

## Treating Adults in Later Life - Corey Mackenzie, Ph.D.

### Workshop Overview:

This workshop is intended to have both didactic and experiential/interactive components. It will therefore be a participatory event where delegates engage and interact with each other. Led by a presenter with clinical and research experience related to mental health in later life, this workshop should provide participants with at least 3 tangible perspectives, skills, and/or techniques (i.e., learning outcomes). If this workshop works as planned it should be innovative, interactive, inclusive, integrative, developmental, provocative, logistically sound, and provide both novice and experienced psychologists with an opportunity to continue their professional development.

### Learning Goals:

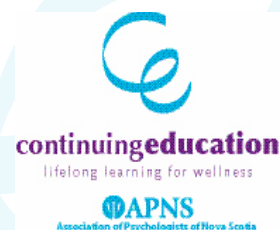
Through attendance and participation in this workshop, participants will:

1. Explore challenges to well-being in later life, integrating information from the research literature with their own lived and clinical experiences.
2. Deepen their understanding of how mental health changes across the adult lifespan, as well as why it changes.
3. Investigate reasons why older adults with mental health problems are especially unlikely to seek help, and consider ways of addressing this challenge.
4. Review a model that guides clinicians in adapting psychotherapy to the needs of diverse older adults.

### Audience:

This workshop is open to Psychologists and Psychology students, as well as other health professionals with an interest in the topic. Please note that this webinar will not be recorded

For more information about please contact: [apns@apns.ca](mailto:apns@apns.ca)



## Webinar: Treating Adults in Later Life presented by Dr. Corey Mackenzie

Friday, October 16, 2020 - 9:30 am - 4:30 pm



**Corey Mackenzie, Ph.D., C. Psych.**, is a Professor and Director of Clinical Training in the Department of Psychology, Adjunct Professor in Psychiatry, and a Research Affiliate with the Centre on Aging at the University of Manitoba.

Dr. Mackenzie received his honours B.A. in psychology from the University of Alberta, his M.A. and Ph.D. in Clinical Psychology from Queen's University, and he completed his predoctoral internship at Baycrest in Toronto. He is a registered Clinical Psychologist with the Psychological Association of Manitoba. Dr. Mackenzie's clinical interests include cognitive-behavioural and mindfulness-based therapies with younger and older adults suffering from mood, anxiety, and adjustment-related concerns.

Dr. Mackenzie's Aging and Mental Health Laboratory uses both primary quantitative and qualitative

methods, as well as secondary analyses of national surveys, to investigate ways of improving older adults' mental health. The first of his three research interests focuses on barriers to older adults' use of mental health services in order to inform policy aimed at enhancing their access to effective mental health treatment. His second research interest focuses on understanding and ameliorating the effects of chronic stress among caregivers of sick and dying older adults. His third research interest is in both positive (e.g., resilience) and negative (e.g., mental disorders) changes in mental health with age. Dr. Mackenzie has published 74 articles in peer-reviewed journal articles and 10 book chapters. He is a member of the Editorial Board for the journal *Aging & Mental Health* and has received numerous awards for his research and teaching at the University of Manitoba. His research laboratory is currently funded by grants from CIHR and SSHRC.

### SCHEDULE

930-1030: Introductions, learning goals  
Demography of aging in Canada  
Reasons why mental health is challenging as we age (e.g., ageism, health problems, caregiving, marginalization). Breakout discussion

1030-1130: What empirical evidence says about how mental health actually changes with age  
Breakout discussion: Implications for clinical practice.

1130-1230: Why does mental health change as we age (overview of key theories of socioemotional aging). Breakout discussion: Implications for clinical practice.

### LUNCH

130-230: Help-seeking for mental health problems (i.e., why are older adults especially unlikely to seek professional help?) Breakout discussion: Implications for clinical practice

230-330: Effectiveness of psychotherapy for older adults. Should we adapt psychotherapy to older adults? And if so, how?

330-430: Wrap-up, group Q&A, review of goals for clinical practice based on what you've learned.

## Webinar: Treating Adults in Later Life - October 16, 2020

<b>APNS Members - Earlybird</b>	-\$ 75
<b>APNS Members - after September 30th</b>	-\$ 95
<b>Non-members - Earlybird</b>	-\$120
<b>Non-members - after September 30th</b>	-\$ 95
<b>Student Members</b>	-\$ 25
<b>Student Non-members</b>	-\$35



Contact information

Cheque/Cash    MasterCard    Visa

Name

Credit Card #

E-mail

Expiry Date

Phone

Signature

**Deadline for registration - Noon, October 15.** Please contact APNS to reserve space. A non-refundable admin fee of \$25. will be charged for all late cancellations. Notification must be received by APNS 3 days prior to the workshop to be eligible for a refund. Participants may name a colleague to attend in their place at no extra cost. This person must be named before the day of the workshop.

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