

Foreign Rights Catalogue

Spring 2015

BELTZ



■ Non-Fiction

■ Education

■ Psychology

■ Further Training

■ Social Sciences

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Understanding Addiction

A self-healing guide

Backlist



- ▶ **Author is an expert on addiction treatment and prevention**
- ▶ **Helps with all addictions**

To overcome addiction, it is necessary to understand what perpetuates it. Whether the addiction involves substance abuse or is non-substance based, such as addictions to work, facebook, video games, sex or collecting; this book focusses on the motivation for all addiction-based behavior and provides help for self-healing. These tried and true methods provide a relief from the feelings of shame and guilt that perpetuate the cycle of addiction.

Inner healing is taught using case studies, such that those affected can maintain or regain their ability to take action. These methods can be used on your own, at home, as a part of your daily life. They address positive, often obscured, virtues such as: trust and respect, caring, self-empathy. They also strengthen inner resources that help to overcome addictive behavior.

About the author

Helmut Kuntz, family therapist and an experienced expert on addiction. For many years he has taught courses in schools on addiction prevention. He also works with youth and adults on preventive and therapeutic action.

Type of Book/Media

Guidebook

Helmut Kuntz
Understanding Addiction
 A self-healing guide
 approx. 240 pages, paperback
 ISBN 978-3-407-85767-5
 Publication date: 2/2015

Further titles on addiction by the author:

Drugs and Addiction



ISBN 978-3-407-85925-9

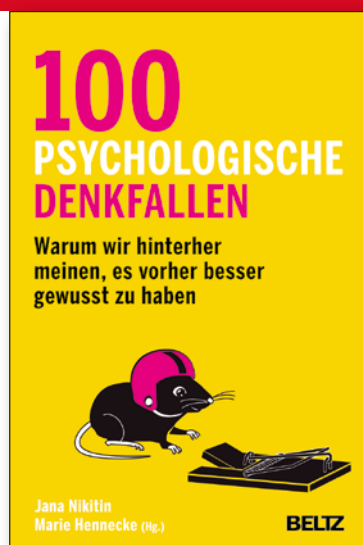
Hashish



ISBN 978-3-407-85949-5

Previously published: Polish

100 False Assumptions in Psychological Thinking



- ▶ An entertaining approach to psychology
- ▶ Fascinating experiments, surprising results

One by one, this book uncovers hidden pitfalls in our thinking about all areas of life. Using one hundred situations familiar to all of us, the authors show what motivates us, manipulates us, and makes us feel uneasy. They discuss everything from smartphone addictions, facebook loneliness, relationship crises, and career pitfalls to the overall decisive question: are we really smarter once we look back?

From the content:

- Why rain makes you clever
- When you shouldn't care about experts
- How money does make happy

About the editors

Psychologists Jana Nikitin and Marie Hennecke (University of Zurich) study the relationship between knowledge and action. This book developed from their successful blog which prepares psychological findings and experiments in a popular scientific way.

Target group

General readership

Type of Book/Media

Non-fiction book

Jana Nikitin / Marie Hennecke (eds.)

100 False Assumptions in Psychological Thinking

approx. 220 pages, paperback
ISBN 978-3-407-85756-9
Publication date: 3/2015

Starting School Strong What children need before they start school 9 skills for success at school



- ▶ Focus on future challenges your child will face
- ▶ Developed from real life experiences, applicable individually

Whether or not a child is happy in school, sets down to new tasks and takes on new social challenges with confidence, is decided long before the first day of school. A child's performance in school is determined by life at home. From day one, parents remain the most important influence on childhood development.

This book takes parents one step at a time through the nine fundamental skills a child will require at school and in the workplace, in social groups and interpersonal relationships: curiosity, self-confidence, ambition, freedom, security, acceptance, discipline, equanimity, and orientation.

About the authors

Adolf Timm, former head of the European School in Timmendorfer Strand. Today he trains parents to become educational coaches for their children. Klaus Hurrelmann, professor of Public Health and Education at the Hertie School of Governance in Berlin.

Target group

Parents, all those involved with children

Type of Book/Media

Guidebook

Adolf Timm / Klaus Hurrelmann

Starting School Strong What children need before they start school

9 skills for success at school
approx. 200 pages, paperback
ISBN 978-3-407-85993-8
Publication date: 3/2015

The Blended Family Book How two families grow together



- ▶ Learn from one family's story
- ▶ Guidance from a family therapy practice

Happy family or absolute chaos? To live in a blended family means to meet many challenges. Using the story of one blended family, the authors explain frequent sources of conflict, and provide guidance and solutions from a therapist's perspective. In this way, the reader can check to see what is working and what isn't in their own blended family.

The authors demonstrate that, in the end, all blended families succeed or fail for the same reasons. They help the readers to make smart decisions and speak about them with clarity.

About the authors

Dr. Claudia Starke, doctor of psychiatry and psychotherapy, works for a clinic in Zurich specializing in multi-problem and consecutive families. Dr. Thomas Hess, child and youth psychiatrist, freelance therapist in a systemic therapy clinic in Switzerland. Nadja Belviso, writer who lives in Switzerland.

Target group

Blended families, general readership

Type of Book/Media

Guidebook

Claudia Starke / Thomas Hess / Nadja Belviso

The Blended Family Book

How two families grow together
approx. 340 pages, paperback
ISBN 978-3-407-85839-9
Publication date: 2/2015

The Big Book of Twins

A guide to pregnancy, birth and a happy childhood



Twins! Twice as much happiness, twice as many challenges. Parents of twins need parenting advice geared to twins. Most parenting guides restrict themselves to early childhood development. This book goes much further and provides extensive answers to everything to do with twins from pregnancy to age of majority.

Child psychologist Coks Feenstra describes the most significant developmental stages in an entertaining and informative way and provides useful guidance for everyday issues, as for example:

- Can twins be nursed?
- Is speech development and physical development the same for both twins?
- Should twins go to the same daycare, the same kindergarten, be in the same class at school?
- What is the secret behind the close bond between twins?
- How does each child develop an individual identity?
- How does the relationship change during puberty?

About the author

Coks Feenstra, child psychologist and author, researches twin and multiple birth children and their development.

Type of Book/Media

Guidebook

Coks Feenstra

The Big Book of Twins

A guide to pregnancy, birth and a happy childhood

429 pages, hardback

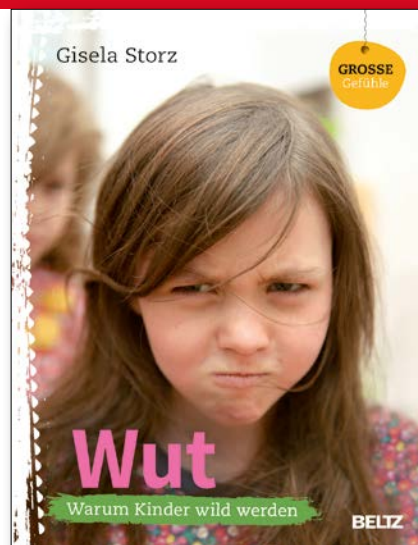
ISBN 978-3-407-85907-5

Publication date: 2012

Rights sold: Dutch, Spanish

Big Emotions: Anger

When children throw tantrums



- ▶ **Positive und problematic aspects of anger**
- ▶ **Understanding children better**
- ▶ **Practical advice for parents**

Hardly anything is more challenging for a parent than a child's temper tantrum. And yet, children have to learn to assert themselves and express their feelings. When is it right and important for a child to be angry? And what can you do, when nothing seems to work?

Gisela Storz shows parents how to approach anger – including their own anger. Only once set patterns in conflict situations are recognized parents can respond to their children with clear and caring words. This also includes talking with caregivers, parents and other parents. Once we understand our children's anger, refusal and aggression can lead to change and togetherness.

About the author

Gisela Storz, family therapist who has taught parenting courses for many years. She has published numerous parenting guides under the name Preuschoff.

Target group

Parents, all those involved with children

Type of Book/Media

Guidebook

Gisela Storz

Big Emotions: Anger

When children throw tantrums

approx. 128 pages, paperback

ISBN 978-3-407-72734-3

Publication date: 04/2015

Backlist

From our series:

BIG
Emotions

Friendship



ISBN 978-3-407-72716-9

Bravery



ISBN 978-3-407-72715-2

Security



ISBN 978-3-407-72712-1

The Sustainable Forest

21 projects for nature education in early childhood education

Backlist

► **Self-directed learning and discovery in early childhood**

This book describes 21 projects in which children explore the forest and become involved in sustainable development in a playful and creative way. Children become aware of how important the forest is for nature and for people and find out how they can contribute to sustainability. There are many ideas and suggestions about how early childhood education could carry out the projects in their facilities.

Authors

Dr. Beate Kohler, certified forester nature educator.

Ute Schulte Ostermann, lecturer in Education through Nature and Play at the Kiel University of Applied Studies, and director of the National Association of Nature and Forest Kindergartens in Germany.

Target group

Early childhood educators

Book/Type of Media

Practice manual

Beate Kohler / Ute Schulte-Ostermann (eds.)

The Sustainable Forest

21 projects for nature education in early childhood education
approx. 192 pages, paperback
ISBN 978-3-407-62931-9
Publication date: 01/2015

Further titles on nature and sustainability:

Children Explore their Environment

ISBN 978-3-407-62805-3

How Children grow Today

ISBN 978-3-407-85953-2

Rights sold: Croatian

**Nature makes good Cooks
Sustainable Cooking with Children**



ISBN 978-3-407-75396-0

Classroom Danger Zone!

First aid for 23 classroom emergencies



► First aid for 23 classroom emergencies

Just as class is about to start, the teacher trips and falls, the pupils start dancing on the desks, the overhead projector breaks down, and the lesson plan that was prepared so painstakingly the day before is about to succumb to chaos. The authors have seen it all before, as teacher-trainers, as student counsellors, and teaching mentors. Using 23 example situations taken from everyday life at school, they show teachers how to find the middle road between empathy and management, how to lead parent-teacher meetings, and how to incorporate new media into their lessons without infringing on copyright laws.

Authors

Mathias Balliet, secondary-school teacher at a high school.

Dr. Udo Kliebisch, director of Studies and Department Head at the core seminar of the Center for Practice-oriented Teacher Training in Dortmund, and a systemic coach.

Target group

Teachers in training, teachers, and department heads

Type of Book/Media

Practice manual

Mathias Balliet / Udo Kliebisch

Classroom Danger Zone!

First aid for 23 classroom emergencies

208 pages, paperback

ISBN 978-3-407-62932-6

Publication date: 01/2015

48 Philosophy Picture Cards for Children



► To be used effectively in enrichment classes and mixed-age level groups

This box contains 48 picture cards, for a creative approach to philosophical questions with children between the ages of 5 and 18. A 48-page booklet explains the creative approach to philosophy and provides practical suggestions for the use of the cards.

The Author

Dr. Kristina Calvert, graduated children's philosopher and has received numerous awards for philosophizing with children.

Target group

Early childhood educators, teachers in all forms and levels of schools

Type of Book/Media

Card Set with 48 cards + 48-page booklet

Kristina Calvert

48 Philosophy Picture Cards for Children

Promotion of individual abilities

ISBN 978-3-407-62933-3

Publication date: 01/2015

Backlist

Further titles from our backlist:

The Monday Book Games and ideas for Mondays



ISBN 978-3-407-62762-9

The Anti Stress Book für Kindergartens



ISBN 978-3-407-62788-9

Philosophizing with Children



ISBN 978-3-407-62829-9

Teaching and Learning Creatively with Comics

The Comic Lab



► The out-of-the-ordinary comic workshop

► Learning and fun with comics

Every class is an exciting comic experiment with Professor Thompson, the character who leads you through this book. In this »Comic Lab«, children and teenagers learn how to draw comics according to contemporary standards and, especially, how to create and add text. The book provides a comprehensive array of illustrated worksheets with a commentary about method and teaching approach. This makes it easy to use this comic course in art class as well as other subjects. The book is intended for teaching children aged 8 years and older.

The Author

Dr. Holger Wilmesmeier, artist, art educator and art historian.

Target Group

Teachers of all subjects, art teachers, social workers

Type of Book/Media

Practice manual

Holger Wilmesmeier

Teaching and Learning Creatively with Comics

The Comic Lab

approx. 96 pages, paperback

ISBN 978-3-407-62934-0

Publication date: 01/2015

Digital Social Competence

Teaching responsible smart phone use in school



► Opportunities to accompany and support schoolchildren and teenagers in the use of media

Children and teenagers often live in a parallel digital world that doesn't always become accessible to their teachers. They spend a great deal of time communicating, but this communication often occurs in social networks as chat, text messages, or video games. Completely new kinds of relationships are relevant and can be understood and used in the classroom. After all, this fascination that young people have with media provides a real opportunity for teachers!

The aim of this book is to shape the way young people participate in media in a way that is comfortable for everyone involved. Numerous photocopy and work sheets included.

The author

Christel Schwalb, teacher at an integrative comprehensive school, and methods trainer for educational development in schools.

Target group

Teachers of grades 5 to 12

Type of Book / Media

Practice manual

Christel Schwalb

Digital Social Competence

Teaching responsible smart phone use and Co. in school

approx. 158 pages, paperback

ISBN 978-3-407-62927-2

Publication date: 02/2015

How Learning Succeeds

Individualized support and self-direction



► Self-directed successful learning at school

Considering the many difficulties pupils have with learning and the constant pressure to achieve results, how can schools provide support for individual needs, improve learner performance, and enable successful learning? The enrichment concept, »That's right for me!« responds to the existing situation with an approach that is learner-oriented and holistic, with the aim of teaching transferable learning strategies. Tutors in grades 9 to 13 look after pupils in grades 5 to 8. As self-directed learning experts, they then take their learning progress into their own hands, in particular through metacognition, knowledge of their own strengths, and skills.

The Authors

Dr. Wolfgang Sander, Professor (retired) at the Institute for Education Sciences at the Westfälische Wilhelm University Münster.

Christian Igelbrink, lecturer at the Institute for Education Sciences at the Westfälische Wilhelm University Münster.

Target Group

Teachers of grades 5 to 8, school directors

Type of Book/Media

Practice manual

Wolfgang Sander / Christian Igelbrink

How Learning Succeeds

Individualized support and self-direction approx. 120 pages, paperback

ISBN 978-3-407-62944-9

Publication date: 04/2015

Practice Guidelines for Pupils with Conspicuous Behavior

Basics and possible courses of action



► Handling heterogeneity in the classroom

The number of behaviorally conspicuous school-children has been increasing, at least since, if not before, the advent of inclusive education in the public school system. Many educators are faced with the question of how best to manage children with conspicuous behaviors in class. This guideline provides options for appropriate and student-oriented management of classroom heterogeneity. A general overview helps teachers identify those causes for concern relevant to their classrooms, find necessary information, and find helpful courses of action.

The Authors

Dr. Barbara E. Meyer, research assistant at the Chair for School Pedagogy at the Ludwig-Maximilian University/Munich.

Tobias Tretter, research assistant at the Chair for Primary School Education at the University of Augsburg.

Uta Englisch, director of studies and lecture at the State Institute for Quality Schooling and Education Research, Munich.

Target group

Teachers-in-training, education students, teachers

Buch/Medienart

Practice manual

Thoughts as Strong as Bears, for Teachers

54 affirmation cards for school and teaching



► Increasing mental strength for teachers

► The successful series, »Thoughts as Strong as Bears,« now especially for teachers

A schoolteacher's day is filled with many different kinds of challenges and sources of emotional stress. In all of this, many teachers lose sight of the joy of teaching. This set of 54 affirmation cards helps to break free of a cycle of negative feelings and attitudes, in order to affect positive change. Pick out a card and improve your mental strength—there are guides to relaxation, inspiring suggestions, and quotations to motivate you and influence your school day in a positive way.

The Authors

Saskia Baisch-Zimmer, certified teacher of Commerce, teaches at a vocational trade school. Christina-Cornelia Mager, retired school principal and NLP/PAED (Association for Neuro-Linguistic Procedures)-Learning Coach and Teaching Trainer.

Target group

Teachers at all types and levels of schools

Type of Book/Media

Card Set with 54 colored cards

Backlist

From our series

»Thoughts as Strong as Bears«:

Thoughts as Strong as Bears For Children



ISBN 978-3-407-62732-2

Rights sold: Dutch

Thoughts as Strong as Bears For every Occasion



ISBN 978-3-407-62733-9

Rights sold: Dutch

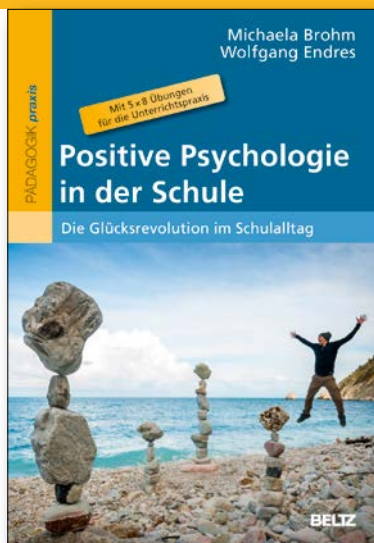
Barbara E. Meyer / Tobias Tretter
Practice Guidelines for Pupils with Conspicuous Behavior

Basics and possible courses of action
approx. 200 pages, paperback
ISBN 978-3-407-62943-2
Publication date:

Saskia Baisch-Zimmer /
Christina-Cornelia Mager
Thoughts as Strong as Bears, for Teachers

54 affirmation cards for school and teaching
ISBN 978-3-407-62928-9
Publication date: 03/2015

Positive Psychology for Schools



- ▶ **First overall positive psychology concept designed for schools**
- ▶ **Impulses for a positive climate for teaching and learning**

For the first time, the theory and practice of positive psychology has been put forth in a systematic way for schools and teaching—the right path to a happier school. A good school and learning environment ensures student and teacher well-being, increases willingness to achieve, improves social competence, and positively affects development of the students' personalities.

The Authors

Prof. Dr. Michaela Brohm, professor of Empirical Learning and Teaching Research and Didactics in the Department of Education Studies, as well as Associate Dean at the University of Trier.
Wolfgang Endres, educator and examiner of Teachers-in-Training.

Target group

Teachers at all types of schools, educators, psychologists

Type of Book/Media

Practice manual

Michaela Brohm / Wolfgang Endres
Positive Psychology for Schools
approx. 192 pages, paperback
ISBN 978-3-407-62924-1
Publication date: 01/2015

Feedback in Our Schools:
A Handbook

- ▶ **Examples of how to set up a culture of feedback**
- ▶ **All you need to know about management, pupil, teacher, and parental feedback**

Giving feedback in the school environment is an especially effective means of improving quality of teaching and learner success. This handbook describes the different forms and methods of giving feedback, illustrated by concrete examples from school practice. The authors explain the meaning of the term feedback, its origins, and how it differs from other concepts. Recent findings in research round the book out.

Editor

Dr. Claus G. Buhren, professor of school development at the German Sport University (Cologne) and academic director of the German Academy for Educational Management (DAPE) at Dortmund Technical University.

Target group

Teachers, school principals, teachers-in-training, education students, and education researchers

Type of Book/Media

Manual

Claus G. Buhren (Hrsg.)
Feedback in Our Schools: A Handbook
480 pages, hardback
ISBN 978-3-407-83186-6
Publication date: 02/2015

Relationship Training
50 exercises for use in schools

- ▶ **Shaping relationships in practice**
- ▶ **50 exercises to increased self-confidence, improved decision-making skills, readiness to take action, and increased social competency**

Teachers-in-training and teaching faculty often ask themselves how they can strengthen their teaching persona and improve their relationship with pupils and colleagues. This book contains 50 units that pertain to everyday school situations and address how to strengthen your personality, increase your professional competence, express empathy or maintain distance, and successfully communicate in day-to-day teaching. The exercises include directions to aid reflection and implementation for study in groups or individually.

Author

Reinhold Miller, relationship educator, school consultant, publicist, communications trainer, supervisor, coach, and author.

Target group

Education students, teachers in all forms of schools and at all levels of education, teacher trainers, teacher seminar directors.

Type of Book/Media

Practice manual

Reinhold Miller
Relationship Training
50 exercises for use in schools
224 pages, paperback
ISBN 978-3-407-62939-5
Publication date: 09.03.2015

Nonviolent Communication – Mindfulness in dealing with others



► First set of cards for the latest NVC

► Wide range of applications

The aim of »Nonviolent Communication« (NVC) is the peaceful resolution of conflicts in personal and professional environments. The basis for this is having an empathic attitude – when speaking and listening. This set of cards deals with the major principles of NVC in a playful and creative way. The 60 cards are divided up into 15 categories (including mindfulness, needs, feelings ...).

The idea of using cards is to bring new momentum into the therapeutic situation and get clients to talk about topics which are emotional or difficult in some way.

Authors

Barbara Renner-Wiest, trainer for non-violent communication.

Christiane Pfohlmann, illustrator and cartoonist.

Target group

NVC trainers, mindfulness trainers, psychotherapists, coaches, educators

Book / media type

Set of 60 impulse cards + 12-page booklet

Barbara Renner-Wiest / Christiane Pfohlmann
**Nonviolent Communication –
 Mindfulness in dealing with others**
 60 cards + 12-page booklet
 ISBN 978-3-621-28219-2
 Publication date: 01/2015

Activate Resources in Psycho- therapy and Counselling



► Comprehensive resource pool

► Can be used in a variety of ways

A central role in therapy is played by the client's own resources which contribute to finding solutions and building confidence. This set of cards consists of 116 different resources or special characteristics from which clients can select the ones which could help to solve their specific problem situations. This simple and direct form of activating therapeutic resources can be set up as a „game“ for children and families or used as a therapy tool for adults.

Authors

Prof. Jean-Luc Guyer, professor of applied psychology, psychotherapist (for children and adolescents) and systemic therapist for couples and families.

Target group

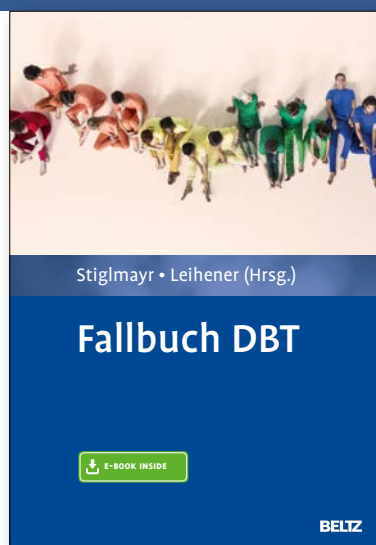
Psychotherapists, psychotherapists for children and adolescents, coaches, couple therapists

Book / media type

116 cards for solution-oriented work+ 12-page booklet

Jean-Luc Guyer
**Activate Resources in Psychotherapy
 and Counselling**
 116 cards in a box + 12-page booklet
 ISBN 978-3-621-28223-9
 Publication date: 01/2015

DBT Casebook



► First casebook for DBT

► Contributions by many well-known DBT therapists

Dialectical Behavior Therapy (DBT) is one of the most popular and effective approaches in the »third wave« of behavior therapy. It was developed for the treatment of borderline personality disorders, but is now being used successfully for a whole number of disorders and in different settings. That is what is shown in this book in an impressive and at the same time entertaining way: based on 24 real life sample cases, the various ways which today's DBT treatment can be used are presented.

Authors

Dr. Christian Stiglmayr, psychological psychotherapist, supervisor for DBT, head of AWP Berlin. Florian Leihener, graduate psychologist, psychological psychotherapist, trainer and supervisor for DBT, head of the AWP Zurich.

Target group

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

Book / media type

Practice manual

Christian Stiglmayr / Florian Leihener (eds.)

DBT Casebook

approx. 375 pages, hardback

ISBN 978-3-621-28195-9

Publication date: 03/2015

Metacognitive Training for Depression (D-MCT)



► New training for depression

It is now well established that with depression different types of distorted thinking occur, for example, exaggerated generalizations such as, »If I fail again, I will always fail«. This is exactly where metacognitive training (D-MCT) is used: It makes the client aware of this distorted thinking and helps them to avoid it.

This practical manual is a comprehensive guide for implementing this kind of training with patients suffering from depression. In addition, it includes all the presentation slides required and the follow-up sheets which can be printed out.

Authors

PD Dr. Lena Jelinek, graduate psychologist, psychological psychotherapist and supervisor for behavior therapy.

Dr. Marit Hauschildt, graduate psychologist, member of the scientific staff.

Prof. Steffen Moritz, graduate psychologist, neuropsychologist (GNP). All authors work at the University Medical Centre Hamburg-Eppendorf (UKE).

Target group

Psychological and medical psychotherapists, psychological consultants

Book / media type

Therapy manual

Lena Jelinek / Marit Hauschildt / Steffen Moritz

Metacognitive Training for Depression (D-MCT)

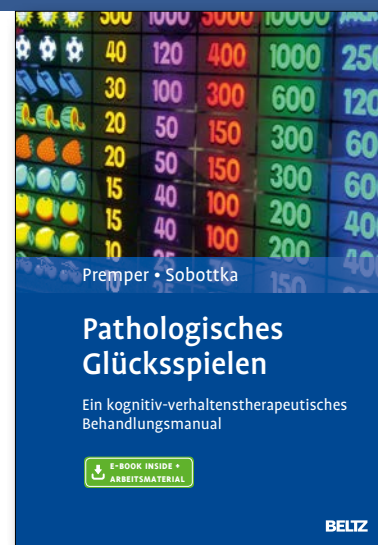
186 pages, hardback

ISBN 978-3-621-28197-3

Publication date: 01/2015

Pathological Gambling

A cognitive-behavioral therapy treatment manual



► Proven treatment manual suitable for counselling centers and rehabilitation

Gambling takes on pathological characteristics when the desire to escape from reality and forget problems becomes overwhelming. Sufferers invent excuses, entangle themselves in lies and bet with money which they do not have. They then develop a compulsion to win back the money they have lost. This sets up a vicious circle of lies, gambling and losing. The behavioral treatment program has 10 basic modules which teach therapists how they can help their clients to escape from this vicious circle effectively.

Authors

Dr. Volker Premper and Dr. Bernd Sobottka, graduate psychologists, AHG Clinic, Schweriner See.

Target group

Psychological psychotherapists, medical psychotherapists, addiction counselling staff members

Book / media type

Therapy manual

Volker Premper / Bernd Sobottka

Pathological Gambling

A cognitive-behavioral therapy treatment manual

approx. 256 pages, hardback

ISBN 978-3-621-28216-1

Publication date: 04/2015

Therapy Tools Self-Awareness

Backlist



- ▶ **150 work sheets and information sheets**
- ▶ **For therapists treating adults as well as children and young people**

Self-awareness is an important part of any psychotherapy training. Before you can do successful and satisfactory therapeutic work, you need a deep self-assessment and knowledge of your own personality. The six modules keep primarily to the behavioral approach, but also include elements from schema therapy and systemic therapy.

Authors

Dr. Leokadia Brüderl, graduate psychologist, psychological psychotherapist, self-awareness guide and supervisor.

Dr. Ines Riessen, graduate psychologist, psychological psychotherapist, supervisor and trainer for behavioral therapy.

Christine Zens, graduate psychologist, psychological psychotherapist, director of the Institute for Schema Therapy Hamburg.

Target group

Psychological psychotherapists in training, self-awareness guides

Book / media type

Therapy tools

Leokadia Brüderl / Ines Riessen /
Christine Zens

Therapy Tools Self-Awareness

350 pages, paperback

ISBN 978-3-621-28221-5

Publication date: 02/2015

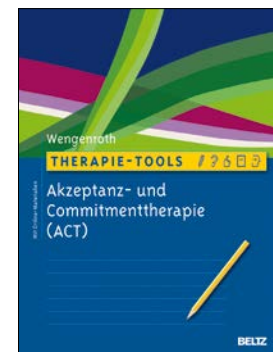
Also available from our series »Therapy Tools«:

Schema Therapy



ISBN 978-3-621-27819-5

Acceptance and Commitment Therapy



ISBN 978-3-621-27822-5

Anxiety Disorders



ISBN 978-3-621-28135-5

Psychotherapy with Children and Adolescents



ISBN 978-3-621-27826-3

Little Angry Boys and Girls in Puberty

How parents and young people can solve conflicts together



► An ADHD guide to puberty by the author of the successful therapy program THOP

Adolescents with ADHD and oppositional behavioral problems have particularly pronounced difficulties in puberty. The authors of this guide aim at helping parents resolve conflicts with their adolescent children by themselves.

With the help of a 16-step guide and four concrete applications, parents receive instructions on how to tackle these challenges. With worksheets and memo cards which can be downloaded.

Authors

Dr. Claudia Kinnen, graduate psychologist, psychotherapy clinic at the Training Institute for Child and Adolescent Psychotherapy, Cologne. Dr. Christiane Rademacher, graduate psychologist and Prof. Manfred Döpfner, graduate psychologist, Clinic and Polyclinic for Psychiatry and Psychotherapy for Children and Adolescents, Cologne.

Target group

Parents, children and psychotherapists for children and adolescents

Book / media type

Guidebook for parents

Claudia Kinnen / Christiane Rademacher / Manfred Döpfner

Little Angry Boys and Girls in Puberty

How parents and young people can solve conflicts together

approx. 350 pages, hardback

ISBN 978-3-621-28190-4

Publication date: 02/2015

Disorder-specific Schema Therapy with Children and Adolescents



► The first disorder-specific book on the subject with all the relevant disorders and problems

Schema therapy has proven to be extremely successful in psychotherapy for children and adolescents. After the basic reference book »Schema therapy with children and adolescents« (2013), here the editors describe, for the first time, the schematic therapeutic approach for 9 major disorders: attention deficit / hyperactivity disorders, social behavior disorders, depression, anxiety disorders, obsessive-compulsive disorders, eating disorders, autism spectrum disorders, borderline personality disorders.

Authors

Dr. Christof Loose, psychotherapist for children and adolescents.

Peter Graaf, graduate psychologist, psychotherapist for children and adolescents.

Dr. Gerhard Zarbock, graduate psychologist, psychological psychotherapist.

Target group

Psychotherapists for children and adolescents, psychiatrists for children and adolescents

Book / media type

Therapy manual

Christof Loose / Peter Graaf / Gerhard Zarbock (eds.)

Disorder-specific Schema Therapy with Children and Adolescents

approx. 400 pages, hardback

ISBN 978-3-621-28034-1

Publication date: 03/2015

Backlist

Further Schema Therapy titles from our backlist:

Schema Therapy in Practice



ISBN 978-3-621-27783-9

Rights sold: English, Italian, Japanese, Polish, Russian, Turkish, Ukrainian

Therapy Tools Schema Therapy



ISBN 978-3-621-27819-5

Schema Therapy with Children and Adolescents



ISBN 978-3-621-28014-3

Rights sold: Dutch, Italian

Resilience Promoting Psychotherapy for Children and Adolescents

Identifying and meeting basic needs



► Resilience as an important concept in psychotherapy for children and adolescents

In recent years, resilience has become a central theme in psychotherapy with children, adolescents and families. The authors show how targeted resilience promotion can succeed:

In addition to stressing the fundamental importance of fulfilling basic needs, they also point out the special aspects of promoting resilience within different age groups and in various stages of the therapy process.

Editors

Prof. Marcel Schär, director of the Centre for Clinical Psychology and Psychotherapy at the ZHAW (Zurich).

Prof. Christoph Steinebach, director of the Department of Applied Psychology at the ZHAW (Zurich).

Target group

Psychotherapists for children and adolescents, family psychologists, workers in family counseling centers

Book / media type

Therapy manual

Marcel Schär / Christoph Steinebach (eds.)

Resilience Promoting Psychotherapy for Children and Adolescents

Identifying and meeting basic needs

264 pages, hardback

ISBN 978-3-621-28149-2

Publication date: 01/2015

At Home in Your Own Body Strategies for vibrant body awareness



Guidebook for patients

► Mindfulness exercises, meditation and breathing techniques

► For self-help or to accompany therapy

Mental and physical well-being are interdependent. Consequently, behavior therapist Sabine Eckert aims at reaching sufferers who, for example, have problems with their body perception in the context of mental disorders or chronic pain. However, with her skillful exercises to improve body awareness, she also offers help to anyone who just wants to feel comfortable in their own skin again.

Author

Sabine Eckert, graduate psychologist, psychological psychotherapist in private practice.

Target group

Anyone suffering from distorted body awareness, including somatoform disorders, trauma or body acceptance deficits; psychological and medical psychotherapists who can recommend it to patients

Book / media type

Guidebook for patients

Sabine Eckert

At Home in Your Own Body

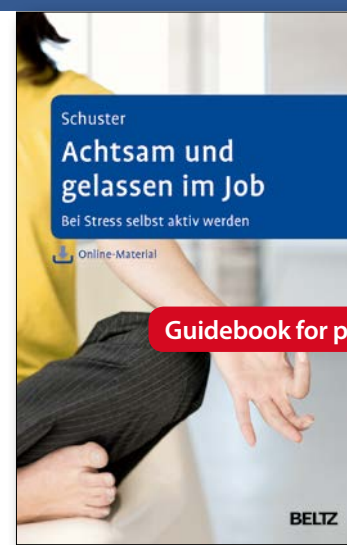
Strategies for vibrant body awareness

approx. 190 pages, hardback

ISBN 978-3-621-28220-8

Publication date: 03/2015

Relaxed at Work Taking the initiative against stress



Guidebook for patients

► Recognizing stress symptoms at work

► With lots of checklists and questionnaires

Performance pressure, overtime, stress - these are the challenges in our modern working world.

This guide explains what each individual can do to prevent the psychological disorders which are potentially associated with them. It helps sufferers to recognize the causes of their stress symptoms step by step, to discover their own resources and what they can do about it themselves and to learn new behavior patterns. There are checklists and questionnaires to encourage them to use what they have read to deal with their own situation and to make it easier to transfer the knowledge gained into everyday life.

Author

Dr. Nadine Schuster, psychological psychotherapist and business coach (DBVC), senior position in a company which promotes health.

Target group

Laymen who are interested or affected

Book / media type

Guidebook for patients

Nadine Schuster

Relaxed at Work

Taking the initiative against stress

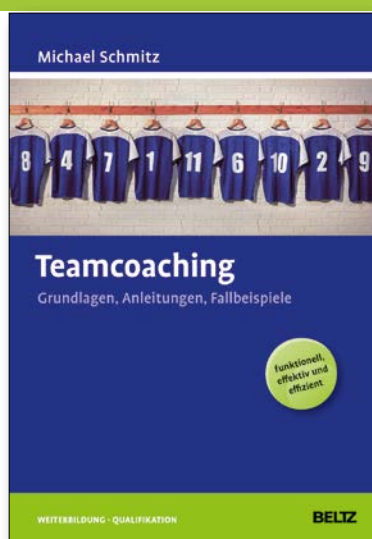
202 pages, hardback

ISBN 978-3-621-28217-8

Publication date: 01/2015

Team Coaching

Putting together a team, team tactics, and strategies



- ▶ **A first publication on the topic, »functional Team Coaching«**
- ▶ **Includes numerous examples from football**

Successes of any significance are never the achievement of individuals; rather, success is achieved thanks to teamwork and cooperation. In order for this to work in an optimal way, team members must have clear assigned roles, there has to be a good culture of communication and the team has to be made up of a suitable constellation of members. This book seeks to aid coaches, trainers and managers to direct teamwork more effectively, without overlooking the personal ambitions of individual team members. The author illustrates his points with the use of numerous examples drawn from the fields of business and football.

The Author

Dr. Michael Schmitz, consulting coach, professor of Psychology and Management at the Lauder Business School, Vienna

Target group

coaches, trainers and managers

Type of Book/Media

Practice manual

Michael Schmitz

Team Coaching

Putting together a team, team tactics, and strategies
360 pages, hardback
ISBN 978-3-407-36605-4
Publication date: 01/2015

Team Flow

Growth through creativity



- ▶ **Creative teamwork for success**
- ▶ **Avoiding burnout**

In today's global, digital world, working alone, in isolation, is a thing of the past. Cooperation is the new key to optimizing potential. Successful cooperation makes it easier to get work done, eases the load, and increases opportunities for finding creative solutions. Team members perform at their peak, experience team flow, and even happiness, when everyone finds their place in the field of creative contributions. The book provides many examples, guiding questions, and check-lists to enable creative teamwork.

The Author

Olaf-Axel Burow, professor of General Education at the University of Kassel. He has published numerous books on creativity enrichment, personality development, and shaping the future. He supports training institutes, firms, and other organizations in creative future planning and synergistic development of personal potential.

Target group

Trainers, consultants, coaches, managers, teachers, as well as everyone who wants to tap the creative potential in teamwork

Type of Book/Media

Practice manual

Olaf-Axel Burow

Team-Flow

Growth through creativity
220 pages, hardback
ISBN 978-3-407-36569-9
Publication date: 02/2015

75 Picture Cards for Schema Coaching



► Picture cards are an effective means to uncover personal resources

Schema coaching is based on schema therapy, an exceptionally effective method. It is an intelligent combination of work on thought processes, personal actions, emotions, and imagination techniques. These picture cards connect with inner voices, emotions, and images. In the accompanying booklet, Björn Migge provides detailed instructions for practical depth psychology, and resource-oriented work with the pictures, that is equally applicable in schema coaching, schema therapy and supervision.

The Authors

Dr. Björn Migge is a former Chief Medical Doctor of a University Clinic. As of 2004, he directs a training institute for integrative coaching.

Rudi Fränkle, retired in 2012, has been an ambitious hobby photographer for decades.

Target group

coaches, schema coaches and schema therapists, supervisors

Type of Book/Media

Card set + 32-page booklet

75 Picture Cards for Presentation, Public-Speaking, and Rhetoric Training



► 75 picture cards for use as an effective tool in presentation, public-speaking and rhetoric training

Picture cards are ideal to round out the classic repertoire of exercises trainers use. They can be exceptionally effective in all forms of training seminars and workshops in which presentation, public-speaking and rhetoric skills are taught and learned. The accompanying booklet provides many valuable tips and suggestions for the use of the cards, including giving feedback.

The Author

Dr. Martin Hartmann, consultant, coach and trainer specializing in rhetoric, presentation, moderation, crisis communication, as well as media relations and publications.

Target group

Trainers, consultants, coaches, educators, subject specialists and directors who prepare and deliver training seminars in presentation, public-speaking and rhetoric skills, as well as personal coaching for public appearances.

Type of Book/Media

Card set + 32-page booklet

Backlist

Further picture cards sets from our backlist:

75 Picture Cards for Coaching and Counselling



ISBN 978-3-407-36535-4

Rights sold: Hungarian

75 Picture Cards for Training, Workshops and Teams



ISBN 978-3-407-36524-8

Björn Migge / Rudi Fränkle
75 Picture Cards for Schema Coaching

Card set + 32-page booklet

ISBN 978-3-407-36565-1

Publication date: 02/2015

Martin Hartmann
75 Picture Cards for Presentation, Public-Speaking, and Rhetoric Training

Card set + 32-page booklet

ISBN 978-3-407-36566-8

Publication date: 02/2015

75 Picture Cards for Resilience Training

Backlist



► First picture card set on resilience, developed with the Human Balance Training (HBT) approach

Human Balance Training (HBT) aids people to take realistic steps toward self-awareness, to create a culture of self-awareness in the workplace and management. These picture cards for resilience training are an effective extension to existing literature on the topic by Silvia Kéré Wellensiek, for use in training and coaching situations. The picture cards contain five of the HBT compasses, bring to life in photographs ten of the most important exercises for strengthening personal resilience, and depict 60 different resilience competencies. The cards can be used in many ways in many different exercises and activities.

The Author

Sylvia Kéré Wellensiek has directed the HBT Academy in Fischen/Ammersee since 2006, and is a therapist, trainer and coach.

Target group

trainers, coaches, managers, teachers, participants at resilience seminars

Type of Book/Media

Card set + 32-page booklet

Sylvia Kéré Wellensiek
75 Picture Cards for Resilience Training
 Card set + 32-page booklet
 ISBN 978-3-407-36570-5
 Publication date: 03/2015

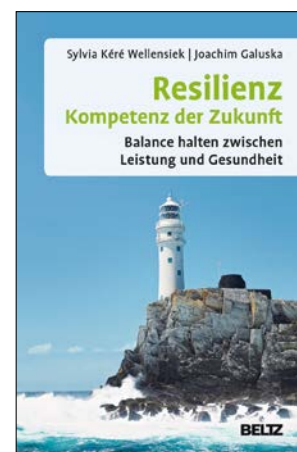
Further resilience titles from our backlist:

Solid as a Rock and not a Hamster on its Wheel 10 Practical Tips on Personal Resilience



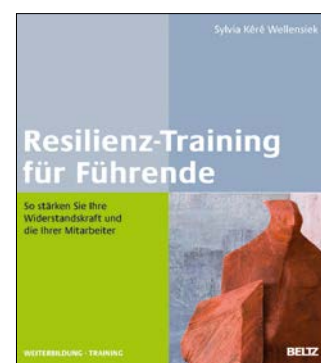
ISBN 978-3-407-36511-8

Resilience – Resource of the Future



ISBN 978-3-407-36550-7

Resilience Training for Managers



ISBN 978-3-407-36517-0

Rights sold: Hungarian

Manual Social Work with Patients with Eating Disorders



► Understanding Eating Disorders

This manual for social work with eating disorder patients provides a first complete overview of the foundations, methods, and thematic focusses of social work as the central profession in the domain of eating disorders a hands-on approach with real-life examples and recommendations for taking action.

Authors

Dr. Eva Wunderer, certified psychologist, systemic therapist for couples and families (German Association for Systemic Therapy, Counselling and Family Therapy – DGSF), since 2009 professor of Psychological Aspects of Social Work, with many years of experience in the field of eating disorders, as a journalist for radio and print media.

Target group

Social Workers, Psychologists

Type of Book/Media

Practice manual

Eva Wunderer
Manual Social Work with Patients with Eating Disorders
 approx. 400 pages, paperback
 ISBN 978-3-7799-2996-3
 Publishing date: 01/2015

Sociology in Daily Life An Introduction



► The introduction to sociology

► 14th edition

This book provides a hands-on, well laid-out introduction to sociological thinking for social workers, educators and interested members of the general public. A wealth of data, examples, and illustrations aids the reader to better understand the spectrum of social situations from individual difficulties to the effects of globalization on the workplace.

Authors

Birgit Dechmann, lic. phil., teaches psychology and sociology for a variety of professional certification programs, and is a therapist for couples, families and individuals.

Prof. Dr. phil Christiane Ryffel, is a social scientist and works with individuals and couples in her private practice for systemic counselling.

Target group

Students and Lecturers in all fields of the Social Sciences

Type of Book/Media

Textbook

Birgit Dechmann / Christiane Ryffel
Sociology in Daily Life
 An Introduction
 approx. 300 pages, paperback
 ISBN 978-3-7799-3160-7
 Publishing date: 01/2015

Non-Fiction, Guidebooks



Udo Baer/Gabriele Frick-Baer
The Big Book of Emotions
Rights sold: Ukrainian



Helena Horn
How Mondrian Can Change Your Life



Josef Giger-Bütler
»We'll get through this«

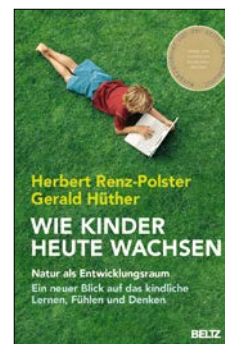
Guidebooks for Parents



Reinhard Winter
Boys Need Clear Messages
Rights sold: Russian



Julia Dibbern
Pamper Your Baby To Your Heart's Content



Herbert Renz-Polster/
Gerald Hüther
How Children Grow Today
Rights sold: Croatian

Schema Therapy



Gitta Jacob/Laura Seebauer (ed.)
Casebook Schema Therapy



Gerhard Zarbock
Invitation to Schema Therapy



Gitta Jacob/Hannie van Genderen/
Laura Seebauer
Going New Ways
Rights sold: English, Turkish



Neele Reiss/Friederike Vogel
Empathetic Confrontation in Schema Therapy



Christine Zens/Gitta Jacob
Difficult Situations in Schema Therapy

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