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Spring 2014



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HEALTHY AND SUSTAINABLE COOKING WITH CHILDREN



Sarah Wiener (one of Germany's best known TV cooks and entrepreneurs) and her foundation promote regional and seasonal cooking, according to the motto, »Nature makes good cooks«.

This is a book for parents, caregivers and teachers—all those who live consciously and like to cook with children.

It's more than a cooking recipe book; the Sarah Wiener Foundation is at the forefront of promoting healthy eating for children. The basic premise of the book is clear and simple: if you train your taste buds early, you prevent bad habits and eating disorders. How? Children learn how much fun it is to cook and eat well, get to know a variety of foods, understand what it means to have healthy eating habits, learn how food products are made, stored, and transported, and about conditions for animals in the food industry. Eating consciously becomes the foundation for an autonomous and healthy lifestyle, not just for children and young adults, but also for adults.

- ▶ Fun with healthy eating
- ▶ Materials for teaching and learning
- ▶ Information for parents, caregivers and teachers

In this book you find:

- seasonal and local recipes for every meal
- ideas for leftovers
- kitchen tips and tricks
- background information on nutrition and sustainability
- inventive games and experiments for kids in the kitchen



Sarah-Wiener-Foundation

Nature Makes Good Cooks

Sustainable Cooking with Children
ca. 224 pages, hardback
ISBN 978-3-407-75396-0
Publication date: 03/2014

Target group

Parents, caregivers, teachers

The modern guide to raising boys



Boys are the problem children of the nation. And yet there are enough examples of well-raised sons. What is the secret? Reinhard Winter knows the answer from his many years as a counselor: clear messages help boys to get a good start in life.

The author takes as his starting points those moments when parents start to waver. How does leadership work in a family? How do I show respect and make sure that respect is shown to me? What does it mean today to be a man? With great understanding for both sides, this book guides the reader through all of the topics that challenge parents of boys and offers solutions and grounds for optimism.

From the contents: support and guidance • school and puberty • media and social networks • pornography and violence • freedom and boundaries • self-identity and consumption • pressure to succeed and perform • withdrawal and family life

Reinhard Winter is a trained educator who has worked for 20 years in boys' and men's counselling and research as well as in training teachers and specialists in social work. His successful book, »Boys. A Manual« was published by Beltz in 2011.

- ▶ For parents, teachers and caregivers
- ▶ One of Germany's most successful experts on raising boys

already published:



ISBN 978-3-407-85931-0

Reinhard Winter

Boys Need Clear Messages

A Guidebook for Childhood, School and the Wild Years
275 pages, paperback
ISBN 978-3-407-85989-1
Publication date: 02/2014

Target group

Parents, teachers, caregivers

Do you know how your child feels?



- ▶ The importance of feeling safe and secure in childhood
- ▶ Children in their own voices
- ▶ The latest scientific findings

Courage, friendship, safety, security, and other big emotions mean different things to different people. This book maps the cosmos of a childhood sense of being safe and feeling secure. Children tell in their own words what safety and security mean to them, while the book adds insight into the neurological processes that occur in early childhood. Valuable tips demonstrate how to create an environment of trust and warmth so that young children can become strong adults. Children who feel safe and secure have nothing to fear—for the rest of their lives.

Julia Dibbern is one of Germany's most innovative experts on raising children. Most recently, she has authored »Secure Babies«, »Little Liars, Little Thieves«, and »Absolutely Healthy«. She lives in Winsen (Luhe) and Los Angeles. Further information at www.juliadibbern.de

Julia Dibbern

Big Emotions: Security

approx. 120 pages, paperback
ISBN 978-3-407-71712-1
Publication date: 03/2014

Target group

Parents, and all those involved with children

Children in a gay-lesbian partnership – (not) a problem?



- ▶ Does this mean the end of the traditional family?
- ▶ A topic of hot debate at all levels of society

People feel strongly about rainbow families – but what is it really like to live in one? This book delivers background information on a topic that gets strong reactions. It includes comments from politicians, churches and organizations, from experts on raising children and, above all, from the children and parents themselves.

Katja Irle goes beyond clichés and generalisations and provides information about the arguments for and against adoptive rights for homosexuals. Further, a look beyond our own borders provides surprising insights – what are attitudes and opinions on this topic in Scandinavia, France, and Spain? Does an acceptance of the rainbow family really mean the end of the traditional family? Katja Irle provides the reader with a deeper understanding of a new kind of family – after reading this book, no one can claim not to know enough about this controversial topic to form an opinion.

Katja Irle spent many years as an editor for the newspaper Frankfurter Rundschau. Today she is a freelance journalist for various newspapers and other cultural publications.

Katja Irle

The Rainbow Experiment

Are Gays and Lesbians the Better Parents?
approx. 240 pages, hardback
ISBN 978-3-407-85987-7
Publication date: 03/2014

Leash or love? Children are not trained pets!



Raising children—you can do it! 20 situations from everyday life raising children: Eva Solmaz takes on the “experts” and the methods they recommend, which often seem more suited to training dogs than to caring preparation for real life. This book is written with bite and a sense of humour, and encourages the reader to rely more on intuition than rigid specifications.

In a very humorous way, and including her own experiences, Eva Solmaz demonstrates what it can look like to take a fundamentally relaxed attitude towards our offspring. Anecdotes from everyday life complement the findings of research on happiness, bonding, and contemporary research on infant development.

Eva Solmaz is a licenced social worker and trained specialist in the areas of psychomotricity and remedial physical education. Her first book, »The Space between Beds. An unusual newborn sleep-guide«, became an instant success. She is married and has a four-year old son.

- ▶ An author with bite and a sense of humour
- ▶ Tips for raising children, applicable immediately

already published:



ISBN 978-3-407-85959-4

Rights sold: Czech

Eva Solmaz

Sit. Stay. Drop It?

approx. 160 pages, hardback
ISBN 978-3-407-85985-3
Publication date: 02/2014

Target group
Parents

Expert advice for all caregivers who become victims of violence



This is the first guidebook for caregivers and family members to address the taboo of violence and aggression brought on by dementia. It is a book that provides relief and identifies sources of aggression, while respecting the dignity of all involved and providing concrete suggestions using examples.

Both family members and caregivers frequently experience violence that they are ashamed to talk about. They are the object of aggressive behaviours ranging from verbal attacks to overt violence such as hitting and sexual harassment. Whether it occurs out of a sense of helplessness, a sense of defeat, or meanness, neither overt nor covert violence is ever acceptable in the relationship between caregivers and older people.

Udo Baer, Ph.D., Gabriele Frick-Baer, Ph.D. and Gitta Alandt have many years of experience working as therapists with dementia patients as part of the »Workshop for a Creative Future« and the »Institute of Gerontopsychiatry« (IGP). Numerous book publications, most recently »The Heart does not Suffer from Dementia. Advice for Caregivers and Family Members«.

- ▶ The causes of aggression in older age and how to eliminate them
- ▶ More than 60 examples drawn from actual practice
- ▶ 89% of family members and caregivers experience violence from those in need of care

Gitta Alandt/Udo Bae/Gabriele Frick-Baer

When Older People become Aggressive

Dementia and Violence – Advice for Family Members and Caregivers

144 pages, paperback

ISBN 978-3-407-85986-0

Publication date: 02/2014

Target group

Family members of dementia patients, caregivers

already published:



ISBN 978-3-407-85966-2

The basics for biography work



- ▶ Clear-cut and accessible presentation
- ▶ Directly applicable to individual life review work

»Handbook Biography Work« describes themes and focus areas, and presents some 150 new and established methods, illustrated with examples of how to do build biography work into a daily routine. Comprehensive catalogues of questions that overlap areas, situation descriptions, and suggestions for the use of different media foster reflection, discussion, and projects. Designed for easy use by the practitioner, the handbook provides suggestions for education, encounters, care and therapy. Biography work encourages readers to reflect on their own life story and listen to the stories of others. The work eases or heals wounds from the past, strengthens individuals in the present, and offers new perspective for meeting life's challenges.

Hans Georg Ruhe, licenced social worker, is a management consultant and instructor at the Diocese Academy Hildesheim in Goslar since 1995 with an expertise in further education for the work context.



- ▶ Concepts for shaping transitions into retirement, senior's programs, dementia care, and care of older people who live with their parents

Biography work encourages people to reflect on their own lives, to remember, and to talk about what they remember. This becomes especially important before retirement and when entering the older years. It invites people to summarize, assess where they are now, and make plans for the future. The information in this volume is presented in a way that makes it easy to apply to actual practice, with suggestions for incorporating it into the context of adult education and the education of older people. It introduces concepts for learning through biography work and ways to provide everyday care that take an individual's biography into consideration. It gives special consideration to transitions into retirement, senior's programs, dementia care, and the care of older people who live with their parents. Examples of course concepts and methodology round out the content.

Bettina Lindmeier, Ph.D., is a Professor at the Institute for Special Education, University of Hannover

Hans Georg Ruhe
Handbook Biography Work
 Methods, Themes, Areas of Focus
 approx. 150 pages, paperback
 ISBN 978-3-7799-3154-6
 Publication date: 01/2014

Target group
 Students, lecturers and practitioners in the field of social work, educational science and care, all those interested in the practice of biography work and its implementation

Bettina Lindmeier
Biography Work with Older People with Mental Handicaps
 approx. 160 pages, paperback
 ISBN 978-3-7799-3153-9
 Publication date: 03/2014

Target group
 Caregivers

Learn schema therapy from its beginnings



Over the last few years, the popularity of schema therapy has made it a lasting influence in psychotherapy. Gerhard Zarbock extends an invitation to newcomers to learn, experience (personally), and apply schema therapy.

Unlike other introductions to schema therapy, the »Invitation to Schema Therapy« starts out by taking a step back and looking at the foundations of schema therapy. The principles of schema therapy, how it works below the surface, its phases, the specifics of the relationship between patient and therapist in schema therapy, as well as the attitudes and areas of competency of the schema therapist are explained thoroughly. Advice for good practice in schema therapy makes the book very useful for practitioners. Furthermore, the book focusses on the therapist as a person. It guides the schema therapist in-training through his or her own developmental stages, an identification of met/unmet basic needs, and a recognition of the origins of his or her own maladaptive schemas or modes.

Gerhard Zarbock, Ph.D., is Director of the Hamburg Institute for Behavior Therapy, licenced psychotherapist, child and adolescent psychotherapist.

- ▶ A companion work for newcomers to schema therapy
- ▶ With numerous illustrative examples and activities

Gerhard Zarbock
Invitation to Schema Therapy
 224 pages, hardback
 ISBN 978-3-621-28134-8
 Publication date: 01/2014

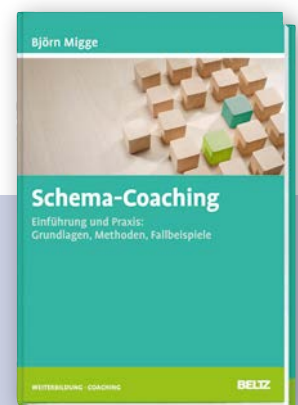
Target group
 Psychotherapists, psychotherapists-in-training,
 psychiatrists

already published:

Guidebook
 for couples



ISBN 978-3-621-28084-6



ISBN 978-3-407-36528-6

Overcoming stuck treatment situations in schema therapy



- ▶ Transferring a successful conceptual model to schema therapy
- ▶ More than 30 therapy situations
- ▶ Dos and don'ts for practical solutions

Devaluation of the therapist, extremely self-punitive patients, or patients who are far too »well-behaved« – schema therapists encounter more than enough difficult and challenging situations. This practical guide demonstrates basic effective techniques to meet dysfunctional schema modes and master difficult situations.

The authors first summarize the »basics« related to each mode type. The following chapters each refer to a specific type of difficult situations and contain example case studies, the schema therapy conceptualization of the respective situation, therapeutic aims and strategies, and related problematic patterns of therapists. Practical solutions are presented and lists of dos and don'ts are included to facilitate successful therapeutic practice.

Contents:

Problematic situations ...

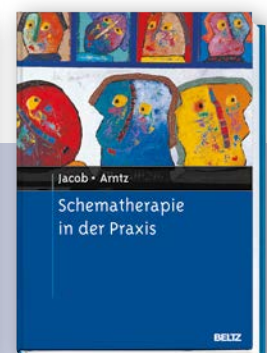
- with maladaptive coping modes
- with child modes
- with punishing and challenging modes
- with developing autonomy
- with regard to the therapist's personal patterns

Christine Zens, M.Sc., is a licensed CBT therapist, supervisor for CBT and schema therapy, psychologist, director of the Institute for Schema Therapy Hamburg. *Gitta Jacob*, PhD, is a licensed CBT therapist, supervisor for CBT and schema therapy; psychologist, GAIA, Hamburg.

already published:



ISBN 978-3-621-27819-5



ISBN 978-3-621-27783-9

Rights sold: English, Italian, Japanese, Polish, Ukrainian, Dutch

Christine Zens/Gitta Jacob

Difficult Situations in Schema Therapy

288 pages, hardcover

ISBN 978-3-621-28100-3

Publication date: 02/2014

Target group

Psychotherapists, psychotherapists in training, (resident) psychiatrists

Playful discovery of modes



- ▶ The first set of therapy cards for schema therapy
- ▶ Suitable for use with children and adults
- ▶ Also suitable for use in educational settings (schema pedagogy)

We all have various inner emotional states and coping responses triggered by day-to-day life situations – in schema therapy these are referred to as modes which underpin the practice of schema therapy. 56 picture cards illustrate various emotional states and responses. The cheerful, colourful illustrations can be used to talk playfully about various states and responses with young patients. Parents can also profit from these visual aids, which can help them to identify their own modes and respond to them more easily. The cards come with a set of instructions that describe a variety of ways to employ the cards in therapy. An explanatory description of the meaning of each card is included.

Peter Graaf is psychologist, child and adolescent psychotherapist, licenced psychotherapist at Evangelic Hospital Alsterdorf, Hamburg.

Peter Graaf

Child and Adolescent Schema Therapy

Set of 56 picture cards, format 8 x 12 cm

ISBN 978-3-621-28140-9

Publication date: 02/2014

Target group

Child and adolescent therapists, psychotherapists, counselors, school psychologists and educators

Using specific interventions in schema therapy



- ▶ A central schema therapy technique
- ▶ With an accompanying foreword by Wendy Behary, President of the International Society for Schema Therapy (ISST)

Empathic confrontation – for schema therapists this means reaching out to the patient in a way that challenges and shows compassion at the same time. This form of communication is one of the central techniques used in schema therapy. It can be used any time a patient is in a maladaptive coping mode. Maladaptive coping modes often result in ineffective treatment. The authors consider empathic confrontation in the context of various coping modes, include examples from numerous case studies, provide practical suggestions on what to do in each situation, and point out pitfalls to avoid. Further chapters address empathic confrontation in group schema therapy and in schema therapy supervision.

Neele Reiss, Ph.D., is psychotherapist in Mainz and research lecturer at Frankfurt University.

Friederike Vogel, M.D., psychotherapist in Mainz.

Neele Reiss/Friederike Vogel

Empathic Confrontation in Schema Therapy

224 pages, hardback

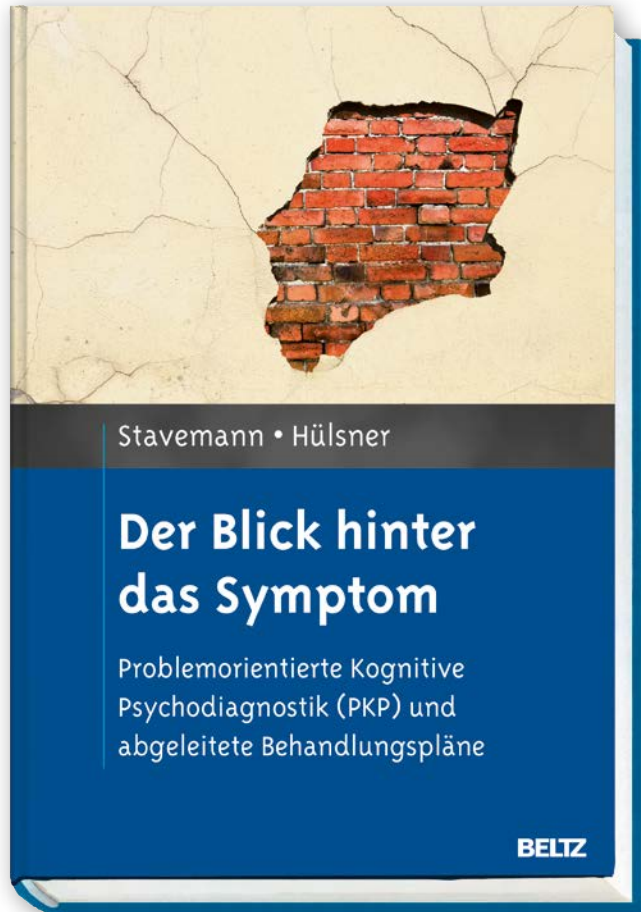
ISBN 978-3-621-28137-9

Publication date: 01/2014

Target group

Psychotherapists, psychotherapists in training, psychiatrists

Treating the cause, not the symptoms



Problem-oriented cognitive psycho-diagnostics no longer focuses only on a patient's symptoms but goes straight to the causes from which they originate: the root cause is the starting point of treatment through psychotherapy.

This approach facilitates the development of a suitable treatment plan for patients who often show numerous and diverse symptoms. These symptoms are apprehended in the context of the parent disorder. Stavemann and Hülsmann understand emotional pain in the context of three lead categories: difficulties related to self-worth, existential concerns, and difficulties suffered due to low frustration tolerance. These three categories facilitate the identification of original cause and perpetuation of psychological disorder and its effective treatment.

H.H. Stavemann, Ph.D., is Director of the Institute for Integrative Behaviour Therapy in Hamburg.
Yvonne Hülsmann, psychologist, lecturer at the Institute for Psychotherapy Training in Bad Salzungen.

► **Introductory book about an innovative diagnostic concept**

Harlich H. Stavemann/Yvonne Hülsmann
Beyond the Symptom
Problem-Oriented Cognitive Psycho-Diagnostics
240 pages, hardback
ISBN 978-3-621-28141-6
Publication date: 02/2014

Target group
Psychotherapists, psychotherapists in training,
psychiatrists

Contemporary play therapy



► Introductory book on the application of play therapy in behaviour therapy

From childhood to pre-adolescence, play is an important means to gather new experiences of the world, develop processes to learn and practice new skills, and to assimilate these experiences. This holistic, highly motivated form of learning can be put to use for therapeutic goals to complement work in cognitive behavioural therapy.

An introduction to play and play therapy is followed by a concrete description of how to apply play therapy during the therapeutic process. The description draws on many examples from case studies and recorded therapy dialogues. The integration of "directed individual play" within overall behaviour therapy treatment is illustrated for specific disorders.

Silvia Höfer is child and adolescent psychotherapist (behavioural therapist) in private practice in Reutlingen.

7 ways to higher resilience for clients and patients



- Popularity of resilience
- Its deployment in therapy, coaching, counselling
- Premier collection of materials on this topic

Resilience is the ability to withstand misfortune or change, and an inner personal strength. In therapeutic work it plays an increased role to develop resilience and thus to prevent psychological disorders and other personal problems.

In her work on developing resilience, Bea Engelmann focuses on personal strength and individual self-worth and helps with the 7 ways (empathy, sense of self, vitality, self-efficacy, self-determination, optimism, coping) to develop a stronger self. With the aid of many exercises and worksheets the patients learn about their strengths and resources.

Bea Engelmann is psychologist, freelance Coach in Bremen, lecturer at the University of Bremen.

Silvia Höfer

Play Therapy

Directed Individual Play in Behaviour Therapy
235 pages, hardback
ISBN 978-3-621-28028-0
Publication date: 02/2014

Target group

Child and adolescent psychotherapists,
psychotherapists in training

Bea Engelmann

Therapy Tools: Resilience

approx. 192 pages, paperback
ISBN 978-3-621-28138-6
Publication date: 03/2014

Target group

Psychotherapists (medical/psychological), coaches, trainers

Putting an end to bullying



- ▶ For self-help or as companion to therapy, based on the author's many years of clinical experience with the issue

Harassment and aggravation are not uncommon in the work environment, unfortunately. How is it possible to get out of the bullying trap and deal with these demoralising factors to long-term effect? How can we return to a normal work environment? Schwickerath provides a clear demonstration of how to deal with bullying. The book's focus is on putting an end to bullying in four steps: understanding bullying in context, taking a stance, choosing a way out, and taking action. The four-step approach facilitates the problem-solving skills and strong sense of self-confidence necessary for a viable return to a healthy work environment. References to further sources of support as well as information on legal aspects complete the contents.

Josef Schwickerath, Ph.D., is licenced psychotherapist, Director of Psychology at AHG Klinik Berus.

Josef Schwickerath

An End to Workplace Bullying

A Four-Step Program to Escape the Bullying Trap
163 pages, hardback
ISBN 978-3-621-28105-8
Publication date: 01/2014

Target group

Those affected as well as their families and friends, psychotherapists, counsellors, coaches

Mastering crises during university studies



- ▶ Solutions to the most common personal crises among students at university
- ▶ Immediate help through practical and easily applicable suggestions

Burnout, anxiety, depression—more students than ever before are faced with personal difficulties and crises related to university study.

Petra Holler provides help in this book: a review of the developmental psychology of university study and related »psychological dangers« is followed by an examination of the most common psychological crises. Concrete practical solutions for dealing with these crises are then given. Practical suggestions for dealing with problems in daily life and helpful addresses and internet links complete the book. The topics covered range from problems such as procrastination and exam anxiety to serious issues such as states of exhaustion and depression.

Petra Holler is psychoanalyst in private practice in Munich, former director of the Psychosocial and Psychotherapeutic Counselling Centre for the University of Munich Student Services.

Petra Holler

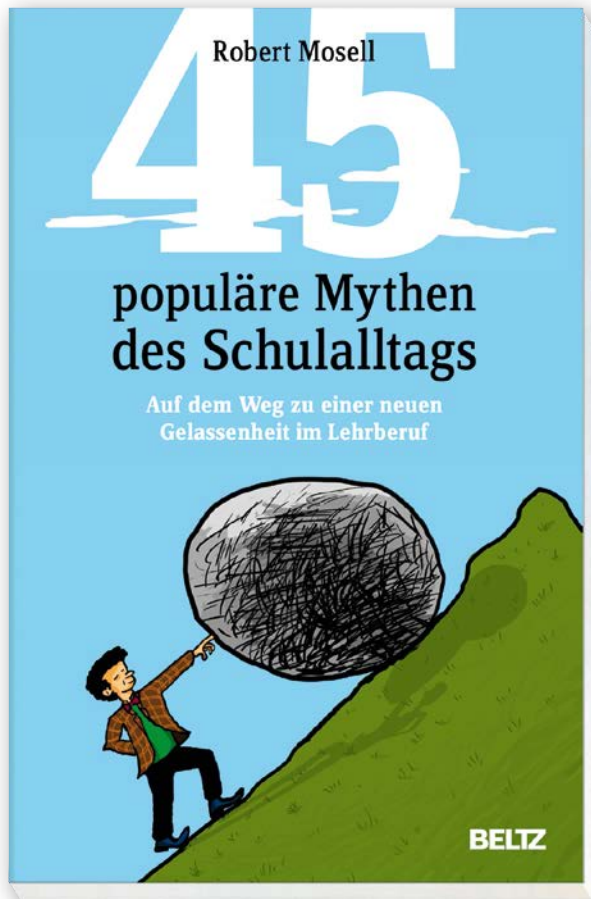
Way Too Much to Do

202 pages, paperback
ISBN 978-3-621-27925-3
Publication date: 01/2014

Target group

Graduate and undergraduate students

45 ideas to make teaching easier



**»A good teacher can teach anybody«, »Marks are always fair«, »Learning has to be fun«
Teachers have heard these myths and know from experience that they don't necessarily make it easier to do their jobs.**

Robert Mosell is a teacher himself and has collected this »mythology of a school day«. By listing 45 myths about teachers, students, parents, and the school system, he exposes common fantasies and delusions and argues for a realistic understanding of the profession that sees relationships as dynamic and professional.

In this book, systemic pedagogy and counselling pave the way for a new understanding of work with schoolchildren. The benefits for the profession are, not least, increased equilibrium and health for teachers.

Robert Mosell, Ph.D., has worked for 15 years as a teacher in numerous school types. He is a systemic therapist and counsellor, systemic pedagogue, school advisor, and mediator as well as a theater coach and a supervisor.

- ▶ With examples from actual practice
- ▶ A plea for more equilibrium in the teaching profession

Robert Mosell

45 Popular Myths about School

On the Path to a New Serenity in the Teaching Profession

216 pages, paperback

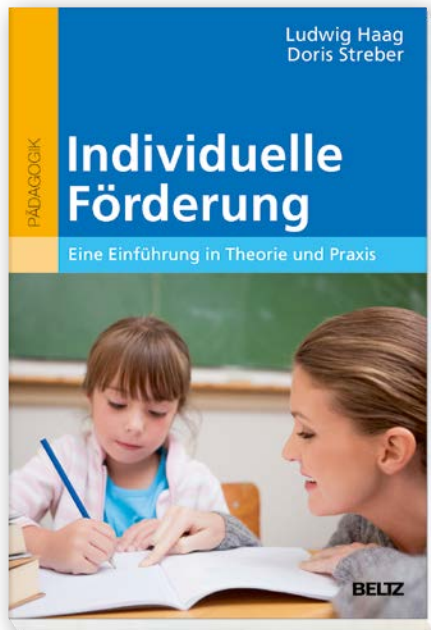
ISBN 978-3-407-25711-6

Publication date: 01/2014

Target group

Teachers in all types of schools, in training and in the field, systemic pedagogues, coaches

Individual education in a nutshell



- ▶ The first theory-based book on individual education
- ▶ Contains concrete advice on how to proceed

In the course of the debate on inclusion, the call for individual education has become ever stronger. What exactly is meant by the term »individual education«? How can it be grounded in theory and how can it be put into practice? The book provides established and prospective teachers with answers to these questions. It begins with an explanation of central terms such as heterogeneity, individualization, and differentiation. The book then presents individualized approaches to providing children with necessary support in school, explains how they are related to psychological and didactic theories of special support in education, and provides concrete advice on how to proceed.

Doris Streber, Ph.D., is a child development and education scientist and director of the Centre for Teacher Education in Bayreuth.

Ludwig Haag, Ph.D., is professor of pedagogy for primary and secondary school education at the University of Bayreuth.

One school for everybody: inclusive didactics in practice



- ▶ New methods in inclusive didactics
- ▶ Additional online material

What does the inclusive classroom look like? How can a learning level be diagnosed? What are existing methods for inclusive education and what do they mean for teaching plans and teaching quality?

Since the UN Convention on the Rights of Persons with Disabilities has come into effect, the need for information about how to practice inclusion in schools has grown. This book puts forth guidelines needed for the development of inclusive schools and integrated teaching that conform to the standards for inclusion for all learners and teachers. The foundations of inclusive education encompass all school levels including kindergarten, primary school, middle school, and secondary school. It can also inform university education.

Kersten Reich is professor of international teaching and learning research at the Institute for Comparative Studies in Education and Social Sciences at the University of Cologne.

Ludwig Haag/Doris Streber/Eiko Jürgens (ed.)

Individual Education

An Introduction to Theory and Practice
224 pages, paperback
ISBN 978-3-407-25698-0
Publication date: 01/2014

Target group

Prospective teachers in the 1st and 2nd phases of education and training, practicing teachers in all school types

Kersten Reich

Inclusive Didactics

Elements for an Inclusive School
approx. 400 pages, paperback
ISBN 978-3-407-25710-9
Publication date: 03/2014

Target group

Teachers of all subjects, at all types of schools and educational levels, teaching students

Inclusive, active education with the »learning in motion« approach



- ▶ A whole body approach for inclusive, active education
- ▶ Practical examples for targeted, individualized student assistance

Learning disabilities are often accompanied by deficits in perception and motor skills. These are addressed by the successful »learning in motion« program: elements from the fields of ergotherapy and psychomotorics are combined in a whole-body approach to learning. Activities (a sensory obstacle course, for example) are designed to compensate for deficits in perceptual skills and movement without drawing attention to them. In this way, kindergarten and primary school-aged children are given learning opportunities that are differentiated to meet their individual needs and are additionally fun, motivating, and promote concentration.

Aline Klusen is a teacher and ergotherapist, and also an ILF-instructor, PL-instructor, and LPM-instructor in Gehrweiler (Pfalz).

Christoph Letzel is an ergotherapist at the Integrative Kindergarten and Day Care Centre Lebenshilfe in Grünstadt.

Aline Klusen/Christoph Letzel

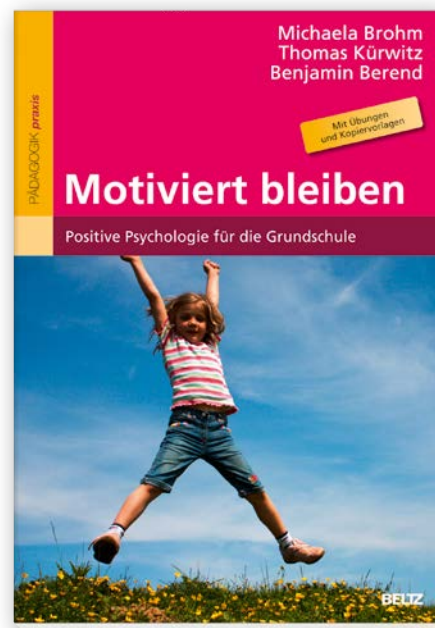
Learning in Motion!

Inclusive Active Education in Kindergarten and Primary School
approx. 112 pages, paperback
ISBN 978-3-407-62892-3
Publication date: 03/2014

Target group

Primary school teachers, caregivers, therapists, education specialists, interested parents

Successful approach now available also for primary school



- ▶ Contains numerous materials for use in schools

Many children are highly motivated when they start school. This team of authors presents a research-based, effective concept for maintaining this initial motivation and providing optimal support for high achievement in primary school. The approach is based on the findings of positive psychology. Children come to know their own capabilities, recognize their own self-worth, and sustain their own motivation and love of learning. The workbook provides numerous materials to be photocopied together with exercises that are easy for teachers to apply.

Michaela Brohm, Ph.D., is professor of empirical teaching and learning research and didactics in the Department of Educational Studies at the University of Trier.

Thomas Kürwitz is the principal of a primary school in Rheinland-Pfalz.

Benjamin Berend is a researcher in empirical teaching and learning research and didactics at the University of Trier.

Michaela Brohm/Thomas Kürwitz/Benjamin Berend

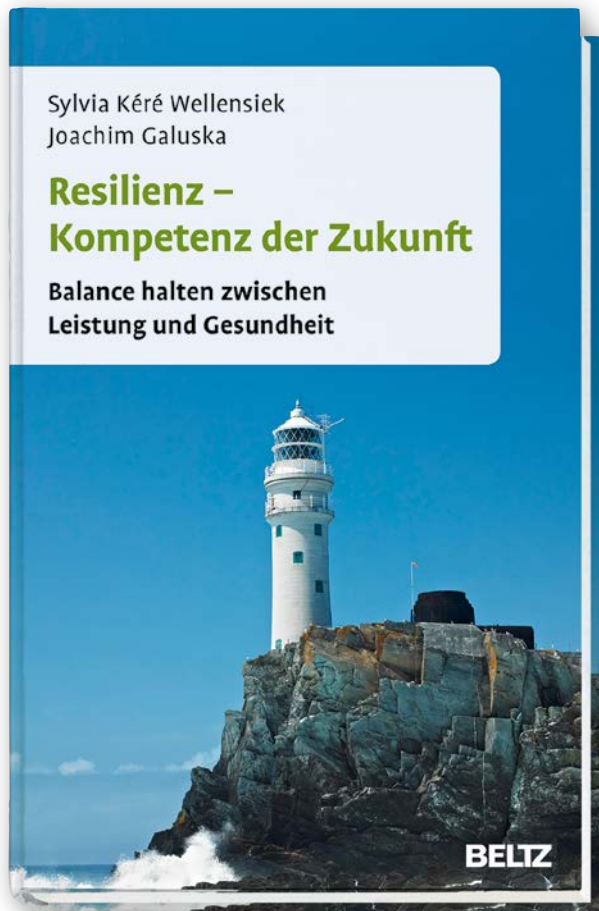
Staying Motivated

Positive Psychology for the Primary School
approx. 96 pages, paperback
ISBN 978-3-407-62906-7
Publication date: 03/2014

Target group

Primary school teachers, teachers-in-training, education students, teacher-training instructors

Personal and societal resilience: resource of the future



Resilience is the undeterred commitment and ability to confront, to master, and to grow from adversity and challenge. It serves to counterbalance the ever-increasing pressures and time demands we face in the work environment and society. For the individual, resilience means successfully coping with difficult life circumstances and stress. Physical health, along with emotional and mental stability, builds the foundation for successful achievement and continuous performance. Sylvia Kéré Wellensiek and Joachim Galuska – both specialists in the field of resilience – deliver a detailed description of the problem and look ahead from a differentiated, practice-oriented perspective. They consider the following questions: Where do we stand? And what can we do, as individuals, as a society, and from an economic perspective?

Sylvia Kéré Wellensiek, certified engineer, coach, trainer and author, directs a training and professional development institute at Ammersee. Homepage: www.whtraining.de

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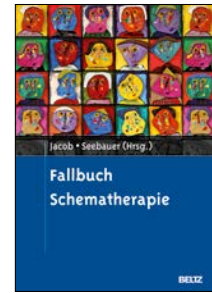
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