Psychology
Sets of Cards

- giving impulses · getting into conversations
- discovering resources
- working with emotions
- coping with fears
- systemic therapy
- schema therapy
- ACT

behavior therapy and more
Playful discovery of modes with schema therapy cards

Basic equipment for schema therapy. 56 picture cards illustrate various emotional states and responses. The cheerful, colorful illustrations encourage children, adolescents and adults to talk about their own personality traits and those of others. The cards come with a set of instructions that describe a variety of ways to employ them in therapy.

Discover your own moods in a playful way

Do you recognize a »ponderer« or an »outsider« in your patient? Do you detect signs of an »agitator« or even a »superwoman«? The 56 picture cards portray different needs, emotions and personality traits. The various figures on the cards help in explaining and discussing the different schema therapy conditions. The enclosed booklet explains the cards and provides information on the many ways they can be used in therapy and counselling.
A new tool for your practice

The multifaceted types of cards facilitate individual, flexible and imaginative work with patients in schema therapy, which makes this therapeutic approach active and lively. The authors describe the following objectives:

- create mode models
- explain schema therapy
- improve sense of self
- support chair dialogues
- train action and individual responsibility
- stimulate imagination exercises

The therapy cards are arranged thematically:
- Schema modes (23 cards)
- Psychoeducation (14 cards)
- Disorder-specific mode models (8 cards)
- Dealing with dysfunctional modes (15 cards)
- Action cards (15 cards)
Creative systemic questions

More than 400 sample questions are listed on 90 question cards – structured according to the individual areas of a systemic solution-oriented interview:

1. Order clarification
2. Questions about comprehending the construction of reality
3. Questions about comprehending the construction of possibilities

The card set is suitable for use both in systemic consultant training and as a pool of ideas for practical work.
Encouraging questions using picture impulses

These impulse cards provide valuable tips and ideas on how your clients can deal with feelings, thoughts, needs and problems in a productive way. The methods are detailed in the booklet and presented with specific suggestions for use in many different settings.

»[…] the images selected have proved to be very popular: there is a wide range of different motifs, the way the pictures are staged and the very high quality of the images make it more enjoyable to work with the material.«

Customer review on amazon.de
New stimuli for the therapy session

The 75 high-quality cards can be used throughout the course of therapy. In ACT, the therapist is considered to be the patient’s companion on a mutual path, so it makes sense to use therapy materials for the set-up of the therapy session. The targets are displayed on the front of the card in images and diagrams. Suggestions and exercises are on the back. The booklet provides instructions and tips for use. Organized according to the six ACT work modules:

- being present
- acceptance
- defusion
- self-as-context
- commitment
- value orientation

»Very practical and beautifully illustrated.«
»A gain for my toolbox«
Customer review on amazon.de

Acceptance and Commitment Therapy
75 therapy cards
978-3-621-28564-3
A complete therapy module as a set of cards

Not being able to handle emotions properly can be a catalyst for the development of mental disorders. For this reason, detecting and processing emotions is an important part of many therapies. In his manual »Emotions as Resources« (2013), Jan Glasenapp already introduced us to his program which is both practical and easy to implement. By using a set of cards, he has selected a new, visual approach for working successfully with emotions. The cards provide a modular approach in working with emotions.

Using Emotions as a Resource
A program in 96 cards. For therapy and counselling. With 20-page booklet. 978-3-621-28324-3

Couple therapy made easy: putting emotions into words

In couple therapy, couples in crisis situations often find it difficult to interpret their partner’s emotions and name their own emotions. These 60 feelings cards help to initiate a dialogue about the partner’s emotional world. With motifs for quarrels, longing, disgust, surprise (and many more) and a corresponding exercise on the back of the card, emotions you would like to have in the future can be defined and resources activated.
Helping children and adolescents to help themselves

Whether it is internal helpers, mindfulness exercises or emergency plans – you can start using these 60 exercises immediately. Each card is lovingly illustrated, so it’s easy to get started with the exercises. The booklet will give you ideas for how to work with the exercises and an overview of the possible uses for each individual card. To provide children and adolescents with strength in difficult times.

Resource Exercises for Children and Adolescents
Set of 60 cards with 12-page-booklet
978-3-621-28266-6
Immediate aid for new energy

This selection of 60 resource exercises helps your patients to quickly refocus their own resources in difficult situations, to activate these resources with the help of the exercises and, consequently, to tackle the challenges with greater calm. The exercises are divided into four categories:

- Imagination – with exercises for beginners and imagination professionals
- Distraction – in difficult situations, these exercises help you to focus on your resources using a targeted distraction, also as a tool for emergencies
- Resource/Activity – these exercises make sure you can activate and use your resources quickly and safely
- Mindfulness/Mediation – handling yourself in a mindful way: being in a relaxed state makes it possible to access the conscious and unconscious experiences, attitudes and feelings of your patients

Each resource exercise is illustrated on the back of the card with a corresponding image.
16 monsters to externalise with children

The Emotion Monsters are a set of cards based on the mixmax principle. They can be used to externalise stressful emotions, thoughts and behavioural patterns.

If you put four cards down together, they form a figure, e.g. a ›rage monster‹ or ›my sadness‹. Then you can work together to change this individually designed monster step by step. For example, it is possible, along with cognitive restructuring, to transform the rage-monster-claws into a pair of clown shoes or to dress up agitation in a cheerful T-shirt or a colourful flower hat.

Master copies for creating your own monsters are available online.
Finishing off sentence beginnings … advances therapy!

Finishing off ready-made sentence beginnings allows diagnostic information to be gathered and therapeutic interventions to be made in the context of a game. The approach brings up new ideas, strengthens positive imaginative abilities and paves the way for accessing difficult topics. The colourful cards are assigned to 9 modules which relate to the past, present and future and, among other things, focus on values, resources and emotions.

Examples: • Therapists are … • I would love to be … • If I could start again from the beginning … • If I had three wishes … • My greatest joy would be … • The most important thing in my life is … • I am grateful … • I deserve a medal … • If I didn’t have wifi …

The set can be used in individual settings with adults, children and adolescents, as well as with families or patient systems.
If words are missing

… working with scales

Scales can help your clients by giving the option of simply pointing a finger to make their opinion clear.