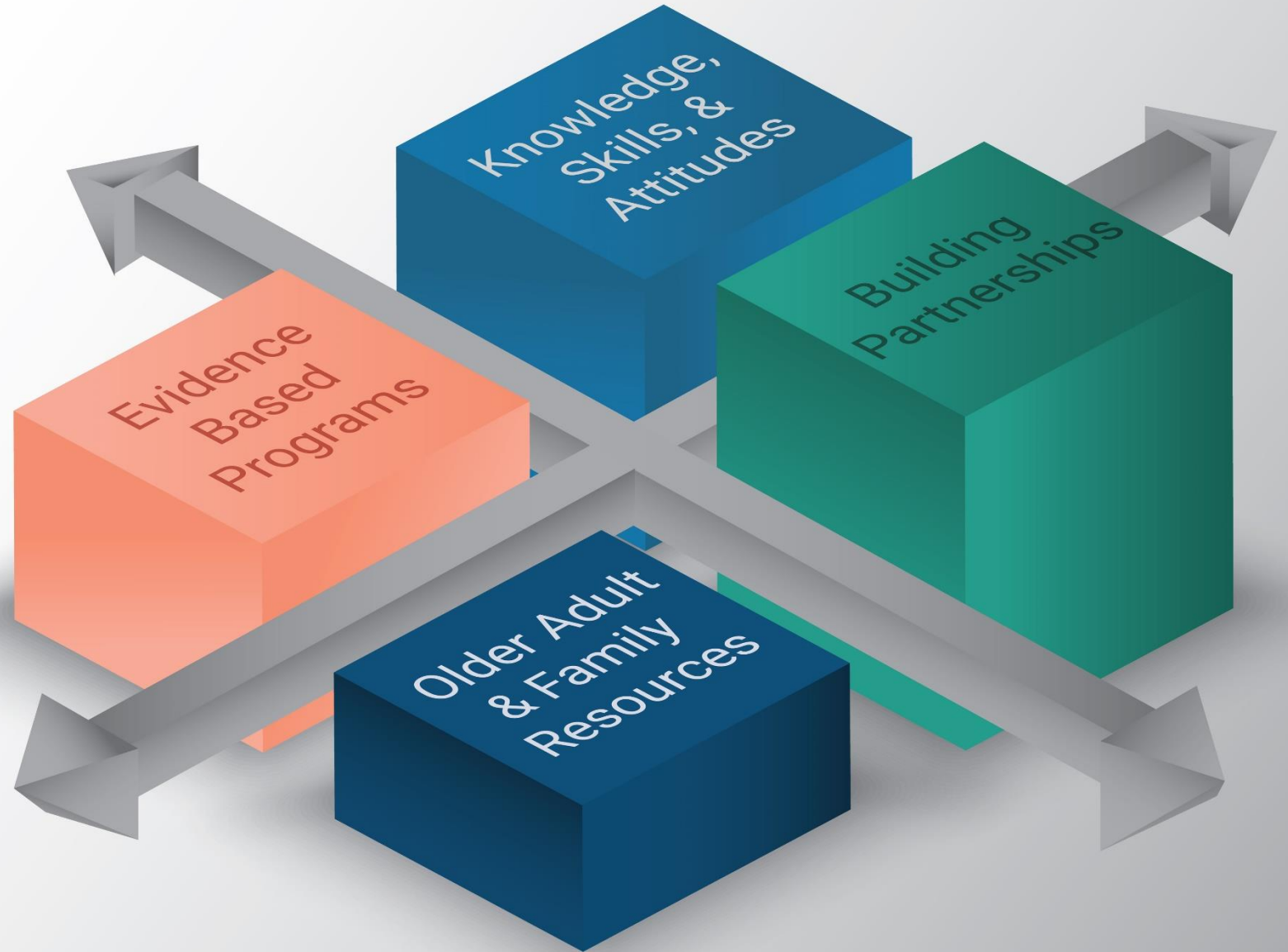
SAMHSA's mission is to reduce the impact of substance misuse and mental illness on America's communities.
1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

E4 Center of Excellence for Behavioral Health Disparities in Aging

Engage, Empower, and Educate health care providers and community-based organizations for **Equity** in behavioral health for older adults and their families across the US.



E4 Center: Engage, Educate & Empower for Equity



Disclosures





Learning Objectives

- Identify and challenge systemic and personal stereotypes and promote positive attitudes toward aging
- Recognize elements of normal aging that impact therapy process
- Implement strategies for working with older adults to facilitate positive outcomes

Elderly

Elderly

dependent
old
cane
senior
grandpa
nursing
home
grey
wrinkly
frail
wrinkled
nursinghome
wise
grandma
wheelchair

Older Adults

Older Adults



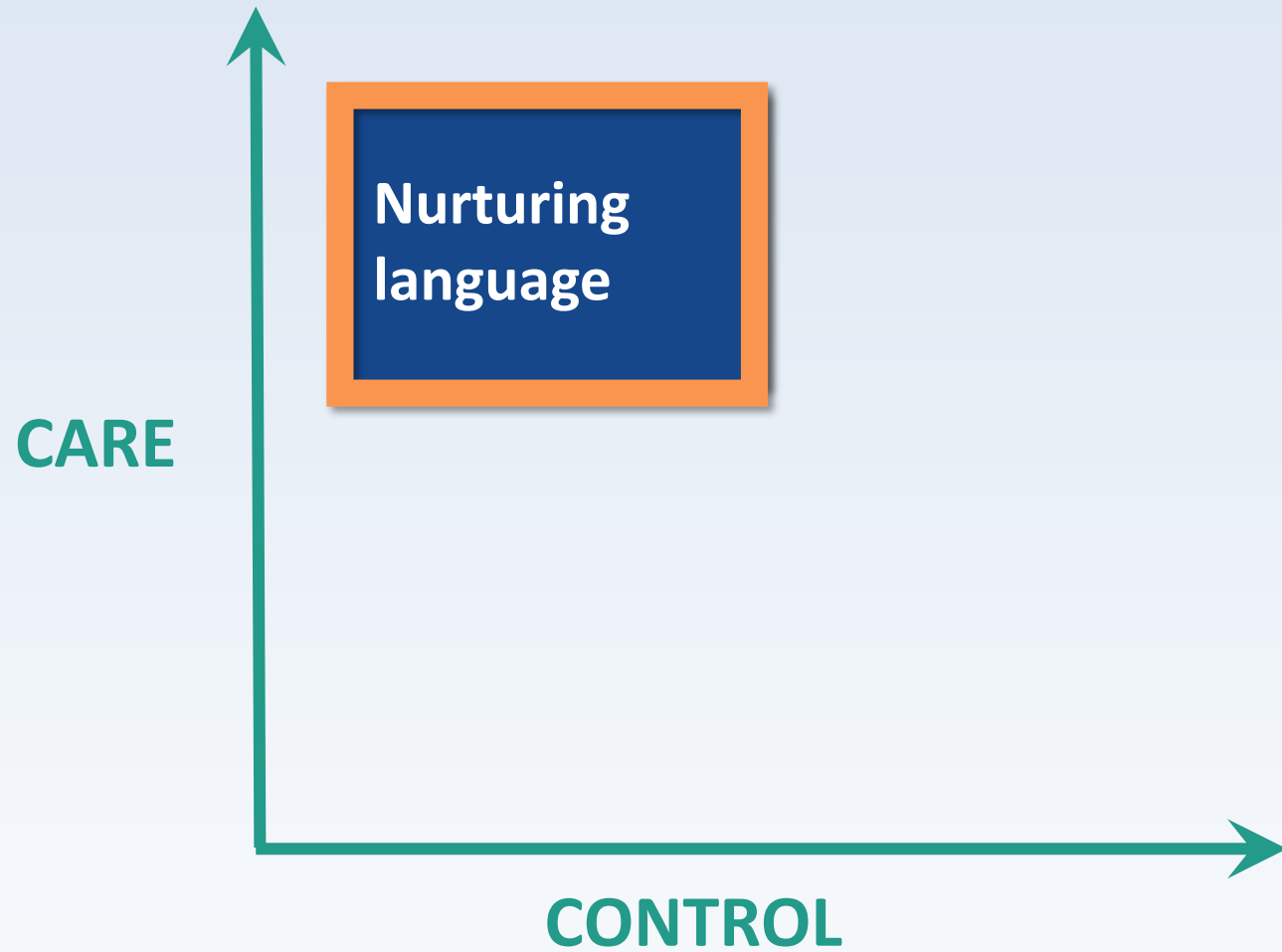
Noticing

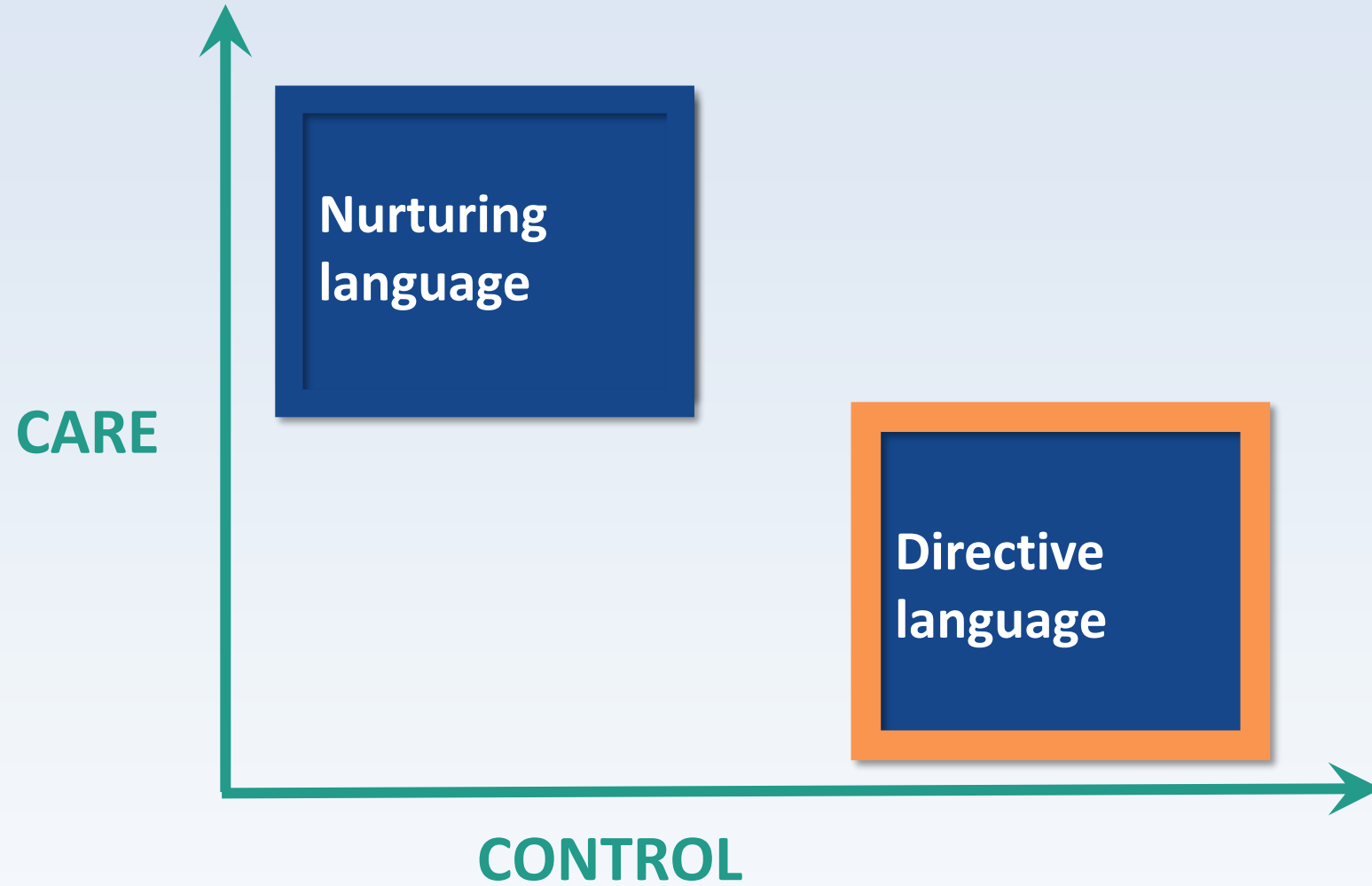


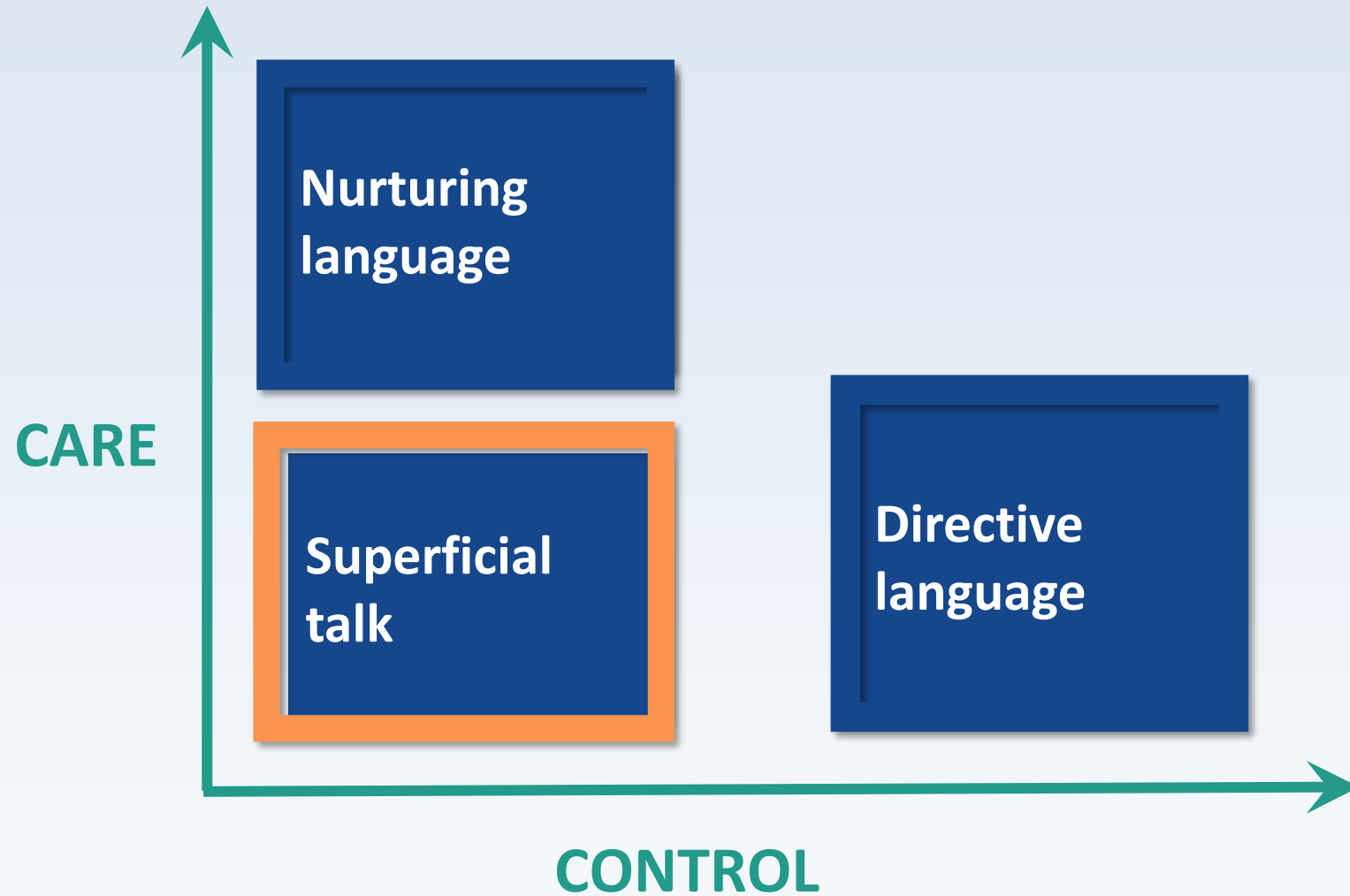
Elderspeak

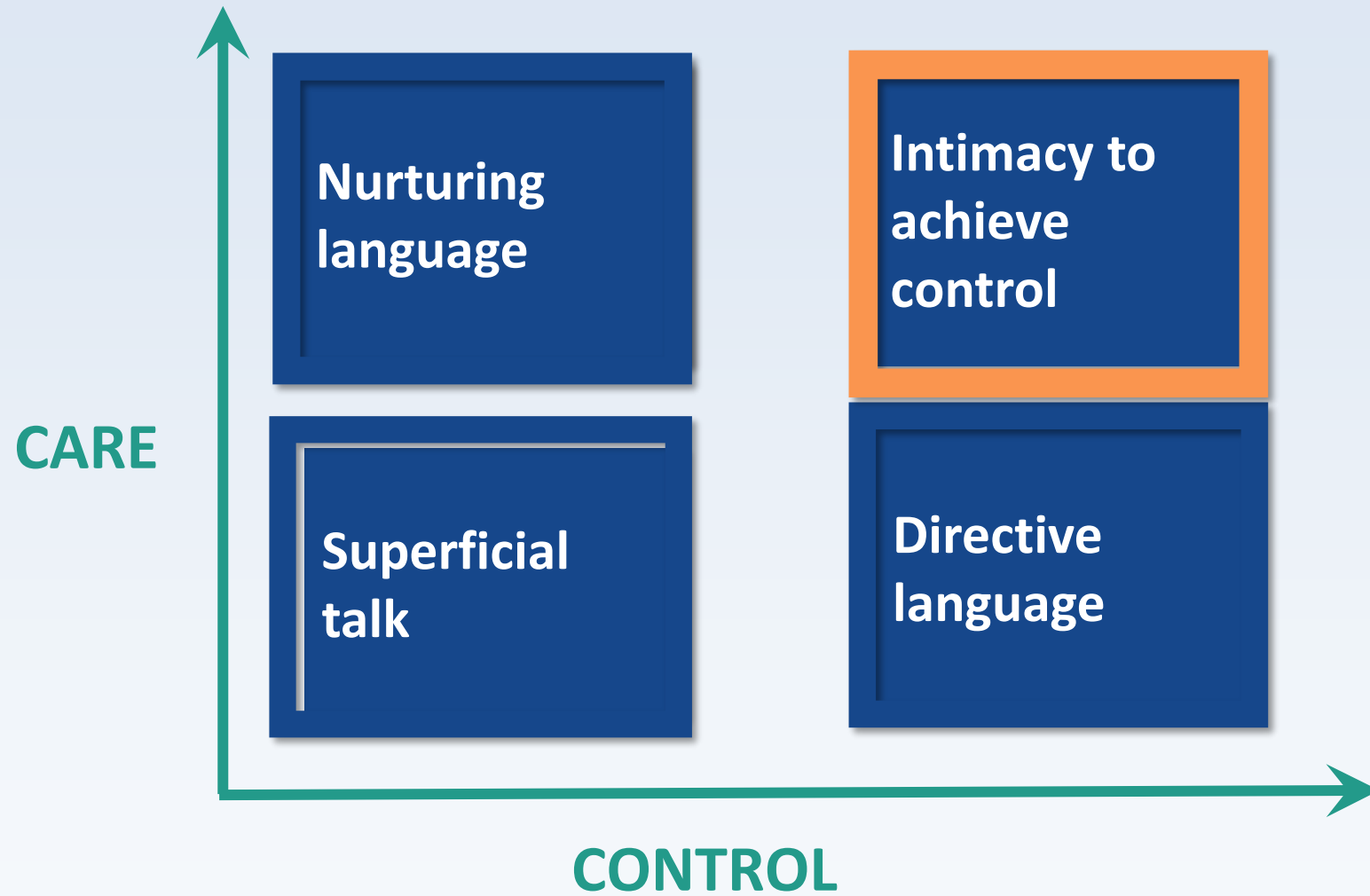
- Singsong voice, exaggerating words
- Simplifying sentences
- Speaking slowly.
- Using limited vocabulary
- Using terms like "honey" or "dear"
- Using statements that sound like questions.











Effects of ElderSpeak

- Does not improve comprehension^{1,2}
- Threatens older adult self-concept, personhood^{3,4}
- May increase aggression in people with dementia⁵⁻⁶
- Increased resistive behaviors in dementia linked to increased morbidity & mortality⁷
- Removing ElderSpeak can decrease resistive behaviors in older adults with dementia by HALF⁸

¹Kemper & Harden, 1999; ²Leland, 2008; ³Kitwood, 1997; ⁴Kitwood & Bredin, 1992; ⁵Herman & Williams, 2009; ⁶McCallion, Toseland, Lacey & Banks, 1999; ⁷Hermann et al, 2006; ⁸Williams et al, 2016





An iceberg floating in dark blue water. The top part of the iceberg is above the water line, and the bottom part is submerged. A horizontal line separates the two. A yellow bracket on the right side of the image groups the top part with the text 'OBSERVABLE KNOWLEDGE AND SKILLS'. A white bracket on the right side of the image groups the submerged part with the text 'ATTITUDES'.

**OBSERVABLE
KNOWLEDGE AND SKILLS**

ATTITUDES



Attitudes about Aging

“Ageism: negative or positive stereotypes, prejudice and/or discrimination against (or to the advantage of) elderly people on the basis of their chronological age or on the basis of perception of them as being ‘old’.”

- Social stereotyping is common and often invisible
- <https://implicit.harvard.edu/implicit/selectatest.html>



Negative Self-Perceptions of Aging

- Greater disease burden, lower life satisfaction and greater loneliness than racism, sexism, and heterosexism/ homophobia; effects grow over time¹
- Increased functional impairment²
- Increased depression, anxiety, suicidal ideation³
- Increased mortality risk⁴
- *Positive SPA is protective*⁵

¹Sutin et al, 2015; ²Levy et al, 2009; ³ Levy et al, 2014;

⁴Sargent-Cox et al, 2012; ⁵Ng et al, 2016

Impact of Ageism

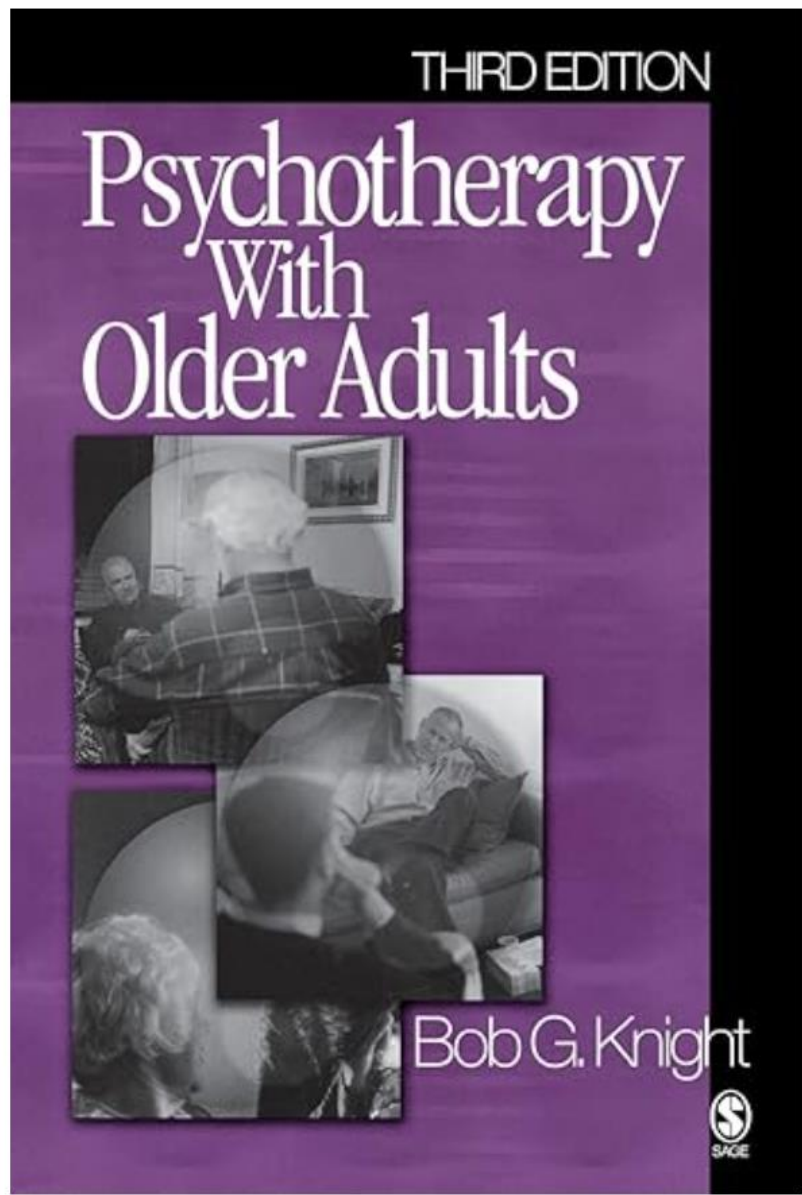
7.5

Years added to your life with
positive perceptions of aging

Levy, 2022



<https://www.reframingaging.org/>



Process Issues

- **Social context**
- **Cohort effects**
- **Expertise vs. Slowing**
- **Cognition**
- **Emotional changes**

Psychotherapy With Older Adults



Social Context

- Ageism
- Internalized ageism
- Social isolation vs loneliness
- Residential settings
- Confidentiality

Cohort Effects

- Assumptions about shared world view
- Cohort-based language
- Stigma
- History!
- Perceptions of healthcare community





Expertise vs. Slowing

Expertise

- Long history of relationships
- Client may know more than you!

Slowing

- Normal Aging cognitive slowing
- Smaller capacity working memory
- Pace
 - Conversation
 - Therapy



Cognition

Fluid vs. Crystallized Intelligence

- Reasoning part of fluid intelligence
- Use concrete examples

Memory

- Working memory capacity decline
 - One question at a time!
 - Present information in smaller chunks
 - Careful with jargon
- Emotional information recalled more easily

Emotional Changes

- **Less intensity**
- **Less expressive**
 - **Facial expressions**
 - **Differentiate medical vs emotional**
- **More complex mix of emotions**



Assessment and Treatment of Older Adults

A Guide for Mental Health Professionals

Assessment and Treatment of Older Adults: A Guide for Mental Health Professionals

GREAT BOOKS!

Treating Later-Life Depression: A Cognitive-Behavioral Therapy Approach

Treating Later-Life Depression

A Cognitive-Behavioral Therapy Approach

Second Edition

CLINICIAN GUIDE

ANN M. STEFFEN

LARRY W. THOMPSON

DOLORES GALLAGHER-THOMPSON

OXFORD

Gregory A. Hinrichsen

Introduction to Special Issue: Foundational Knowledge Competencies in Geropsychology

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² Department of Psychiatry and Behavioral Sciences, Rush University Medical Center

Attitudes Toward Older Adults and Aging: A Foundational Geropsychology Knowledge Competency

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⁴ Department of Public Health, University of San Francisco

Adult Development and Aging: A Foundational Geropsychology Knowledge Competency

Erin L. Woodhead¹ and Brian Yochim²

¹ Department of Psychology, San José State University

² Psychology Service, VA Saint Louis Health Care System, Saint Louis, Missouri, United States

Assessment: A Foundational Geropsychology Knowledge Competency

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¹ Department of Psychological and Brain Sciences, University of Louisville

² Department of Psychology, West Virginia University

³ Institute of Gerontology, Department of Psychology, Wayne State University

Clinical Practice: A Foundational Geropsychology Knowledge Competency

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² Department of Psychology, The University of Alabama

³ Geriatric Mental Health Clinic, VA Boston Healthcare System, Boston, Massachusetts, United States

⁴ Department of Psychiatry, Harvard Medical School

Intervention, Consultation, and Other Service Provision: A Foundational Geropsychology Knowledge Competency

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¹ Deer Oaks Behavioral Health, San Antonio, Texas, United States

² Department of Psychology, Nebraska Medicine, Omaha, Nebraska, United States

³ Geriatric Psychiatry Division, Department of Psychiatry, University of Nebraska Medical Center

⁴ CHE Behavioral Health Services, Los Angeles, California, United States



Implementing the 4Ms-Behavioral Health: Applying the 4Ms of an Age-Friendly Health System in Mental Health and Substance Use Services

Erin Emery-Tiburcio, PhD, ABPP and Laura Porter, PhD

April 5th at 10AM-1PM PT/11AM-2PM MT/12-3PM
CT/ 1-4PM ET

second Friday of the month May through September
at 10-11AM PT / 11AM-12PM MT / 12-1PM CT / 1-
2PM ET

Foundational Competencies in Older Adult Mental Health Online Certificate Program



The growing population of older adults presents a unique opportunity for mental health professionals to expand clinical practice and experience deeply meaningful clinical work.

The [E4 Center of Excellence for Behavioral Health Disparities in Aging](#), in partnership with [CATCH-ON](#), the Geriatric Workforce Enhancement Program based at Rush, and the [Rush Center for Excellence in Aging](#) invite you to complete this Foundational Competencies in Older Adult Mental Health Online Certificate Program as a first step in developing competency in older adult mental health.

What is included?

- 16 hours of content where each module, geared towards licensed mental health clinicians, uses Pikes Peak geropsychology competencies as a foundation
 - Modules include didactic content, videos of geriatric mental health experts, case vignettes, learning checks, and resources to enhance clinical practice with older adults
- Continuing education credits (CE/CNE/CME) for licensed clinicians are available for a modest fee
- Completion of all modules will earn learners a certificate of completion from the Council of Professional Geropsychology Training Programs

Topics covered in this program each focus on the unique issues for older adults:

- Attitudes about older adults and aging
- Adult development
- Depression
- Suicide
- Anxiety
- Trauma and PTSD
- Substance use
- Psychopharmacology
- Cognition
- Common life issues
- End of life and grief
- Practice Issues
- Ethics
- Serious Mental Illness

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<http://catch-on.org>

Email: catch-on@rush.edu



<https://e4center.org>

Email: e4center@rush.edu



Questions and Answers

Resources





Critical Resources on Medicare Part B Coverage of Counselors and MFTs

Legislation Mandating Medicare Part B Coverage of Counselors and Marriage and Family Therapists

<https://www.congress.gov/117/bills/hr2617/BILLS-117hr2617enr.pdf>

How to Enroll in the Medicare Program

- **Medicare Enrollment for Providers and Suppliers**
<https://www.cms.gov/medicare/enrollment-renewal/providers-suppliers/chain-ownership-system-pecos>
- **New Provider Type: Marriage and Family Therapists (MFTs) and Mental Health Counselors (MHCs) FAQs (36 questions answered) Published Sept 2023**
<https://www.cms.gov/files/document/marriage-and-family-therapists-and-mental-health-counselors-faq-09052023.pdf>
- **The Medicare Learning Network:**
<https://www.cms.gov/outreach-and-education/medicare-learning-network-mln/mlnngeninfo>
- **Web-based Training:**
<https://www.cms.gov/outreach-and-education/medicare-learning-network-mln/mlnproducts/webbasedtraining>
- **Becoming a Medicare Provider (World of Medicare):**
<https://www.cms.gov/Outreach-and-Education/MLN/WBT/MLN9329634-WOM/WOM/index.html>
- **Weekly Email Newsletter for Medicare Providers:**
<https://www.cms.gov/outreach-and-education/outreach/ffsprovpartprog/provider-partnership-email-archive>





Critical Resources on Medicare Part B Coverage of Counselors and MFTs continued

Role of the Centers for Medicare and Medicaid Services (CMS)

- <https://www.investopedia.com/terms/u/us-centers-medicare-and-medicaid-services-cms.asp>
- <https://www.cms.gov/outreach-and-education/outreach/ffsprovpartprog/provider-partnership-email-archive>

Medicare Mental Health Benefits for Beneficiaries

Medicare and Your Mental Health Benefits:

<https://www.medicare.gov/Pubs/pdf/10184-Medicare-and-Your-Mental-Health-Benefits.pdf>

Medicare Mental Health:

<https://www.cms.gov/files/document/mln1986542-medicare-mental-health.pdf>

Medicare Beneficiary Handbook:

<https://www.medicare.gov/Pubs/pdf/10050-medicare-and-you.pdf>





Critical Resources on Medicare Part B Coverage of Counselors and MFTs continued

Medicare Administrative Contractors (MACs)

<https://www.cms.gov/medicare/medicare-contracting/medicare-administrative-contractors/what-is-a-mac>

Medicare Physician Fee Schedule

<https://www.federalregister.gov/documents/2023/08/07/2023-14624/medicare-and-medicaid-programs-cy-2024-payment-policies-under-the-physician-fee-schedule-and-other>

Key Steps to Becoming a Medicare Provider

1. Register in the [I&A](#) System
2. Get an [NPI](#)
3. Enter information into [PECOS](#)
4. Decide if you want to be a participating provider

[Form CMS-855I: Physicians and non-physician practitioners \(PDF link\)](#)



A photograph of three people in a meeting. On the left, a woman with glasses is smiling and looking towards the center. In the middle, a woman with long dark hair is smiling broadly and looking towards the right. On the right, a man with a beard and glasses is smiling and looking down at a laptop. They are all wearing white shirts. The background shows a window with a view of a city.

**Thank you
for attending!**



Medicare Mental Health
Workforce Coalition