

# Foreign Rights Catalogue

## Fall 2016

# BELTZ



- Non-Fiction
- Education
- Psychology
- Training, Coaching, Counselling
- Social Sciences

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**What do I do when the hamster dies?**

60 parenting questions answered by the family life trio

**Triple council against parenting stress**

► **funny and informative answers about children, partnership, friends, and family**

Parenting problems tend to be so tricky that it's good to get more than one opinion. Three celebrity parenting experts offer entertaining food for thought and a variety of ways to react to 60 situations in life with children.

»My daughter is very shy and lets other children take her toys. Should I intervene?«; »Should I allow my son to dress up as an ISIS fighter?«; »What do I do when my partner doesn't understand my child?« — these types of questions are familiar to every parent. Kirsten Boie, Jesper Juul and Katharina Saalfrank provide concise, practical answers to the most important questions parents have about children, partnership, friends, and family.

**About the authors**

Kirsten Boie is a schoolteacher and the author of more than one hundred books for children and adolescents.

Jesper Juul is a family therapist and the author of numerous bestsellers about raising children.

Katia Saalfrank became famous in the television series »The Super Nanny«. Today she is an educator with her own parenting and family therapy practice.

**Target group**

Parents, leaders and participants of Familylab

**Type of book/media**

Guidebook

Kirsten Boie/Jesper Juul/  
Katharina Saalfrank

**What do I do when the hamster dies?**

60 parenting questions answered by the  
family life trio

224 pages, paperback

ISBN 978-3-407-86431-4

Publication date: 07/2016

**I don't want to go to school**

Understanding fear and changing it into motivation



- ▶ making friends with the monster
- ▶ treating fear of school with positive psychology

Whether your child or adolescent has stomachache or is afraid of the next class test or a stubborn teacher—school can become a nightmare at any age. This book helps parents to recognize warning signs early on, help their child to overcome challenges, and to increase their child's self-confidence.

Every fear may stimulate the potential to react with courage, ambition, and focus. The experienced psychologist Philip Streit shows how parents can help their child change fears into strengths.

**About the author**

Dr. Philip Streit is the director of the Institute for Children, Adolescents and Family in Graz, where he works with children, adolescents, and their families as a clinical psychologist and psychotherapist. He is the author of several books about positive psychology in the daily lives of children and adolescents.

**Target group**

Parents and grandparents. Also teachers, pediatricians, kindergarten teachers and everyone who works with children

**Type of book/media**

Guidebook

Philip Streit

**I don't want to go to school**

Understanding fear and changing it into motivation

160 pages, paperback

ISBN 978-3-407-86413-0

Publication date: 08/2016

**slow family**

Seven ingredients for a simple family life



- ▶ relief for stressed-out parents
- ▶ the new trend: slow living

Everywhere children live in the world, there are alternatives to a life that is becoming faster, more technology-based, and more complicated. In this book, Julia Dibbern and Nicola Schmidt show how parents and children can satisfy their need of closeness, nature and slowness together.

Parents who live as part of a community not only find ways to relax and lead a more interesting life, they also find solutions for an economic system that is under just as much pressure as today's mothers and fathers.

**About the author**

Julia Dibbern teaches attachment parenting and close-to-nature parenting in her own country and abroad. Her book »Spoil Your Baby to Your Heart's Content« was recently published by Beltz.

Nicola Schmidt is the founder of the Species-Appropriate project that has created wilderness camps for parents and children since 2010. Beltz Nikolo published her book »Courage. How Children can Grow to Meet Challenges«.

**Target group**

Parents and supporters of the paleo movement

**Type of book/media**

Guidebook

Nicola Schmidt/Julia Dibbern

**slow family**

Seven ingredients for a simple family life

224 pages, paperback

ISBN 978-3-407-86426-0

Publication date: 09/2015

**The Tolerance Trap**

What a lack of boundaries does to us and our children



- ▶ passing on values means setting boundaries
- ▶ children need direction both inside and out of the home

When children and adolescents overstep the mark outside the home, we are often far too accepting. Axel Becker, a former teacher and moderator for the prevention of violence, shows how corroded manners and false tolerance damage those involved as well as society.

Axel Becker wants an end to a laissez-faire attitude and more resistance to delinquent behaviour, as well as a voicing of our values without shying away from consequences. This attitude applies to politics, youth court judges, daily life, and schools.

**About the author**

Axel Becker has worked at sea, in the police service, and then as a school teacher. For over 30 years he worked at the Comenius-School in Berlin. At the same time, he trained in social learning and became a school mediator. He has been the moderator for the prevention of violence at LISUM Berlin since 2001. Since 2012, he has held freelance seminars and workshops. Axel Becker lives in Berlin.

**Target group**

Readers interested in social questions

**Type of book/media**

Non-fiction, debate

Axel Becker

**The Tolerance Trap**

What a lack of boundaries does to us and our children

approx. 279 pages, hardback

ISBN 978-3-407-86411-6

Publication date: 09/2016

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

A relaxed approach to the age of temper tantrums and stubbornness

## The ABCs of Success in School

Everything a parent needs to know

## Backlist



► when your little sunshine turns into a plate-throwing monster

► down-to-earth, well-founded advice written in a humorous and personal style

### Won't my child EVER go to bed?

The »terrible twos« are the beginning of a challenging phase, children begin striving for independence. Parents are often uncertain about how to react. The authors encourage readers to try something other than reacting with the rigid boundaries of traditional parenting. They explain how children develop and why this is such an important phase, and that parents should accept their child's behaviour. Humorous personal anecdotes, practical advice, and the most recent scientific findings provide soothing relief that is balm to the soul of stressed-out parents.

### About the authors

Katja Seide and Danielle Graf run a blog called »The child I wanted to have so badly is driving me crazy!« Between the two of them, they have five children between the ages of 1 and 6. Katja Seide does social work with special-needs children and Danielle Graf works as a legal economist.

### Target group

Parents

### Type of book/media

Guidebook

Danielle Graf/Katja Seide

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

A relaxed approach to the age of temper tantrums and stubbornness  
approx. 288 pages, paperback  
ISBN 978-3-407-86422-2  
Publication date: 10/2015



► children need parents who can help them

► quick and effective relief for parents

► the author advocates a »humane« school

**What must children do and what must parents know so that school is a success from the beginning? This book shows parents easy ways to help their children meet daily challenges.**

Detlef Träbert provides quick and to-the-point advice on tricky situations in the classroom, the schoolyard, and homework. The experienced educator presents easy-to-use techniques to help children organize their school work and get along with others. His clear and down-to-earth advice enables parents to help their children quickly and makes this book a valuable companion.

### About the author

Detlef Träbert is an educator and national director of the »Action for Humane Schooling«. He counsels and trains parents, giving lectures, workshops, and training seminars for teachers and therapists.

### Target group

Parents and next of kins of schoolchildren at all levels of schooling

### Type of book/media

Guidebook

Detlef Träbert

### The ABCs of Success in School

Everything a parent needs to know  
188 pages, paperback  
ISBN 978-3-407-86417-8  
Publication date: 08/2016

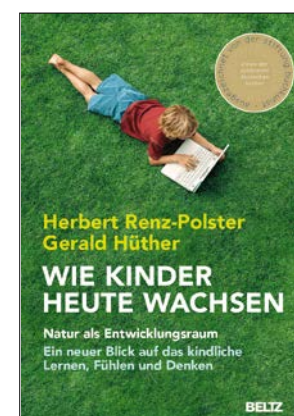
## Further guidebooks on the topic:

### Starting School Strong



ISBN 978-3-407-85993-8

### How Children Grow Today



ISBN 978-3-407-85953-2

Rights sold to: Croatia, Hungary

## Reflecting on Learning

141 question cards for the classroom



- ▶ a first card set for reflecting on learning in the classroom
- ▶ ideal for working with learning journals

Encouraging schoolchildren to reflect on their own learning (to self-monitor) is part of a competence-oriented teaching style appropriate for the times we live in. How can teachers support and motivate the personal reflection of their students? This set of 141 questions provides an impetus for personal reflection and can be applied directly to the classroom. The principle behind the approach is clear and logical: on the front of every card is a color-coded learning topic. On the back there is a specific question related to the learning category. Students choose a card with a question that they answer at the end of a learning unit.

### About the author

Caroline Tiefenthaler is a certified educator and teacher in Appenzell Ausserrhoden, Switzerland, and a certified teaching coach.

### Target group

Secondary school teachers

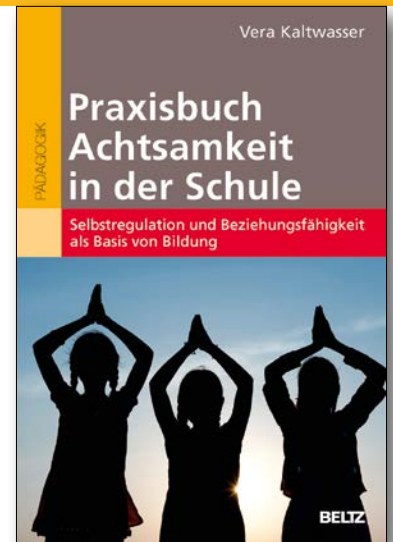
### Type of book/media

Card Set

Caroline Tiefenthaler  
**Reflecting on Learning**  
 141 question cards for the classroom  
 ISBN 978-3-407-63005-6  
 Publication date: 09/2016

## Practical Textbook Mindfulness at School

Self-regulation and relationship enhancement as the basis for learning



- ▶ enabling personal development in schools
- ▶ steps to integrate mindfulness into the school day

Practicing mindfulness enables children and youth to continually improve their skills at impulse control. Through mindfulness, students learn to deal with stress, improve their skills of self-regulation, and take conscious action. In this textbook, Vera Kaltwasser provides teachers with the necessary background knowledge and step-by-step instructions to implement »Mindfulness at School«, a practice-based and scientifically proven concept. In addition, the book offers numerous classroom exercises that strengthen students' personal resources.

### About the author

Vera Kaltwasser is a teacher at a Gymnasium (academic-stream high school), a theater educator, coach, and author, and is active in further education for teachers. She is trained in Qigong, Psychodrama and MBSR.

### Target group

Secondary school teachers

### Type of book/media

Practice-based textbook

Vera Kaltwasser  
**Practical Textbook Mindfulness at School**  
 Self-regulation and relationship enhancement as the basis for learning  
 256 pages, paperback  
 ISBN 978-3-407-62977-7  
 Publication date: 09/2016



**Teach and be happy!**

Meeting the school day with heart and enthusiasm



- ▶ a treasure trove of happiness for all teachers who aspire to lightness and clarity

Every day, teachers are confronted with challenges from several sources: students and their parents, school directors, and society. Meeting these demands can often be draining because the teacher's own well-being many a time falls by the wayside. This is where this book applies: it directs teachers to examine their own authenticity with true respect for themselves and others. Respect and (regaining) curiosity are central to this endeavour. Written in an informative and empathetic way, this book is right on the mark when it comes to its reader's happiness.

**About the author**

Simone Roemer is a senior teacher who did her training at a Gymnasium (academic-stream high school). She now teaches at two vocational colleges and is a psychological counsellor, coach, and a member of her city council. She is a student-teacher liaison instructor; her subjects are Economics, Politics and German.

**Target group**

Teachers-in-training and student teachers, teachers of all subjects, school types and school levels, school principals

**Type of book/media**

Guidebook

Simone Roemer

**Teach and be happy!**

Meeting the school day with heart and enthusiasm

176 pages, paperback

ISBN 978-3-407-62997-5

Publication date: 09/2016

**75 Picture Cards Happiness, Values and Well-Being**

For personal reflection and competence-oriented review



- ▶ paths to happiness and well-being
- ▶ a first set of picture cards on happiness and well-being in schools

The »75 Picture Cards Happiness, Values and Well-Being« show how resources can be activated using pictures. They can be used as exercises in the classroom, in training and coaching, or in work with clients in psychotherapy. The pictures serve as impetus to discuss values, wishes, contentment, and life goals. The accompanying booklet explains the reasoning behind the cards and offers suggestions for their practical application.

**About the authors**

Ernst Fritz-Schubert was the Head Director of Study at the Wily-Hellpach-School in Heidelberg, and developed the concept and established the school subject »Happiness«.

Alexander Ehhalt is a freelance photographer and co-founder of the photography studio Lossen Photography Heidelberg and the Heidelberg Images Photography Gallery, est. 2005.

**Target group**

Secondary school teachers, teacher trainers, coaches and counsellors

**Type of book/media**

Card Set

Ernst Fritz-Schubert/Alexander Ehhalt

**75 Picture Cards Happiness, Values and Well-Being**

For personal reflection and competence-oriented review

Set of 75 cards

ISBN 978-3-407-63008-7

Publication date: 08/2016

**96 Training Cards Teaching through Acting and Shaping Communication**

A repertoire of methods for teachers.



- ▶ a card set for polished self-presentation
- ▶ training communication with acting techniques

Using this card set, teachers can train and improve their communicative behaviour in a way that is concrete, effective, and fun. The approach is based on acting techniques that can be applied selectively to improve the way teachers are perceived by others. A person who consciously projects verbal and body language signals can shape communicative situations and become proficient at managing difficult teaching situations. With this set of cards, Maike Plath explains how to communicate using acting techniques while remaining authentic—and gain authority. The accompanying booklet explains the use of the 96 coloured text cards.

**About the author**

Maike Plath, freelance drama educator, was a German and Drama teacher in Berlin-Neukölln. Today she is the creative director of the Youth Theatre Projects at Heimathafen Neukölln and is on the board of »ACT e.v.«

**Target group**

Teacher trainers and further education teachers

**Type of book/media**

Card Set

Maike Plath

**96 Training Cards Teaching through Acting and Shaping Communication**

A repertoire of methods for teachers.

Includes online materials.

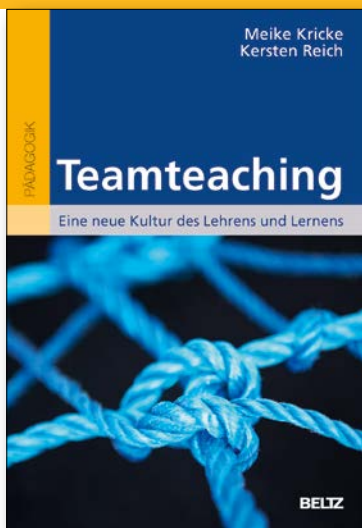
Set of 96 cards

ISBN 978-3-407-63004-9

Publication date: 08/2016

**Team Teaching**

A new culture of teaching and learning



- standards for effective team teaching
- for teams in the work world, schools, and further education
- includes an extra chapter on inclusive education

This book is a practice-based introduction to team teaching—from planning it to carrying it out and then reflection. The authors present foundational models, develop standards for effective teamwork, and offer action-oriented materials. They name the advantages and the requirements of team teaching, which is gaining increased importance for quality improvement in teaching. Team teaching is a basic necessity for inclusive didactics.

**About the author**

Dr. Meike Kricke is an Educational Scientist with the project »Space and Inclusion« at the University of Cologne.

Dr. Kersten Reich is a Professor of International Teaching and Learning Research at the University of Cologne and Academic Director of the University College for Inclusion, Cologne.

**Target group**

Lecturers, teachers

**Type of book/media**

Practice-based textbook

Meike Kricke/Kersten Reich

**Team Teaching**

A new culture of teaching and learning

213 pages, paperback

ISBN 978-3-407-62940-1

Publication date: 07/2016

**Pedagogy for Youth**

How youth engage with learning.



- teaching youth effectively
- freedom and discipline—understanding and furthering youth

Studies show a worldwide decline in intrinsic learning motivation in early adolescence. For a large number of adolescents, this results in poor performance and school fatigue. Research attributes this lack of motivation to the fact that schools and teaching approaches have reacted too little to the significant cognitive, social-emotional, and motivational changes that occur in youth. This book takes these concerns as its starting point: the authors present research findings on learning in adolescence clearly, so that educators can create an environment in which youth can learn in an engaged and motivated way.

**About the author**

Anne Sliwka is Professor of Educational Sciences specializing in School Pedagogy at the University of Heidelberg.

**Target group**

Secondary school teachers, principals

**Type of book/media**

Foundational textbook

Anne Sliwka

**Pedagogy for Youth**

How youth engage with learning

Background and practical knowledge

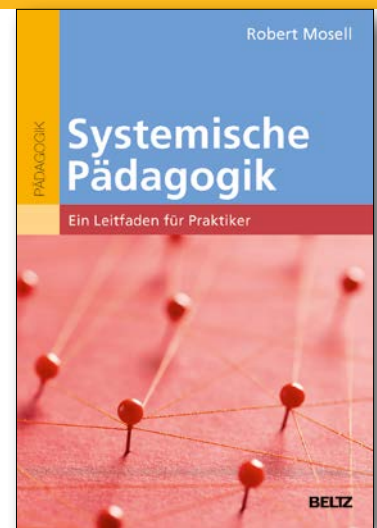
approx. 160 pages, paperback

ISBN 978-3-407-25755-0

Publication date: 10/2016

**Systemic Pedagogy**

A Guideline for Practitioners



- systemic foundations for pedagogical practice
- with tested instruments for practical application

The mark of systemic pedagogy is that it does not describe human behaviour and learning without taking personal characteristics into account; rather, it describes behaviour and learning as occurring within social relationships.

In this introductory textbook, Robert Mosell presents the highly significant relevance of systemic pedagogy for the classroom. As well as the theoretical basis and key terms of this approach, he presents the practical viewpoint taken, together with its instruments. Emphasis is placed on counselling and the development of a professional relationship with parents and students in the systemic environment of a school.

**About the author**

Dr. Robert Mosell is a systemic pedagogue from Darmstadt and has worked as a teacher for 15 years. His book »45 Popular Myths about School Life« was published by Beltz in 2014.

**Target group**

Teachers, Educators and Social Workers

**Type of book/media**

Practice-based textbook

Robert Mosell

**Systemic Pedagogy**

A Guideline for Practitioners

207 pages, paperback

ISBN 978-3-407-25723-9

Publication date: 07/2016



## Integrative CBT in Frustration Intolerance

Anger disorders and procrastination



- dealing properly with frustration
- reference book for the patients' book
- elementary subject for therapy

Low frustration tolerance is expressed mainly in two manifestations: anger disorders and procrastination. This leads, for example, to sufferers changing jobs frequently or chronically postponing aversive, but necessary activities of daily life. Here, Stavemann and Hülsmann present some practical integrative CBT strategies for the treatment of problems with frustration intolerance.

### About the authors

Dr. Harlich H. Stavemann, graduate psychologist, lecturing therapist/supervisor for CBT, director of the Institute for Integrative Behavioural Therapy (IVT) in Hamburg.

Yvonne Hülsmann, graduate psychologist, psychological psychotherapist, Bad Salzflufen Teaching Institute.

### Target group

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

### Type of book/media

Therapy manual

Harlich H. Stavemann/Yvonne Hülsmann

### Integrative CBT in Frustration Intolerance

Anger disorders and procrastination

Diagnosis – treatment plan – therapy concept

With working materials

230 pages, hardback

ISBN 978-3-621-28357-1

Publication date: 08/2016

## Using Emotions as a Resource

A program in 96 cards



- a complete therapy module as a set of cards
- eases communication with patients

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.

### About the author

Dr. Jan Glasenapp, psychological psychotherapist in his own practice in Schwäbisch Gmünd, supervisor and lecturer at the Study Centre for Behavioural Medicine and Psychotherapy, Stuttgart.

### Target group

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

### Type of book/media

Set of cards

Jan Glasenapp

### Using Emotions as a Resource

A program in 96 cards

For therapy and counselling

With 20-page booklet

ISBN 978-3-621-28324-3

Publication date: 08/2016

## Therapy Tools: Obsessive-compulsive Disorders



- flexible treatment for compulsions
- extensive collection of materials

Obsessive-compulsive disorders are among the five most common mental illnesses. However, therapists are often reluctant to put patients with this diagnosis into treatment – there is often some concern that the therapy is complicated and that these patient groups are difficult. This Therapy Tools volume will provide treating therapists with some security making it a valuable support.

On the basis of behavioural therapy, information and materials are provided which can be used as a stimulus and support for individual phases of therapy or run through the entire therapy on a step-by-step basis. It includes a range of work and information sheets for patients and therapists.

### About the author

PD Dr. Susanne Fricke, psychological psychotherapist (BT), a lecturer on the education and training of psychologists and doctors.

### Target group

Psychological and medical psychotherapists, psychotherapists in training

### Type of book/media

Therapy tools

Susanne Fricke

### Therapy Tools:

#### Obsessive-compulsive Disorders

With e-book inside and working materials

318 pages, paperback

ISBN 978-3-621-28355-7

Publication date: 08/2016

## Therapy Tools: Bipolar Disorders



- treating bipolar patients
- extensive collection of working materials

In the bipolar affective disorder, depressive phases alternate with euphoric (or irritable) phases. Mood, energy and activity vary in character quite significantly in both the manic and depressive phases. The treatment goals for this illness have to be adapted to suit the respective phases. This new Therapy Tools volume includes a number of different working materials for the treatment of bipolar patients in all these phases.

### About the editors

Professor Martin Schäfer, head physician of the Clinic for Psychiatry and Psychotherapy Essen-Mitte.

Professor Andreas Reif, director of the Clinic for Psychiatry, Psychosomatics and Psychotherapy at the University of Frankfurt/Main.

Professor Georg Juckel, medical director of the Clinic for Psychiatry, Psychotherapy and Preventive Medicine at the University of Bochum.

### Target group

Psychological and medical psychotherapists, psychotherapists in training

### Type of book/media

Therapy tools

Martin Schäfer/Andreas Reif/

Georg Juckel (Hrsg.)

### Therapy Tools: Bipolar Disorders

With e-book inside and working materials

303 pages, paperback

ISBN 978-3-621-28343-4

Publication date: 09/2016

## Backlist

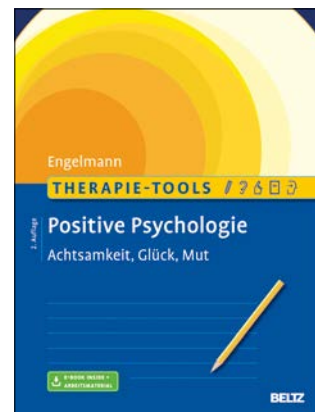
## Also available from our series »Therapy Tools«:

### Mindfulness



ISBN 978-3-621-28313-7

### Positive Psychology



ISBN 978-3-621-28321-2

### Psychotherapy with Children and Adolescents



ISBN 978-3-621-27826-3

## THOP Parents' Program – manual for group leaders

Group program for parents of children  
with ADHD symptoms ...

## THOP Parents' Program – workbook for parents

Group program for parents of children  
with ADHD symptoms

Backlist



- informing parents about ADHD
- with over 200 PowerPoint slides to download

The successful »therapy program for children with hyperactive and oppositional behaviour problems – THOP« has been expanded to include a new module. It provides parents of affected children information about ADHD and expansive behaviour, treatment and educational measures, such as giving praise or setting boundaries. The presentation slides are used to provide group leaders with a detailed explanation of how to implement the group program.

### About the authors

Professor Manfred Döpfner, graduate psychologist, Clinic and Policlinic of Psychiatry and Psychotherapy for Children and Young Adults at Cologne University.

Dr. Claudia Kinnen, graduate psychologist, psychotherapy clinic at the Training Institute for Child and Young Adult Psychotherapy, Cologne University.

Joya Halder, graduate in education, Training Institute for Child and Young Adult Psychotherapy, Cologne University.

### Target group

Psychotherapists for children and young adults, staff in family counselling centres

### Type of book/media

Training manual

Manfred Döpfner/Claudia Kinnen/  
Joya Halder  
**THOP Parents' Program – manual for  
group leaders**

Group program for parents of children  
with ADHD symptoms and expansive  
behaviour problems  
With e-book inside and working materials  
200 pages, hardback  
ISBN 978-3-621-28345-8  
Publication date: 09/2016



- evaluated group training for parents
- workbook needed for group participation at THOP-parents' program

The THOP-parents' program provides parents of affected children with information about ADHD and expansive behaviour. This workbook allows you to extend your knowledge at home. With the help of the workbook, parents are expected to apply the principles of the parents' program in concrete situations in their everyday family lives and make a record of them. This allows parents to repeat what they have already learned and to prepare together for further questions.

### About the authors

Professor Manfred Döpfner, graduate psychologist, Cologne University.

Dr. Claudia Kinnen, graduate psychologist, Cologne University.

Joya Halder, graduate in education, Cologne University.

### Target group

Parents, psychotherapists for children and young adults, staff in family counselling centres

### Type of book/media

Training manual

Claudia Kinnen/Joya Halder/  
Manfred Döpfner  
**THOP Parents' Program – workbook  
for parents**

Group program for parents of children  
with ADHD symptoms and expansive  
behaviour problems  
With e-book inside and working materials  
169 pages, paperback  
ISBN 978-3-621-28346-5  
Publication date: 09/2016

## Also available from this series:

Therapy program for children with  
hyperactive and oppositional behaviour  
problems – THOP



ISBN 978-3-621-28033-4

## Corresponding titles from our backlist:

### Schema Therapy for Eating Disorders



ISBN 978-3-621-28268-0

### Schema Consulting, Schema Coaching, Short-term Schema Therapy



ISBN 978-3-621-28311-3

## Autogenic Training with Children



- relaxation for children
- easy-to-understand introduction to the subject
- with audio instructions to download

The pressure to achieve success at school and over-stimulation from the media have a daily effect on our children. On the one hand, they are increasingly exposed to stress, but, at the same time, they lack the ability to cope with it. Autogenic training provides children with a method which helps them to deal with stress constructively. In this introduction, the tried-and-tested relaxation method is presented using the classic exercises for heaviness, warmth, breathing, a calm tone, the abdomen and head in a suitable form for children with appealing stories.

### About the authors

Karl Heinrich Behringer, a psychologist and psychotherapist.  
Nicole Rösch, social security case manager focusing on health insurance, health educator for relaxation.

### Target group

Psychotherapists for children and young adults, staff in parent counselling centres, teachers, primary school teachers

### Type of book/media

Practical guide

Karl Heinrich Behringer/Nicole Rösch  
**Autogenic Training with Children**  
With e-book inside and audio exercises  
133 pages, hardback  
ISBN 978-3-621-28340-3  
Publication date: 06/2016

## Strengthening Teenagers

Effective factors in counselling and therapy



- transdiagnostic approach
- with case studies from counselling and therapy

Teenagers who go into counselling are often closed or not very cooperative. This should come as no surprise seeing that people around them focus mostly on their inadequacies. In this book, the authors introduce basics and practical aspects of resilience- and resource-oriented counselling and therapy. In this way, therapists can learn how to put the teenagers' potentials and strengths at the focus of the therapeutic work and to make practical use of the creative solutions they find, irrespective of any specific problems.

### About the authors

Professor Imke Knafla, counsellor, psychotherapist, lecturer, Zurich University of Applied Sciences.  
Professor Marcel Schär, director of the Centre for Clinical Psychology and Psychotherapy at the Zurich University of Applied Sciences.  
Professor Christoph Steinebach, psychological psychotherapist and director of the psychology department at Zurich University of Applied Sciences.

### Target group

Psychotherapists for children and young adults, family therapists, family psychologists, staff in parent counselling centres

### Type of book/media

Therapy manual

Imke Knafla/Marcel Schär/  
Christoph Steinebach  
**Strengthening Teenagers**  
Effective factors in counselling and therapy  
With e-book inside.  
approx. 240 pages, hardback  
ISBN 978-3-621-28352-6  
Publication date: 08/2016

## Think before you Drink

Origin and treatment of alcohol and drug dependence



- drug dependency – causes and treatment clearly explained
- suitable both for sufferers and their families
- new chapter: Addiction and Work

### New edition

What causes addiction? What are the first steps in therapy? What can be done if someone starts to relapse? This book provides answers to these and many other questions. Each chapter ends with a questionnaire, which is intended to stimulate sufferers to think about their addiction. For the therapist, the book provides structuring aids for the first therapy sessions.

### About the author

Professor Johannes Lindenmeyer, qualified psychologist, director of the salus klinik in Lindow, a specialist clinic for psychosomatics and addiction. He has written many books on the subject.

### Target group

Sufferers, psychological and medical psychotherapists, staff in counselling centres / addiction support, relatives, anyone who has to deal with people suffering from addictions

### Type of book/media

Practical guide

Johannes Lindenmeyer  
**Think before you Drink**  
Origin and treatment of alcohol and drug dependence  
With CD-ROM and online material  
271 pages, hardback  
ISBN 978-3-621-28388-5  
Publication date: 07/2016



## Meaning Oriented Coaching



- what gives meaning and direction to life – in everyday life, at work, in difficult times?
- practical book with basic principles for meaning oriented client support

More and more people are looking for »meaningful« alternatives and lifestyles. Many of them go into coaching or counselling. In this book, Björn Migge has brought together some fundamental positions from logotherapy, existential philosophy and existential counselling: he shows how the positions, questions and images of different philosophical approaches can be transferred to the guidance formats of coaching and psychological counselling. Readers are constantly invited to have their own thoughts and discuss the points. The book is also ideal for home study.

**About the author**

Dr. Björn Migge was a senior university doctor. Since 2004 he has been director of a training institute in Westphalia. He has written several coaching textbooks. [www.drmigge.de](http://www.drmigge.de).

**Target group**

Coaches, psychosocial counsellors, chaplains, psychotherapists, anyone seeking meaning in life

**Type of book/media**

Basic text book

Björn Migge  
**Meaning Oriented Coaching**  
 395 pages, hardback  
 ISBN 978-3-407-36575-0  
 Publication date: 09/2016

## 75 Picture Cards for Meaning Oriented Coaching



- picture cards provide help in the search for meaning
- tools and methods

These picture cards are excellent for use in coaching and counselling when there are questions about the meaning of life. The large-format photos and the tools and methods described in the booklet provide support for coaches and counsellors whose aim is to assist their clients in their search for meaning.

The picture cards can be used in coaching and counselling with or without the background knowledge of the textbook »Meaning Oriented Coaching« by Björn Migge.

**About the authors**

Dr. Björn Migge was a senior university doctor. Since 2004 he has been director of a training institute in Westphalia. He has written several coaching textbooks.

Rudi Fränkle has for decades been a gifted amateur photographer. He was also responsible for the photographs for »75 Picture Cards for Shema Coaching« (2013).

**Target group**

Coaches, psychosocial counsellors, chaplains, psychotherapists, anyone seeking meaning in life

**Type of book/media**

Set of cards

Björn Migge  
**75 Picture Cards for Meaning Oriented Coaching**  
 Set of 60 picture cards  
 ISBN 978-3-621-36576-7  
 Publication date: 10/2015



## The Change Navigator

48 question cards for successful



## Reaching the Right Decision!

Methods and techniques for everyday work



## Introduction to Systemic Thinking and Acting



- change management via dialogue
- your ideal companion for change projects

Change projects often fail because the solutions which are implemented are ready-made. With complex change projects, it is worthwhile to ask the right questions, step by step, and to discuss these questions within the group of those responsible. Whether the consultants are internal or external: the priority should be a mutual search for solutions.

The change navigator makes the dialogue between the participants less difficult. The 48 question cards help to structure the change process without setting out rigid paths for change. The key questions are critical in making sure that the participants solve their problems independently.

### About the authors

Oliver Haas is a senior organisational consultant for the World Bank Group in Washington, D.C. Professor Heiko Roehl is an honorary professor at the University of Freiburg and general manager of Kessel & Kessel GmbH.

### Target group

Executive management, human resource developers, trainers, consultants, coaches

### Type of book/media

Set of cards

- compact methodological knowledge base for decision makers
- by the inventor of the »Double-T-Method«

This book presents 25 methods and techniques on how to make the right decisions. Along with the classical »worst-case scenario«, the historical »Loyola method« and the comprehensive personal performance technique, Elmar Willnauer also provides extensive details about the »Double-T-Method« which he developed.

The selection ranges from strategic and formal techniques to intuitive and creative methods which are explained in concrete terms using example situations. The book illustrates clearly how you can correctly tackle decisions very well, very quickly and very successfully.

### About the author

Dr. Elmar Willnauer is a trainer and coach for business in Frankfurt. He was awarded the »Trainer & Coach Award 2013« by the DVCT for his »Double-T-Method«.

### Target group

Executive management, human resource developers, trainers, consultants, coaches

### Type of book/media

Practical guide

- personal system theory in practice
- systemic approach to practical situations

Eckard König and Gerda Volmer, founders of systemic organisational consulting in Germany, paint a clear and comprehensible picture of systemic thinking. Based on the personal systems theory in the tradition of Gregory Bateson, they show what systemic thinking is, what the consequences are for practical action and how it can be used in everyday life and, in particular, at work.

There are many examples from the world of work and everyday life to illustrate the explanations.

### About the author

Together with Gerda Volmer, Eckard König, professor (em.) has been giving training in systemic organisational consulting for over 20 years. Together, they have many years of international experience.

### Target group

Trainers, consultants, coaches, PD and OD departments

### Type of book/media

Basic text book

Heiko Roehl/Oliver Haas

### The Change Navigator

48 question cards for successful change management  
ISBN 978-3-407-36588-0  
Publication date: 10/2016

Elmar Willnauer

### Reaching the Right Decision!

Methods and techniques for everyday work  
approx. 192 pages, paperback  
ISBN 978-3-407-36606-1  
Publication date: 10/2016

Eckard König/Gerda Volmer-König

### Introduction to Systemic Thinking and Acting

280 pages, hardback  
ISBN 978-3-407-36590-3  
Publication date: 09/2016

## Mini Handbook for Training



- ▶ **short, concise and useful:  
the most important aspects for  
training courses and seminars**
- ▶ **innovative ideas for creating  
seminars and training courses**

Many training courses and seminars follow the same old beaten track. They are rarely particularly impressive, worth remembering or of lasting value. That is why it is worth looking for the blind spots in your own planning, trying to find an attractive design and make use of new methods and media.

In this short and concise mini handbook, you will find some tried and tested ideas and some less conventional ideas. Whether it's for the beginning, the dramaturgy or conclusion: Hermann Will provides the tools you need for any situation.

### About the author

Dr. Hermann Will has been working as a freelance trainer, consultant and moderator (among others for the IHK Academy Munich) for almost 30 years. His »Mini Handbook Lecture« for Beltz is now in its 8th edition and has sold over 50,000 copies.

### Target group

Trainers, lecturers, speakers

### Type of book/media

Practical guide

Hermann Will  
**Mini Handbook for Training**  
approx. 180 pages, paperback  
ISBN 978-3-407-36593-4  
Publication date: 10/2016

## Mini Handbook for Enneagrams



- ▶ **the Enneagram clearly explained  
and easy-to-understand**
- ▶ **the Enneagram as a life map**

The Enneagram is based on ancient traditions. It has proven itself time and again. In the »Mini Handbook for Enneagrams«, this method for developing your own personality is treated in such a clear way that it can be used by trainers and coaches as course material or for self-study.

The Enneagram is described holistically and the 81 steps are presented briefly and concisely.

### About the author

Korai Peter Stemmann, human resources coach since 1981. Master of NLP, transactional analysis, systemic re-information, Zen teacher and Dharma successor. Author of over 15 books and CDs. Vice-president of the European Coaching Association. Director of the IFAR Institute. Homepage: [www.korai.eu](http://www.korai.eu)

### Target group

Coaches, trainers, consultants, seminar leaders, therapists as well as their clients and participants

### Type of book/media

Training manual

Korai Peter Stemmann  
**Mini Handbook for Enneagrams**  
The 81-step system for achieving clarity  
203 pages, paperback  
ISBN 978-3-407-36615-3  
Publication date: 09/2016

## 75 Picture Cards The Power of the Emotions



- ▶ **recognising emotions, using and  
anchoring them**
- ▶ **working through emotional topics**

Emotions accompany us – day after day. They can inspire us and protect our health, but also rob us of our strength and energy. For this reason, it is important to become aware of your own emotions. Picture cards offer an outstanding way of doing this.

This set of picture cards uses metaphorical photos to track down the emotions in the coaching situation, or in the small or large group scenario. The method booklet describes the healthy strength of the emotions, the interaction between needs and feelings.

### About the authors

Dr. Claudia Härtl-Kasulke founded BK+K Beratung Kultur + Kommunikation/Berlin for change management and strategy development in 1991. [www.kasulke-kommunikation.de](http://www.kasulke-kommunikation.de). Monica van Bueren is a management trainer and consultant for businesses, associations and public authorities. Together, they founded the Emotion Academy: [www.emotions-akademie.de](http://www.emotions-akademie.de).

### Target group

Suitable for anyone who works with clients and groups: coaches, consultants, trainers

### Type of book/media

Set of cards

Claudia Härtl-Kasulke/Monica van Bueren  
**75 Picture Cards The Power of the  
Emotions**  
ISBN 978-3-407-36614-6  
Publication date: 08/2016

## Social Competence for Adolescents

Basic elements and training



### ► support for difficult adolescents

#### New edition

Without having targeted and integrated support, young people with problems have far less likelihood of completing a professional training and fitting into society. This book provides staff working in adolescent welfare services, young people's vocational guidance, vocational training, schools, juvenile courts and youth work with a means of ensuring their work is professional and reaches high quality levels.

#### About the authors

Gert Jugert, PhD, graduate psychologist, was the founder of the Bremen Institute for Education and Psychology.

Anke Rehder, graduate psychologist, works in an adolescent welfare institution in an advisory capacity.

Dr. Franz Petermann is the director of the Centre for Clinical Psychology and Rehabilitation at the University of Bremen.

#### Target group

Anyone practising, studying, teaching or researching the educational and social sciences

#### Type of book/media

Practical guide

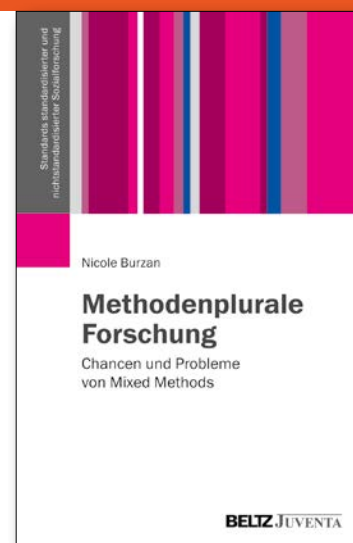
Gert Jugert/Anke Rehder/Peter Notz/  
Franz Petermann

#### Social Competence for Adolescents

Basic elements and training  
approx. 152 pages, paperback  
ISBN 978-3-7799-3204-8  
Publishing date: 10/2016

## Multimethod Research

Opportunities and problems with mixed methods



### ► concrete social research: method linkage

This book puts forward a methodological and methodical view of the possibilities and limits of various method linkages. Examples of this research are presented and general information for practical research is provided.

#### About the author

Nicole Burzan, a doctor of social and economic sciences, is a professor of sociology at the University of Dortmund. Her work focuses mainly on social inequality and (qualitative and quantitative) methods for social research.

#### Target group

Educators, social workers, social educators, students, teachers and anyone researching social work, sociology and educational sciences

#### Type of book/media

Basic textbook / course book

Nicole Burzan

#### Multimethod Research

Opportunities and problems with mixed methods  
116 pages, paperback  
ISBN 978-3-7799-3427-1  
Publishing date: 09/2016