

# FROM THE EDITOR

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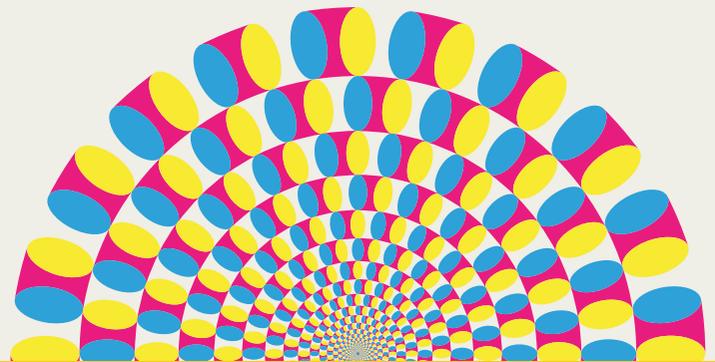
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Therapy for older people seems to have come more into focus over the past year. Last summer, the Royal College of Psychiatrists called for an end to the development of 'ageless' mental health services, arguing for the continuation of specialist services which understand the nuances that the consequences of ageing bring to the management of mental health problems<sup>1</sup>; and last autumn, after finding older people were underrepresented when accessing services<sup>2</sup>, the IAPT programme set out to improve access rates for this age group through the development of a competence framework and training curriculum to help therapists develop the necessary skills and attitudes.

Whether working in primary care or in specialist services, practitioners hoping to engage therapeutically with older people will appreciate Mike Fox's empathic and informative article, this issue. Mike, who has extensive experience of working within specialist older people's services, explores, in particular, the layering of self as we grow older: 'How the person one has become continues to bear the imprint of previous change and how it was negotiated'. Through client work examples, Mike demonstrates how the act of describing and reflecting upon events within an extensive personal history can



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