



**Ruth Ann Linnabary ACSW, LISW**  
Mental Health Liaison  
Council for Older Adults

**WORKSHOP TITLE:**

Decrease Anxiety, Defy Aging: *Defining and Recognizing Anxiety in Older Adults*

**WORKSHOP DETAILS**

Tuesday, June 23, 2009  
9:00 a.m. to 12:15 p.m.  
Hayes Services Building, Room G-35  
Delaware, Ohio 43015  
\$45 per person; 3 CEUs for Counselors and Social Workers

**PURPOSE**

In this workshop, participants will learn how to assess and identify anxiety disorders in older adults. While growing older presents inherent changes, it does not automatically mean an increase in phobias, compulsive behaviors or anxiety disorders. Thus, the training will assist therapists in using current research to help in identifying and treating anxiety. Defying old definitions of aging can assist the client to engage in new behaviors and the growth model of growing older.

**LEARNING OBJECTIVES**

- Developmental tasks of older adults—New research.
- How to define anxiety and identify symptoms in the older adult.
- Treatment strategy: medications
- Treatment strategy: Cognitive Behavior Therapy
- Treatment strategy: growth model to defy aging by engaging in community.

**Ruth Ann Linnabary ACSW, LISW** is a graduate of Capital University and The Ohio State University with a Masters Degree in Social Work. Her foundation of clinical practice was received at Harding Hospital in Worthington where she worked as a family therapist and supervisor of the Half Way House Program.

Ruth Ann is a pioneer in private practice as she was one of the earliest social workers to offer psychotherapy outside of an agency setting. Working as a generalist in a rural setting she has been associated with various populations from small children to the older adults. During the 80's and early 90's she wrote a column, "Dear Ruth Ann" which was published in The Farm Journal. In addition to her private practice, she has been associated with the Central Ohio Mental Health Center for the past fifteen years as a clinical supervisor, Emergency Services After hours worker, and most recently she is the Mental Health Liaison with the Council for Older Adults in Delaware, Ohio.

In her present position, Ruth Ann counsels older adults in their homes, providing consultation to their caregivers, family members and working closely with their Primary Care Physicians, making psychiatric referrals as indicated, and working closely with the social workers at the Council to see the older adults gets the services needed to remain in their homes.