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Loving Parental Leadership

The practical guidebook

Backlist



► the practical guidebook to Jesper Juul's 'Leading the Pack'

»We all make dozens of mistakes every day in the way we relate to others. Let's embrace them and learn from them. This book will show you how.« *Mathias Voelchert*

Even people who effortlessly call the shots in the workplace often yield to the whims and desires of their children. At the same time, parents feel that their children need good leadership from adults in order to develop self-confident personalities. But what does loving leadership actually look like? What do you do if your son refuses to empty the dishwasher? This book offers a wide range of practical examples and tips which show parents how to exercise authority in contemporary family life and where to draw the line in everyday situations between letting things go and providing loving guidance with a view to ensuring that everyday family life is characterised by cheerfulness and calm rather than confrontation and stress.

About the author

Mathias Voelchert heads up the familylab.de family workshop, an organisation established by Jesper Juul to provide tangible assistance to parents. Voelchert works as a trainer and coach, advising families, schools and companies. He is an author on family and child-raising as well as relational issues and has edited several of Jesper Juul's books.

Type of book/media

Guidebook

Mathias Voelchert
Loving Parental Leadership
 The practical guidebook
 approx. 208 pages, softcover
 ISBN 978-3-407-86471-0
 Publication date: 10/2017

Our program **Beltz Non-Fiction** offers you non-fiction titles and guidebooks in the fields of baby and toddler, childhood, youth, adolescence, parents, family, education, school, life in seniority and psychology.

Also by Jesper Juul:

Leading the Pack



ISBN 978-3-407-86404-8

Rights sold to Denmark, Croatia, Czech Republic, Latvia, Norway, Poland and Spain

Staying Lovers



ISBN 978-3-407-86440-6

Rights sold to Poland

What do I do when the hamster dies?



ISBN 978-3-407-86431-4

Sporticus Junior

Physical activity and nutrition tips for healthy kids



► **written by two leading sport and preventative health experts**

»20% of German children are overweight and don't exercise enough. Let's do something about that.« *Ingo Froböse & Peter Großmann*

Too fat? Too thin? Posture problems due to too much time spent on the computer? Are four football training sessions a week too much for children? If kids go vegan or just eat pasta, will they not be protein or mineral deficient? Such questions are the cause of uncertainty and conflict in many families, especially given the unprecedented number of food and health trends that have emerged over the last few years. Ingo Froböse and Peter Großmann allay parents' concerns by providing clear facts and easily applicable advice. The authors present scientifically proven expertise on the nutrition and physical activity needs of children at each stage of their development from kindergarten to puberty. The final part of the book contains many suggestions for ways for families to stay fit and healthy.

About the authors

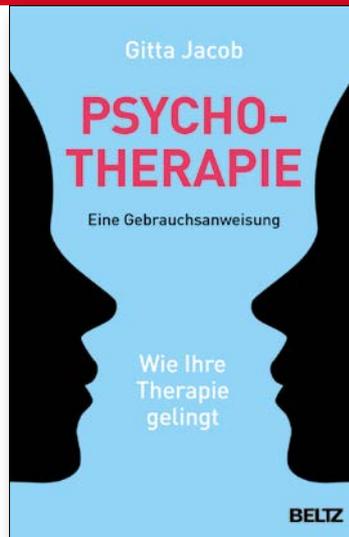
Prof. Dr. Ingo Froböse is the Manager of the Centre for Health through Sport and Physical Activity at the German Sports University in Cologne. Peter Großmann is a qualified sports instructor, journalist and sports correspondent on the German breakfast TV show ARD-Morgenmagazin, for which he was awarded the German Television Prize in 2012.

Type of book/media Guidebook

Ingo Froböse / Peter Großmann
Sporticus Junior
 Physical activity and nutrition tips for healthy kids
 approx. 256 pages, paperback
 ISBN 978-3-407-86441-3
 Publication date: 09/2017

Psychotherapy – an instruction manual

A guide to successful treatment



► **comprehensively explains current treatment methods in an easy-to-understand manner**

»Treatment can only be successful if the patient implements the insights acquired and draws personal conclusions from the treatment itself.« *Gitta Jacob*

Successful treatment requires informed patients. The better informed a patient is, the more long-lasting the benefits of psychological treatment will be. In this book, Gitta Jacob outlines her experience as a therapist and supervisor. What determines the success or failure of psychotherapy treatment? Who is responsible for what when it comes to treatment? How can you identify the right therapist for you? How significant is the patient's attitude to treatment? This book will help you find the psychotherapy treatment you need, addresses any potential misunderstandings and helps the reader to get the most out of their psychotherapy sessions.

About the author

Gitta Jacob is one of the most influential German psychologists. Her books have been translated into more than ten languages and have helped establish schema therapy worldwide.

Type of book/media

Guidebook

Gitta Jacob
Psychotherapy – an instruction manual
 A guide to successful treatment
 approx. 160 pages, paperback
 ISBN 978-3-407-86465-9
 Publication date: 07/2017

Backlist**Also by Gitta Jacob:****Breaking the Schematic Mold**

ISBN 978-3-407-86451-2

Rights sold to the Netherlands

Breaking Negative Thinking Patterns

ISBN 978-3-621-28415-8

Rights sold to Denmark, England, Turkey

Goodbye to Your Humble Servant

ISBN 978-3-621-28265-9

Rights sold to Romania

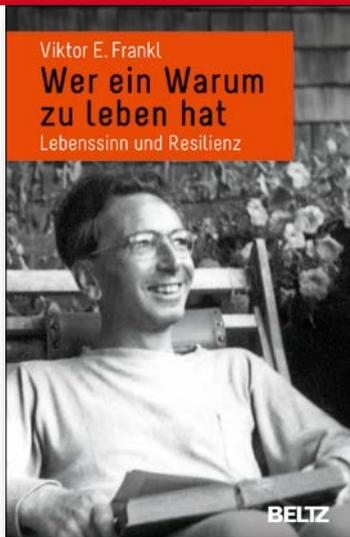
Having a Why to live for

Purpose and resilience in life

Backlist

Coping with Depression through the Power of the Imagination

Exercises to strengthen your inner resources



► rediscover the great humanist

► features a new foreword by Frankl-expert Alexander Batthyány

»The ›why‹ is the purpose in life. The ›how‹ is all the circumstances that made life in the concentration camps so difficult that only with hindsight can a ›why‹ be sustainable.« *Viktor E. Frankl*

»People who have a purpose in life can withstand almost anything« – this motto is the basis for Viktor Frankl's look at how fulfilment can be found even in the face of severe set-backs and enables people to remain psychologically stable in times of crisis. Purpose and resilience are at the heart of Frankl's logotherapy and his analysis of young people with suicidal tendencies, holocaust survivors and the inner void created by the modern consumer society. Penned over the course of six decades, Frankl's words show that psychotherapy can only be successful if it is paired with a philosophical *savoir vivre*.

About the author

Viktor Frankl (1905–1997) was a professor of neurology and psychiatry at the University of Vienna and held numerous professorships in the USA. His more than 30 books have been translated into 46 languages.

Type of book/media Non-fiction

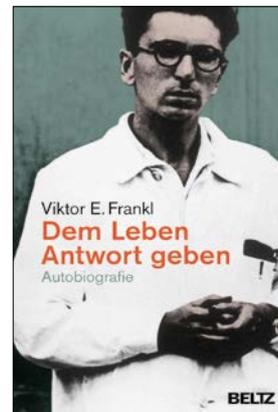
Publishing only part 1 or part 2 of this book is possible

Viktor E. Frankl
Having a Why to live for
 Purpose and resilience in life
 approx. 392 pages, paperback
 ISBN 978-3-407-86492-5
 Publication date: 07/2017

Rights sold to Brazil, Italy, Russia, Spain

Also by Viktor E. Frankl:

Giving Life an Answer



ISBN 978-3-407-86460-4

Rights sold to Brazil, China (Complex and Simple), Czech Republic, France, Italy, Japan, Korea, Lithuania, Macedonia, Russia, Spain, USA

Also by Helmut Kuntz:

Understanding Addiction



ISBN 978-3-407-85767-5

Drugs & Addiction



ISBN 978-3-407-86401-7



► inner perceptions are stronger than dark thoughts

► the author is an addiction expert

»The power of imagination can awaken hidden inner strength. This book is an encouragement to tap into the valuable treasure within.« *Helmut Kuntz*

Everybody possesses mental resources which can be transformed into the courage needed to face life. Helmut Kuntz has led many people out of the darkness of depression and in his new book he explains the link between the power of the imagination and the courage to face life head-on. Kuntz has devised a plethora of imaginative exercises focusing, amongst others, on the 'inner child', sources of help and strength, love of self and reconciliation as well as personal experiences of happiness. These exercises help the reader to focus on what their personal strengths afford them and thus how to minimise the symptoms of depression.

About the author

Helmut Kuntz is a family and body therapist. For many years, he has used imaginative techniques at his psychotherapy practice to help people recover from addiction, depression and anxiety. In 2015, Beltz published his book ›Understanding Addiction‹.

Type of book/media

Guidebook

Helmut Kuntz
Coping with Depression through the Power of the Imagination
 Exercises to strengthen your inner resources
 approx. 288 pages, paperback
 ISBN 978-3-407-86494-9
 Publication date: 08/2017

A Punishment-free Childhood

Innovative solutions for parents who want to bring up their kids differently



- ▶ addresses a controversial but significant issue
- ▶ written by a well-known educator and best-selling author

»We harm our kids and lose their trust if we react to conflict by chastising them.« *Katharina Saalfrank*

»Go to your room!«, mobile phone bans, »Stop that or else ...« such punishments and their consequences have remained part and parcel of parents' child-raising tactics and have been recommended by many an expert. But what works in the short-term can have harmful consequences in the long-term as punishment breeds humiliation, rejection, loss of trust and allows power struggles to poison family relationships. In this book, Katharina Saalfrank explains why a relationship and esteem-based approach to engaging with children makes punishment superfluous. She draws on a series of day-to-day experiences with children of all ages to explore alternative methods.

About the author

Katharina Saalfrank is a qualified educator, music therapist and family therapist as well as a successful author of self-help books. She has her own practice in Berlin.

Type of book/media

Guidebook

Katharina Saalfrank

A Punishment-free Childhood

Innovative solutions for parents who want to bring up their kids differently
approx. 208 pages, hardback
ISBN 978-3-407-86488-8
Publication date: 10/2014

We are Everywhere, just not in Ourselves

Living in the age of self-loss



- ▶ issues of identity and finding yourself
- ▶ analysis of contemporary attitudes to life

The question millions of people are asking themselves is »What about ME?« The hustle and bustle and demanding expectations of our age are turning human beings into machines. Therapist Georg Milzner grapples with this phenomenon on a daily basis and retains that a loss of self is the most significant psychological disorder of our time. In our loud, demanding world, it's well worth protecting our inner selves and regaining our authenticity by combatting 'toxic' information overloads and overstimulation. Georg Milzner's new book provides an excellent analysis of life-contentedness in the present era. It asks the big questions about identity and »finding yourself« and outlines individual and corporate »ways out«.

About the author

Georg Milzner is a psychologist and psychotherapist with his own practice. He has studied and written about psychological disorders and the influence of digital media on individuals for many years.

Type of book/media

Non-fiction, guidebook

Georg Milzner

We are Everywhere, just not in Ourselves

Living in the age of self-loss
approx. 320 pages, hardback
ISBN 978-3-407-86449-9
Publication date: 09/2017

Backlist

Also available:

The child I wished to have so badly is driving me crazy



ISBN 978-3-407-86422-2

Rights sold to Complex Chinese, Korea, Slovakia

The Self-Healing Code



ISBN 978-3-407-86443-7

Digital Hysteria



ISBN 978-3-407-86406-2

The Tolerance Trap



ISBN 978-3-407-86411-6

Childhood Today

Enter the many and varied worlds of the youth of today



- ▶ a contemporary overview of the history and theories of childhood
- ▶ written by two renowned childhood and youth researchers

This book provides a contemporary overview of the history and theories of childhood, children's experiences of family life, kindergarten, school and free time, and also in other countries including in war-zones. The emphasis is on the fact that children move in very diverse circles. In order to do justice to this diversity, the authors expound upon the most relevant approaches from the worlds of psychology, health science, sociology, education and social work.

About the authors

Dr. Heidrun Bründel is a qualified psychologist and specialised as an educational psychologist. Prof. Dr. Klaus Hurrelmann is the Professor of Public Health and Education at the Hertie School of Governance in Berlin.

Target group

Students of education theory, social education and psychology, (aspiring) teachers, educators

Type of book/media

Survey

Heidrun Bründel/Klaus Hurrelmann

Childhood Today

Enter the many and varied worlds of the youth of today
246 pages, paperback
ISBN 978-3-407-25774-1
Publication date: 06/2017

Project Management in Schools

- ▶ how to successfully plan, prepare and execute a project
- ▶ contains templates

In schools, project management is growing in importance but the skills required to effectively and efficiently make use of the necessary tools are often lacking. To explain how successful project management in schools can be achieved, this book draws on three practical examples: using tablets in the classroom (digital media learning), 'Train the Brain' workshops for English lessons (introduction of personalised learning) and changing the learning environment. Goal-oriented key questions and templates for project orders, project logs and meeting minutes are included in the annex and can be consulted online.

About the authors

Stefan Marien is a quality management facilitator for German International Schools in Sub-Saharan Africa. Janine Regel-Zachmann is the head teacher of the Laufenberg/Baden Verbundschule.

Target group

Teachers, education managers, head teachers, control group members

Type of book/media

Practical manual

Stefan Marien/Janine Regel-Zachmann

Project Management in Schools

approx. 140 pages, paperback
ISBN 978-3-407-63018-6
Publication date: 07/2017

Beltz Education is a comprehensive program for school practice, as well as for the training and continuing education of teachers and administrators of all types of schools, supplemented by manuals, guides, and the pedagogical magazine PÄDAGOGIK.

Understanding and Combating Vandalism in Schools



► features tried and tested counter-measures and models

Be it unsightly graffiti, damaged toilets, fires in waste paper bins or destroying a classmate's work, vandalism at school is an issue which should not be under-estimated. This book sees the author enter into the mindset of school vandals and sheds light on their motives, e.g. peer group dares, a desire for destruction. In addition to outlining the motives, the author also presents tried and tested countermeasures.

About the author

Dr. Günther Hoegg has chalked up 30 years of teaching experience and is a qualified lawyer specialising in school law. He gives talks at many seminars advising teachers and head teachers on the fundamentals of their professional rights.

Target group

Teachers (all school types and levels), head teachers and educators, social educators

Type of book/media

Guidebook

Günther Hoegg
Understanding and Combating Vandalism in Schools

approx. 136 pages, paperback
 ISBN 978-3-407-63037-7
 Publication date: 08/2017

Disruptive Pupils

How to respond to hugely disruptive behaviour by pupils



► intensive educational strategies for an inclusive school environment

► solutions based on different stress factors

This book focuses on children and adolescents with extremely disruptive behaviour patterns who hinder educational processes in schools. The authors broach innovative approaches for schools and teachers alike to deal with and provide support to such individuals in an effective manner and thus enable teachers to be taken seriously by those pupils again.

About the authors

Menno Baumann is Professor of Intensive Education at the Fließner Technical College in Düsseldorf in addition to his role as the Divisional Manager of a youth welfare provider in northern Germany. Tijs Bolz and Viviane Albers are both special needs teachers and Chairs of Education specialising in behavioural disorders and social development at the Carl von Ossietzky University in Oldenburg.

Target group

Teachers, (social) educators, social workers

Type of book/media

Practical manual

Menno Baumann/Tijs Bolz/Viviane Albers
Disruptive Pupils

How to respond to hugely disruptive behaviour by pupils
 144 pages, paperback
 ISBN 978-3-407-25781-9
 Publication date: 11/2017

Card Set Learning Strategies

53 learning cards with booklet (from grade 5)



► features learning strategies to boost learning success

It is possible to learn how to learn. This set of cards helps pupils to tap into a wide range of learning strategies and think about how they learn, what happens in the learning process and what effective learners do. The cards are broken down into the five learning types: cognitive, metacognitive, resource-oriented, motivational and emotional. Each card is fun and attractive and features text descriptions and pictures relating to a learning strategy.

About the authors

Gerold Brägger, M.A., is an educationalist, consultant, and trainer for team-oriented teaching development, as well as the head of the consulting team schulentwicklung.ch and the web platform IQES online.

Target group

Secondary school teachers

Type of book/media

Set of 53 cards + booklet

Gerold Brägger/Gerda Hagenauer/
 Tina Hascher

Card Set Learning Strategies
 53 learning cards with booklet
 (from grade 5)
 ISBN 978-3-407-25778-9
 Publication date: 08/2017

The Handbook »Thoughts as Strong as Bears « for Teachers

Backlist

Backlist



► an interactive guide to teaching bliss

A multitude of demands and emotional stress are part of every-day life for teachers and so job satisfaction can easily evaporate. This handbook seeks to encourage teachers, through constructive affirmation and stories, to cast aside negative feelings and attitudes and be the driving force of positive changes. The book also contains exercises with space for readers to make their own notes so they can refer back to them.

About the authors

Saskia Baisch-Zimmer teaches at a vocational training college in Hessen. She also works as a mental coach (for both adults and children) and a wellness coach and provides teacher training in stress management and mental health. Christina-Cornelia Mager is a retired head teacher and a Montessori educator. She is a trained children's mental coach and works pro bono at the Children's University in Darmstadt.

Target group

Teachers (of all school types)

Type of book/media

Practical manual

Saskia Baisch-Zimmer /
Christina-Cornelia Mager
**The Handbook »Thoughts as Strong
as Bears « for Teachers**
128 pages, hardback
ISBN 978-3-407-62948-7
Publication date: 07/2017

Also by Saskia Baisch-Zimmer and Christina-Cornelia Mager:

Thoughts as Strong as Bears



ISBN 978-3-407-62980-7

Rights sold to the Netherlands

Thoughts as Strong as Bears, for Children



ISBN 978-3-407-62732-2

Rights sold to the Netherlands

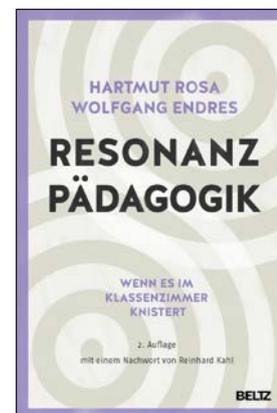
Thoughts as Strong as Bears, for Teachers



ISBN 978-3-407-62928-9

Already published:

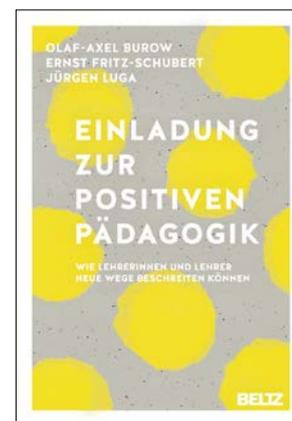
Resonance Pedagogy



ISBN 978-3-407-25768-0

Rights sold to Denmark

An Invitation to Positive Pedagogy



ISBN 978-3-407-63020-9

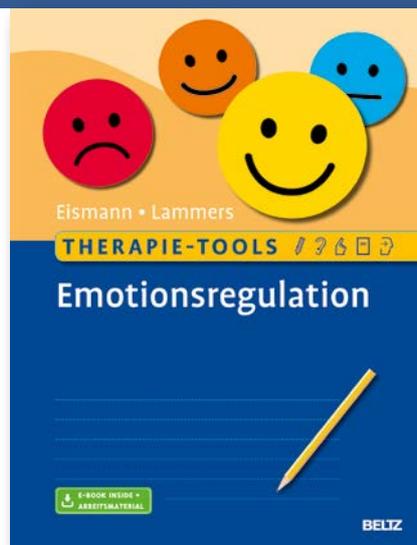
Biographical Theater in School



ISBN 978-3-407-62638-7

Therapy Tools Emotion Regulation

Backlist



- ▶ **emotion regulation for practical application**
- ▶ **modular design suitable for individual use**

This therapy tool includes innovative and evidence-based working materials. These include traditional behavioural therapy, cognition-based techniques from the second wave, along with mindfulness and acceptance-based concepts from the third wave of cognitive behavioural therapy. There is an emotional analysis questionnaire to make it easier to start therapy.

About the authors

Professor Claas-Hinrich Lammers (medical director and chief physician) and Dr. Gunnar Eismann are both employed at the Clinic for Psychiatry and Psychotherapy, Asklepios Klinik, Hamburg.

Target group

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists

Type of book/media

Therapy tools

Gunnar Eismann/Claas-Hinrich Lammers
Therapy Tools Emotion Regulation
 approx. 240 pages, paperback
 ISBN 978-3-621-28517-9
 Publication date: 09/2017

Also by Claas-Hinrich Lammers:

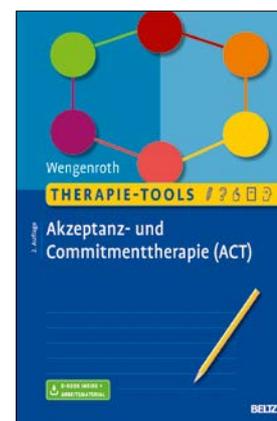
Emotions-focused Methods



ISBN 978-3-621-28256-7

Also available from our series »Therapy Tools«:

Acceptance and Commitment Therapy (ACT)



ISBN 978-3-621-28390-8

Resilience



ISBN 978-3-621-28138-6

Rights sold to the Netherlands

Beltz Psychology provides specialist psychological literature for psychotherapists, sets of cards for therapeutic work, books for patients as well as textbooks and DVDs for study and practice. Our program covers all psychological fields; its focus is on the field of psychotherapy. The specialized literature is published for the academic and scientific field as well as practice.

Self-regulation and Impulse Control via Schema Therapy

75 Therapy Cards for Schema Therapy



- ▶ **get the impulse into shape**
- ▶ **concrete application examples and case studies**

The book provides a comprehensive overview of the various options for treatment offered by impulse control via schema therapy. Some important techniques for self-regulation are integrated in this and explained. In addition to focusing strongly on the practical side, strategies from the third wave of cognitive behavioural therapy, such as acceptance and commitment, are also described. Along with this, there are worksheets and material to download for practical use.

About the authors

Graduate psychologists Yvonne Reusch and Matias Valente work at the Department of Psychosomatic Medicine and Psychotherapy, Klinikum am Weissenhof, Weinsberg.

Target group

Psychotherapists in training, psychological and medical psychotherapists, child and adolescent psychotherapists

Type of book/media

Practical manual



- ▶ **structured approach and flexible use**
- ▶ **high-quality set of equipment**

A tool for working flexibly and imaginatively with patients in schema therapy: the set of cards includes (1) schema modes to create an individual mode model or for use in chair dialogues, (2) questions and answers on psychoeducation, (3) disorder-specific mode models with illustrations and information on specific features of the mode constellation, (4) cards to deal with dysfunctional modes and the typical feelings, thoughts and needs, (5) action cards with tips and ideas. This makes the schema therapeutic approach active and lively.

About the authors

Dr. Gitta Jacob, senior psychologist, GAIA AG Hamburg. Graduate psychologist Andrea Hauer, systemic therapist, Hamburg.

Target group

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists

Type of book/media

Set of 75 cards + booklet

Further titles on schema therapy:

Schema Therapy in Practice



ISBN 978-3-621-28224-6

Rights sold to England, Italy, Japan, Korea, Poland, Russia, Turkey, Ukraine

Schema Therapy with Children and Adolescents



ISBN 978-3-621-28014-3

Rights sold to Italy, Netherlands, Poland, Turkey

Therapy Tools Schema Therapy



ISBN 978-3-621-28359-5

Rights sold to the Netherlands

Breaking Negative Thinking Patterns



ISBN 978-3-621-28415-8

Rights sold to Denmark, England, Turkey

Matias Valente / Yvonne Reusch Self-regulation and Impulse Control via Schema Therapy

approx. 230 pages, hardback
ISBN 978-3-621-28477-6
Publication date: 09/2017

Gitta Jacob / Andrea Hauer 75 Therapy Cards for Schema Therapy

Set of 75 cards and booklet
ISBN 978-3-621-28474-5
Publication date: 09/2017

Encounter Your Inner Dragon with Mindfulness

Self-help against compulsions

Backlist

75 Therapy Cards with Solution-focused Questions



► first guidebook which connects compulsion with mindfulness

► current therapy topics: mindfulness, values and metaphors

Compulsive disorders interfere with life in an extreme way. In many cases, the people affected are well aware of their problems, but simply can't help themselves. The compulsion cannot be tamed and feels invincible, like a fire-breathing dragon. This guide shows, for the first time, how to overcome compulsions by means of mindfulness. Guided exercises in mindfulness and values identify the thinking traps and provide help in confronting the compulsion of the inner dragon.

About the author

Dr. Anne Katrin Külz, head of the outpatient unit for obsessive-compulsive disorders at the University Medical Centre, Freiburg. Psychologist and psychological therapist at her own psychotherapeutic practice.

Target group

People affected with compulsions and their relatives

Type of book/media

Guidebook for patients

Anne Katrin Külz
Encounter Your Inner Dragon with Mindfulness

Self-help against compulsions
approx. 180 pages, hardback
ISBN 978-3-621-28349-6
Publication date: 08/2017

Further patient guidebooks:

Little Angry Boys and Girls



ISBN 978-3-621-28412-7

Rights sold to Korea, Romania

Nothing but worries ...



ISBN 978-3-621-28402-8

Also by Günter G. Bamberger:

Solution-focused Counselling



ISBN 978-3-621-28110-2



► questions are illustrated with concise pictures

Solution-focused counselling is widely used in psychotherapeutic and counselling work. With their targeted questions, the cards help the search for solutions rather than analysing problems. The questions are illustrated with pictures for the solution seeker and the matching text cards help the therapist to shape the solution-focused dialogue in the right way. The enclosed booklet provides an introduction to the subject and describes the wide variety of ways it can be applied.

About the author

Graduate psychologist Günter Bamberger, freelance counsellor, has worked for many years at the Psychological Service of the Federal Labour Office in Tübingen, and is one of the best-known representatives of solution-focused therapy in the German-speaking world.

Target group

Psychological and medical psychotherapists, counsellors, coaches with training in psychology

Type of book/media

Set of 75 cards + booklet

Günter G. Bamberger
75 Therapy Cards with Solution-focused Questions
Set of 75 cards and booklet
ISBN 978-3-621-28499-8
Publication date: 08/2017

Therapeutic Relationship and Dialogue

Behavioural therapy techniques

Operational Approaches

Behavioural therapy techniques

Role Playing

Behavioural therapy techniques



- ▶ the key to successful therapy
- ▶ oriented around practice and application

Establishing a relationship of trust between therapist and patient is fundamental to the success of the treatment. In order to ensure that the chemistry is right, the therapist needs to form this relationship actively and with specific goals. Claas-Hinrich Lammers describes the therapeutic relationship in behavioural therapy in a detailed and practice-oriented way, at the same time shedding light on the basics of how to form this relationship. There is also a discussion about what are, sometimes, divergent conceptions of how to form this relationship from the different approaches to behavioural therapy.

About the author

Professor Claas-Hinrich Lammers, medical director and chief physician, Clinic for Psychiatry and Psychotherapy, Asklepios Klinik, Hamburg.

Target group

Psychological and medical psychotherapists, psychotherapists in training, behavioural therapists working with outpatients and inpatients, counselors/coaches

Type of book/media

Practical manual

- ▶ change by strengthening
- ▶ firmly focused on the practical side via case studies and therapy dialogues

Operational approaches come into consideration for many mental disorders. The aim is to change the behaviour by changing the behavioural consequences. The authors describe how this can be successfully implemented in practice. After an introduction on disorders in general, the authors look at operational approaches in more depth, using eating disorders, pain disorders as examples, and work with children and families. With practice-oriented therapy dialogues and questions to check your knowledge.

About the authors

Professor Natalie Werner and Professor Janine Trunk both work at the Döpfer University (HDS) in Cologne.

Target group

Psychotherapists in training, behavioural therapists working with outpatients and inpatients, anyone starting a career in behavioural therapy

Type of book/media

Practical manual

- ▶ comprehensive question catalogue
- ▶ firmly focused on practical use: case studies and therapy dialogues

Role-playing is a behavioural therapy technique which is helpful if a change of perspective is necessary. The method is considered a central element in behavioural therapy. Clients act out a situation which is problematic for them and can re-evaluate it from a different point of view. The authors introduce the method and provide a large number of case studies to show how it is applied practically in psychotherapy. Online videos and a catalogue of questions to check your knowledge help to consolidate what you have learned.

Translation also possible without videos

About the authors

Graduate psychologist Hans-Dieter Dumpert, head of the Institutsambulanz in Cologne. Specialist psychologist Roger Schaller, head of the Institut für Psychodrama und Aktionsmethoden in Biel-Bienne (CH).

Target group

Psychotherapists in training, psychological and medical psychotherapists, child and adolescent psychotherapists

Type of book/media

Practical manual

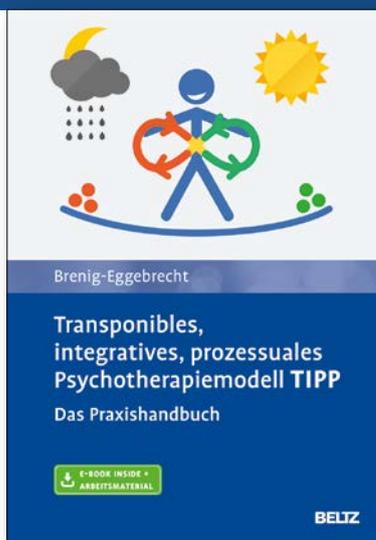
Claas-Hinrich Lammers
Therapeutic Relationship and Dialogue
 Behavioural therapy techniques
 approx. 200 pages, paperback
 ISBN 978-3-621-28519-3
 Publication date: 08/2017

Natalie Werner / Janine Trunk
Operational Approaches
 Behavioural therapy techniques
 approx. 140 pages, paperback
 ISBN 978-3-621-28434-9
 Publication date: 11/2017

Hans-Dieter Dumpert / Roger Schaller
Role Playing
 Behavioural therapy techniques
 approx. 130 pages, paperback
 ISBN 978-3-621-28529-2
 Publication date: 11/2017

Transponible, Integrative, Procedural Psychotherapy Model (TIPP)

Practical guide



- ▶ **new, integrative model for psychotherapy and counselling**
- ▶ **all the therapy processes illustrated in a picture**

TIPP is a new model for psychotherapy which can integrate variables in the therapeutic process along with elements from different therapeutic approaches. The central core of the model is an illustration which uses symbols to summarise the client's life, allowing it to be viewed at a glance. In the same way, the symbols can also represent the elements from various therapeutic approaches. The therapist and the client create the image together and consequently make tangible the client's experience and the therapeutic goals which result from it. In addition to this, TIPP provides assistance in compiling reports.

About the author

Dr. Margit Brenig-Eggebrecht, graduate psychologist, psychological psychotherapist and supervisor.

Target group

Psychological and medical psychotherapists, psychologists in counselling centres, psychotherapists in training

Type of book/media

Practical manual

Therapy Tools Anxiety Disorders in Childhood and Adolescence



- ▶ **treating anxiety disorders in children**
- ▶ **extensive collection of materials**

Anxiety disorders in childhood and adolescence are part of the silent disorders. Up to 10% suffer from social anxiety, specific and also general anxiety or disorders with separation anxiety. The book provides a wealth of diagnostic work materials and core treatment elements from the CBT. The treatment concept is rounded off with relaxation and mindfulness exercises, resource activation, parental work as well as social or emotional competence training.

About the authors

Johannes Traub, graduate psychologist, psychotherapy outpatient clinic for children and adolescents in Landau. Tina In-Albon, professor of clinical psychology and psychotherapy in childhood and adolescence, University of Koblenz-Landau.

Target group

Psychotherapists for children and adolescents, psychiatrists for children and adolescents, educational counsellors

Type of book/media

Therapy tools

Therapy Tools Obsessive-compulsive Disorders in Childhood and Adolescence



- ▶ **treating compulsions in children**
- ▶ **extensive collection of materials**

It is not uncommon for children and adolescents to have compulsions. In addition, many of them suffer from further mental disorders. Help is urgently needed. The book contains worksheets on the obligatory therapeutic elements: cognitive behavioural therapy and exposure therapy with response management. Elements from acceptance and commitment therapy and mindfulness-based cognitive therapy may also be used, depending on the form of the symptoms the individual displays.

About the authors

Graduate psychologist Gunilla Wewetzer and Professor Christoph Wewetzer, Clinic of Child and Adolescent Psychiatry and Psychotherapy, Cologne.

Target group

Psychotherapists for children and adolescents, psychiatrists for children and adolescents, educational counsellors

Type of book/media

Therapy tools

Margit Brenig-Eggebrecht
Transponible, Integrative, Procedural Psychotherapy Model (TIPP)
 Practical guide
 approx. 256 pages, hardback
 ISBN 978-3-621-28524-7
 Publication date: 11/2017

Johannes Traub/Tina In-Albon
Therapy Tools Anxiety Disorders in Childhood and Adolescence
 approx. 256 pages, paperback
 ISBN 978-3-621-28371-7
 Publication date: 07/2017

Gunilla Wewetzer/Christoph Wewetzer
Therapy Tools Obsessive-compulsive Disorders in Childhood and Adolescence
 approx. 256 pages, paperback
 ISBN 978-3-621-28373-1
 Publication date: 09/2017

Haptics Work!

New directions in coaching and training



► **innovative use of textiles in coaching and training**

From time to time, coaches come up against barriers. The process stagnates. When this is the case, it is important to identify any deeper lying patterns which clients have. If the internal structures can be recognised and loosened, a start can be made at finding solutions. In such cases, haptics work! Ute E. Jüly has gathered together the knowledge she has gained from decades of coaching experience. She demonstrates how textiles can be used effectively in coaching and training. Examples from her practice prove what effective results the sense of touch can achieve.

About the author

Ute E. Jüly has been working with textiles in personnel and organisational development since 2004. She has achieved highly effective results particularly in coaching.

Target group

Coaches, consultants, trainers, management

Type of book/media

Foundational textbook

Ute Jüly

Haptics Work!

New directions in coaching and training
approx. 320 pages, hardback
ISBN 978-3-407-36612-2
Publication date: 11/2017

How to Communicate Successfully

A practical guide from A to Z



► **focus on communicative situations and challenges**

► **written from an active point of view**

Success and satisfaction are increasingly determined by being competent in communication. This practical guide helps to achieve mastery over important situations and challenges. What is the aim of presenting arguments, holding discussions and talking with employees? How should we deal with conflicts? How should we deal with criticism? How do we successfully make small-talk, give a speech or make a presentation? Communicative competence is seen as an ability that contributes significantly to reducing stress, having more self-assurance and getting recognition.

About the author

Dr. Norbert Franck has been running communication workshops for 20 years. He has written numerous books on oral and written communication.

Target group

Anyone who wants to be more relaxed in meetings, discussions, talks and presentations and develop relationships more intensively

Type of book/media

Practical manual

Norbert Franck

How to Communicate Successfully

A practical guide from A to Z
approx. 320 pages, hardback
ISBN 978-3-407-36625-2
Publication date: 06/2017

Beltz Training, Coaching, Counselling

provides a wide selection of professional literature for trainers, coaches and instructors for further education. The subjects covered range from new seminar methods, basics for coaching, conflict and change management, to personality and team development..

Unusual Coaching in Unusual Places

The Image Workshop

60 impulse cards for your personal impact

Backlist



Time Management in Step with Your Personality



ISBN 978-3-407-36616-0

- ▶ setting up coaching to be effective
- ▶ achieving lasting effects from coaching

Using special methods and going to unusual places provides the opportunity to coach successfully and effectively. Whether it's in a paddleboat, on a hiking trip, in a tent, a car or a restaurant, the methods range from ideas like camp fire to Dear diary, sushi coaching or whatsapp coaching. This enables the various types of coaches, i.e. hosts, mentors, healers, counsellors, listeners, psychologists, shamans or masters of ceremonies, to find all the appropriate accessories for their coaching. With many different methods, tips and suggestions.

About the author

Barbara Messer has been a trainer and coach for over 20 years. She is a highly sought-after international expert and has written numerous books.

Target group

Coaches, consultants but also trainers who are looking for some new formats

Type of book/media

Practical manual

- ▶ targeted image work to enhance your visual impact
- ▶ exercises, tips and good things to know

The image workshop points out which factors are involved in making a first impression and the image others have of you as a person. It sheds light on a wide range of possibilities which will make your own appearance comprehensively and consciously as good as it can be. In addition to body language, your voice and how you speak, it highlights particular aspects of your visual appearance and modern ways of behaviour. In short, it is all about working on having a good reputation and how to manage the impact you have on other people in a targeted way.

About the author

Isabel Schürmann, graduate of economics, lecturer and trainer for modern forms of behaviour, image and career, MBTI® certified.

Target group

Trainers, coaches, personnel developers, executives and anyone who wants to work on the personal effect they have on others and their image

Type of book/media

Set of 60 cards + booklet

The Host Method



ISBN 978-3-407-36592-7

50 Strategies for Finding the Wrong Employees ... and how you can make it better



ISBN 978-3-407-36622-1

Barbara Messer

Unusual Coaching in Unusual Places

approx. 300 pages, hardback

ISBN 978-3-407-36630-6

Publication date: 11/2017

Isabel Schürmann

The Image Workshop

60 impulse cards for your personal impact

ISBN 978-3-407-36648-1

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