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Breaking the Schematic Mold
How to recognize your mental
patterns and evolve your personality

Backlist



- ▶ **effective strategies for overcoming mental patterns**
- ▶ **the author is a pioneer in the field of schema therapy in Germany**

Who am I – and can I be different?

»If someone really wants to change themselves, then they need to be aware of their thinking patterns and behavioral patterns.« Gitta Jacob

Whether in our love life or our work life – if we are making the same mistakes again and again, then it is because our intuition is following certain patterns. The latest psychological research has revealed how we can decipher these patterns. Using many biographical examples from everyday life, Gitta Jacob shows how avoidance behaviors, perfectionism, or aggressiveness arise from early childhood experiences and shape our development. Only those who recognize the internal workings of their own personalities can overcome their thinking patterns and behavioral patterns – and finally forge a new path.

About the author

Gitta Jacob is one of the most influential German psychologists. Her books have been translated into more than ten languages and have helped establish schema therapy worldwide. Her successful self-help guides *Going New Ways* (2011, with Hanne van Genderen and Laura Seebauer) and *Goodbye to Your Humble Servant* (2015, with Laura Seebauer) have been published by Beltz

Type of book/media

Guidebook

Gitta Jacob

Breaking the Schematic Mold

How to recognize your mental patterns and evolve your personality
approx. 256 pages, softcover
ISBN 978-3-407-86451-2
Publication date: 04/2017

Also by Gitta Jacob:

Going New Ways



ISBN 978-3-621-27820-1

Rights sold to Denmark, England and Turkey

Further Psychology Titles on Schema Therapy:

Schema Therapy in Practice



ISBN 978-3-621-28224-6

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

Therapy Tools: Schema Therapy



ISBN 978-3-621-28359-5

Poster Schema Therapy



ISBN 978-3-621-28320-5

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

The Self-Healing Code

The neurobiology of health and contentment



► Germany's leading mind-body researcher

► self-healing through positive emotions, exercise, relaxation, and nutrition

»Every person has the capacity for self-healing – regardless of their health situation. Discover it for yourself!« Prof. Dr. Tobias Esch.

Tobias Esch has spent years studying how self-healing works and which factors, beyond established medicine, are essential for health and contentment. Neuroscientific and psychological studies have shown that even chronic diseases, such as asthma or high blood pressure, can be alleviated by positive emotions and relaxation, along with nutrition and exercise. Anyone who follows this self-healing code can activate their own self-healing power and discover a life that is shaped by well-being, inner strength, and sensory experience.

About the author

Prof. Dr. Tobias Esch is a general practitioner, neuroscientist, and health researcher. He has taught for many years at Harvard Medical School, the Charité in Berlin, and elsewhere. Since 2016, he has been Professor of Integrative Health Care at Witten/Herdecke University. Published books: *The Neurobiology of Happiness: How Positive Psychology Changes Medicine* (2014) and *Stress Management – Mind-Body Medicine, Mindfulness, and Self-Care* (2016).

Type of book/media Guidebook

Tobias Esch

The Self-Healing Code

The neurobiology of health and contentment

approx. 256 pages, hardback

ISBN 978-3-407-86443-7

Publication date: 04/2017

Staying Lovers

Families need parents that focus more on themselves



► romance before parenting

► one of the most-debated parenting topics

»This is a topic that is close to Juul's heart, which comes through in the text of the book. He knows exactly what parents speak about, and he has visions and advice about the keys to having a good relationship DESPITE children.« Mathias Voelchert, familylab.

Parents elsewhere are happier than they are here. Because no matter how many children they have, French or Scandinavian parents don't forget about being happy as a couple. Experienced family therapist Jesper Juul encourages parents to spend romantic time together, because then all of the members of the family end up leading more happy and relaxed lives. And this creates a harmonious environment in which children grow up strong and confident in their own relationships. So when you're thinking of another stressful family night out, spend that money on a babysitter instead!

About the author

Jesper Juul's trademark quality is his »relaxed optimism« (*Der Spiegel*). His books are bestsellers and have been translated into many languages. He has been working with families for more than 35 years, and has long been one of the most important and innovative family therapists in Europe. Jesper Juul runs familylab.

Type of book/media Guidebook

Jesper Juul

Staying Lovers

Families need parents that focus more on themselves

approx. 252 pages, hardback

ISBN 978-3-407-86440-6

Publication date: 02/2017

Backlist

Also by Jesper Juul:

Leading the Pack



ISBN 978-3-407-86404-8

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

What do I do when the hamster dies?



ISBN 978-3-407-86431-4

Who do our children belong to? The state, the parents or themselves?



ISBN 978-3-407-85970-9

Generation »Best Friends«

Why it has become so difficult to let go of grown-up children



- empty nest – or peace at last?
- how does »letting go« work when the generational relationship has changed?

»The romantic ideal of love is as sensible when rearing children as flip-flops are when climbing Mount Everest.« Gerlinde Unverzagt

Psychologists speak of »empty nest syndrome« when the sadness just doesn't go away after one's adult children have moved out. What is going on in the 45-and-over crowd's relationships with their children? Is separation really necessary when parents want to be their children's best friends? Gerlinde Unverzagt has spoken with mothers, fathers, psychologists, and sociologists – and she gives her daughter Marie a voice as well. Her book is an invitation for identification, discussion, and self-knowledge. And a solace as well – because there are a ton of new opportunities out there after the children have left home.

About the author

Gerlinde Unverzagt is a single mother of four and a freelance journalist. She is the author of numerous books about child-rearing, family, and relationships. She writes articles on family-related topics for *Psychologie Heute*, *Berliner Morgenpost*, and *Welt am Sonntag*, among other publications.

Type of book/media

Guidebook

Gerlinde Unverzagt

Generation »Best Friends«

Why it has become so difficult to let go of grown-up children

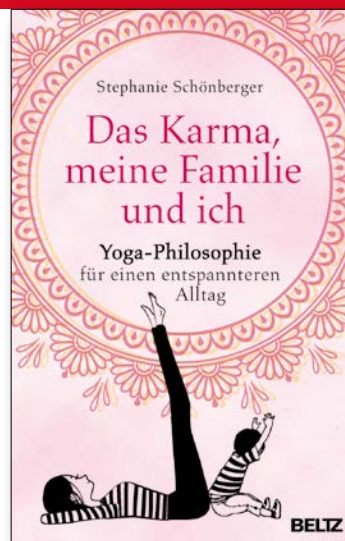
approx. 256 pages, paperback

ISBN 978-3-407-86438-3

Publication date: 03/2017

Karma, My Family, and Me

Yoga philosophy for a more relaxed daily life



- 3 million women in Germany practice yoga
- yoga philosophy helps bring more calm and relief to family life

»The art of calming one's mind, instead of losing one's nerves, in day-to-day family life – for me, that's yoga.« Stephanie Schönberger

Kids, career, and chaos – just like many other mothers, Stephanie Schönberger sought to balance it all through yoga. It was only when she immersed herself in the fascinating world of the ancient Indian wisdom behind yoga that she changed both her worldview and her behavior in sustainable ways. The philosophy of yoga brought more calm and relief to her everyday family life – and taught her the art of calming one's mind instead of losing one's nerves. This thoughtful and encouraging book, peppered with self-irony, leads the reader down a path towards a relaxed, loving relationship with herself and her whole family.

About the author

Stephanie Schönberger is a yoga instructor and writes regularly for *Yoga Aktuell* and *YogaMeHome*. In 2014, she published *The Gentle Power of Yoga: Wholesomeness for the Body, Mind, and Soul*, together with Christina Loy-Birzer.

Type of book/media

Guidebook

Stephanie Schönberger

Karma, My Family, and Me

Yoga philosophy for a more relaxed daily life

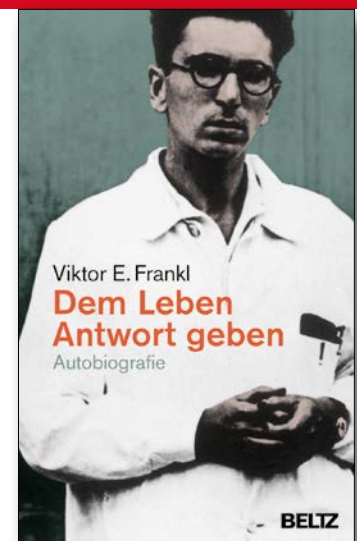
approx. 270 pages, paperback

ISBN 978-3-407-86435-2

Publication date: 02/2017

Giving Life an Answer

An autobiography



- the autobiography of the world-renowned psychologist

»It is we who have to answer the questions that life has for us. And we can only answer these questions of life by answering the question of our own existence.« Viktor E. Frankl

A new edition of the classic *Recollections: An Autobiography*. Frankl's account of his time at Auschwitz, *Man's Search for Meaning*, has moved millions of readers. In his autobiography, he recounts the events before and after and that shaped him to be a pioneer of resilience and a founder of meaning-oriented psychotherapy – his Jewish family home, his contacts with Sigmund Freud and Alfred Adler, the beginnings of logotherapy, his persecution and deportation, and his subsequent return to Vienna. Frankl's autobiography, despite his suffering and loss, is shaped by brightness, optimism, and a love for humanity.

About the author

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

Type of book/media

Non-fiction, autobiography

Viktor E. Frankl

Giving Life an Answer

An autobiography

approx. 208 pages, hardback

ISBN 978-3-407-86460-4

Publication date: 04/2017

Rights sold to Brazil, China, the Czech Republic, France, Italy, Japan, Lithuania, Macedonia, Russia, Spain, USA

Inclusive Didactics in Practice

Components for an inclusive school



► inclusion as a program – real life examples

This book ties in with Kersten Reich's *Inclusive Didactics* (Beltz 2014). The ten building blocks for inclusive schools were presented therein; here, they are explained in detail using concrete examples, and their practical viability is examined. Looking at nine schools that have managed to win numerous awards (including the »Deutscher Schulpreis« and the »Jakob Muth Preis«), the authors show how inclusion can be implemented as a program in real-life schools, regardless of the obstacles.

About the editor

Dr. Kersten Reich is a professor of international learning and teaching research at the University of Cologne and scientific director at the Inklusive Universitätsschule Köln.

Target group

Teachers from all types of schools, school administrators, multi-professional teams, special education teachers, educationalists

Type of book/media

Practical guide

Kersten Reich (Ed.)
Inclusive Didactics in Practice
 Components for an inclusive school
 392 pages, paperback
 ISBN 978-3-407-25710-9
 Publication date: 03/2014

Set of Cooperative Learning Cards

7 x 30 student cards for feedback, communication, and cooperative learning



► the first set of cards for cooperative learning

► 13 different roles to choose from

Cooperative learning, as a methodological-didactic concept, is an indispensable part of modern student-oriented teaching. During cooperative group work, learners work together while simultaneously practicing their social skills. That is exactly where this card set comes in. Attractive communication, feedback, and role cards aid students in structuring their group work and training their communication and cooperation skills. The class set comprises 30 colorfully illustrated student cards, with 7 of each one.

About the author

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

Target group

Secondary school teachers

Type of book/media

Set of 7 x 30 cards and booklet

Gerold Brägger
Set of Cooperative Learning Cards
 7 x 30 student cards for feedback, communication, and cooperative learning
 ISBN 978-3-407-63028-5
 Publication date: 03/2017

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

Progressive Education

Innovative impulses und critical aspects



- an overview of new models and innovative approaches
- the Montessori schools' impetus for inclusion

This book introduces the central ideas of progressive education, while also discussing the current forms and opportunities of progressive educational models – particularly in light of the cases of abuse at the Odenwaldschule. The emergence and the anthropological and ideological foundations of the movement are examined, along with newer concepts – such as the Reggio Emilia approach, iPad classes, Sudbury schools, and intercultural Waldorf schools. Also discussed is the pioneering role of Montessori schools with regard to inclusion, as well as the German-Turkish schools of the Gülen movement.

About the author

Prof. Dr. Heiner Barz heads the Department of Educational Research and Management at the Heinrich Heine University Düsseldorf.

Target group

Teachers, educators, students in the field of education

Type of book/media

Survey

Heiner Barz

Progressive Education

Innovative impulses und critical aspects
approx. 152 pages, paperback
ISBN 978-3-407-25737-6
Publication date: 04/2017

Understanding Math with Montessori: numbers from 0 to 10



- »help me do it myself«

The numbers from 0 to 10 are a child's introduction to the world of mathematics. This practical handbook introduces teachers to the Montessori materials that help develop mathematical thinking in children. It explains how children are introduced to the materials, as well as which mathematical skills are acquired, which ages are appropriate for the exercises, and which prior skills are necessary. The copy templates bolster the work with the materials.

Target group

Primary school teachers, educators, participants in Montessori training courses

Type of book/media

Practical guide

Also available:

Understanding Math with Montessori: the 10 times-table



ISBN 978-3-407-62967-8

Gabriele Gerber

Understanding Math with Montessori: numbers from 0 to 10

96 pages, paperback
ISBN 978-3-407-63002-5
Publication date: 03/2017

Designing Pedagogical Relationships

60 cards for reflection



- a simple method for improving pedagogical relationships

This set of cards enables educators and pedagogical teams to reflect upon and redesign conflict-laden relationships. The 60 concepts and ideas stimulate discussion about aspects relevant to relationship formation, a cultivation of awareness regarding different needs, and, accordingly, the professional transformation of relationships. The cards can be used by individuals, with professional teams, or in work with youngsters.

About the author

Dr. Reinhold Miller is a relationship educator, teacher trainer, school consultant, communications trainer, and coach. He was a primary and secondary school teacher for 15 years, and subsequently a lecturer at a teacher training college. Since 1989, he has been working full-time in the field of teacher training.

Target group

Educators in training or practicing

Type of book/media

Set of 60 cards and booklet

Reinhold Miller

Designing Pedagogical Relationships

60 cards for reflection
Set of 60 cards and booklet
ISBN 978-3-407-63016-2
Publication date: 02/2017

An Invitation to Positive Pedagogy

How teachers can forge new paths



► from heteronomy to autonomy

► actively shaping the school day in a positive way

Mental well-being during a stressful school day? In this book, Olaf-Alex Burow and Ernst Fritz-Schubert, in conversation with Jürgen Luga, show how teachers can free themselves from unnecessary burdens and utilize their own personal resources to change school practice. The personal change in perspective from heteronomy to autonomy plays a key role in making the school (once again) a place of meaning and happiness.

Target group

Teachers from all types of schools, in training or practicing

Type of book/media

Foundational textbook

Also available:

Teaching »Happiness« as a Subject in Schools



ISBN 978-3-407-25735-2

Olaf-Axel Burow/Ernst Fritz-Schubert/
Jürgen Luga

An Invitation to Positive Pedagogy

How teachers can forge new paths

128 pages, hardback

ISBN 978-3-407-63020-9

Publication date: 03/2017

Resonance in the Classroom

48 stimulating cards for resonance pedagogy



► the practical complement to Resonance Pedagogy

Resonance pedagogy leads to a reexamination of relationship learning and shows how the school can become a resonance space. Hartmut Rosa has provided the basics of this through his resonance research – and for its implementation in teaching practice, the authors have developed a set of 48 stimulating cards. These cards contain core statements of resonance pedagogy, along with relevant practical examples. The 16-page booklet ofers an introduction to resonance pedagogy.

Target group

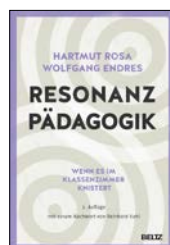
Teachers from all types of schools, seminar leaders, teacher trainers

Type of book/media

Set of 48 cards and booklet

Also available:

Resonance Pedagogy



ISBN 978-3-407-25768-0

Hartmut Rosa/Wolfgang Endres/
Jens Beljan

Resonance in the Classroom

48 stimulating cards for resonance pedagogy

Set of 48 cards and booklet

ISBN 978-3-407-63025-4

Publication date: 02/2017

A Repertoire of Dance and Movement Methods

Building blocks for theater education



► dance – movement – participation

Maïke Plath's established card concept introduces a methodical approach to theater education in which the students become directors. The front side of the card makes reference to an aesthetic device – a movement or dance element. The back side contains the instructions. The communication of dance and movement elements stands at the heart of this method developed with choreographer Lior Shneior.

Target group

Theater and dance educators, social educators

Type of book/media

Set of 96 cards and booklet

Also available:

Biographical Theater in School

Teaching in a Playful Way and Designing Communication



ISBN 978-3-407-62638-7



ISBN 978-3-407-62956-2

Maïke Plath/Lior Shneior

A Repertoire of Dance and Movement Methods

Building blocks for theater education

Set of 96 cards and booklet

ISBN 978-3-407-63027-8

Publication date: 05/2017

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

Panic and Agoraphobia

Cognitive behavioral therapy manual



- ▶ **dealing effectively with panic and agoraphobia**
- ▶ **comprehensive working materials to download**

Panic disorder is one of the anxiety disorders and occurs relatively frequently. Sudden panic attacks with violent physical symptoms seem to come out of the blue. With regard to agoraphobia, attacks are triggered by crowded places, crowds of people and similar situations. If left untreated, these disorders have a poor prognosis and often lead to other comorbid illnesses such as depression or addictive disorders. This treatment manual relies on the following therapeutic elements: information transfer, cognitive intervention and confrontation with the trigger stimuli. The therapy includes relaxation procedures, medication and getting relatives involved.

About the authors

Dr. Julia Zwick, graduate psychologist, psychological psychotherapist at the Tübingen University Clinic. Prof. Dr. Martin Hautzinger, professor for clinical psychology and psychotherapy at Tübingen University.

Target group

Psychological and medical psychotherapists, psychiatrists

Type of book/media

Therapy manual

Zwick/Hautzinger
Panic and Agoraphobia
 Cognitive behavioral therapy manual
 186 pages, hardback
 ISBN 978-3-621-28407-3
 Publication date: 01/2017

Value-oriented Behavioral Activation with Depressive Disorders

Therapy manual



- ▶ **modular design suitable for individual and group settings**
- ▶ **includes worksheets for patients**

Behavioral activation, as a classical technique in behavioral therapy, is included in this manual within the context of value orientation and acceptance. Behavioral activation works all the more successfully if the activities can be derived from the values of the patient. Along with elements from acceptance and commitment therapy, metacognitions, problem-solving techniques and social skills are also included.

About the authors

Christine Hofheinz (M. Sc. Psych.), University of Hildesheim. Prof. Dr. Thomas Heidenreich, University of Applied Sciences for Social Work, Esslingen. Prof. Dr. Johannes Michalak, University of Witten-Herdecke.

Target group

Psychological and medical psychotherapists, psychiatrists

Type of book/media

Therapy manual

Hofheinz/Heidenreich/Michalak
Value-oriented Behavioral Activation with Depressive Disorders
 Therapy manual
 198 pages, hardback
 ISBN 978-3-621-28432-5
 Publication date: 03/2017

Therapy Tools: Depression amongst People with Mental Disabilities



- ▶ all information for patients in easy-to-understand language
- ▶ target group oriented content and appearance

For the first time, Therapy Tools has put together worksheets for doing psychotherapy on depressive syndromes in people with mental disability or slight cognitive impairment. Topics dealt with include activity development, managing daily challenges and structuring the day, working with emotions and increasing self-efficacy. All the worksheets for the patients are written in easy-to-understand language.

About the authors

Dr Katharina Kufner, Anna Erretkamps (M.Sc. Psych.), Prof. Dr. Dr. Jürgen Bengel. All are in the Department of Rehabilitation Psychology and Psychotherapy at the University of Freiburg. Susanne Schmid, graduate psychologist, Caritas Association, Freiburg.

Target group

Psychologists working in disability facilities (such as workshops, residential homes, centers for disabled adults), special education teachers, psychotherapists

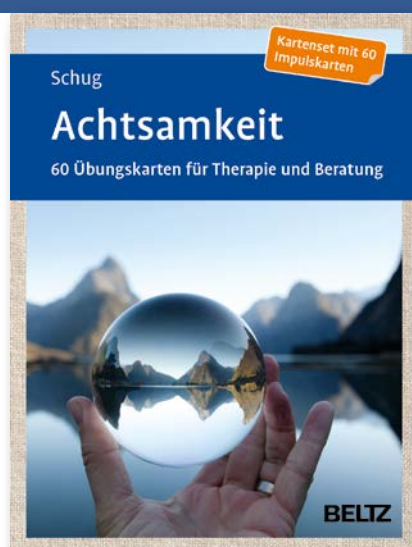
Type of book/media

Therapy tools

Erretkamps/Kufner/Schmid/Bengel
Therapy Tools: Depression amongst People with Mental Disabilities
 approx. 160 pages, paperback
 ISBN 978-3-621-28446-2
 Publication date: 05/2017

Mindfulness

60 training cards for therapy and counselling



- ▶ get more practice in mindfulness
- ▶ first therapeutic set of cards on the subject

Mindfulness gives people the freedom to make more conscious decisions as well as the ability to deal with the circumstances that life throws up in a self-caring way. Mindfulness is also becoming increasingly important in therapy and counselling. Exercises for formal mindfulness (meditations) and informal mindfulness (everyday mindfulness) are described on these 60 attractively designed cards. The cards can be given out to patients in individual or group sessions and used for exercises during the session or as homework. The enclosed booklet introduces the subject, explains what can be done with the cards and suggests some alternatives.

About the author

Susanne Schug, BA, Specialist Care Coordinator at the Medical University of Lübeck, has been working in psychiatry for 13 years.

Target group

Psychological and medical psychotherapists, psychologists in counselling centers, coaches

Type of book/media

Set of 60 cards and booklet

Schug
Mindfulness
 60 training cards for therapy and counselling
 Set of 60 cards and booklet
 ISBN 978-3-621-28416-5
 Publication date: 01/2017

Backlist

Also available from our series »Therapy Tools«:

Mindfulness



ISBN 978-3-621-28313-7

Depression



ISBN 978-3-621-28225-3

Anxiety Disorders



ISBN 978-3-621-28135-5

Psychotherapy with Children and Adolescents



ISBN 978-3-621-28252-9

Behavioral Therapy in Practice

Behavioral Therapy in Practice
Beltz video coursesForgiveness and Release as
Techniques in Psychotherapy
and Coaching

- ▶ based closely on everyday therapeutic life
- ▶ comprehensive: 79 chapters

The book has more than 900 pages in which the basic interventions and concrete therapeutic approaches are described. Basic principles, basic techniques, the latest developments in behavioral therapy, interventions and mental disorders (classified according to ICD-10) are all described in detail. In addition, there is also a section on how to build up the therapeutic relationship. Numerous case studies and therapy dialogues are used to demonstrate the concrete procedure. Each chapter looks at the typical difficulties and their solutions, gives tips, deals with frequently asked questions and answers as well as suggesting further literature.

Type of book/media

Practical guide

The comprehensive textbook and DVD from the Beltz video course series provide trainee psychotherapists and psychotherapists at the beginning of their professional work with the tools they need to practice behavioral therapy.

About the editors

Prof. Dr. Eva-Lotta Brakemeier, graduate psychologist, endowed chair for psychotherapy research, University of Marburg. Prof. Dr. Frank Jacobi, graduate psychologist, Psychological Institute of Berlin.

Target group

Trainee psychotherapists, psychological and medical psychotherapists, psychiatrists, students on master's degree courses in psychology/psychotherapy

Publishing a shortened version of this title is possible.

- ▶ over seven hours of video material
- ▶ therapeutic subtitles can be switched on

Learn from the experts: video tutorials are ideal for learning how to approach behavioral therapy in a concrete and professionally competent way – whether as part of psychotherapy training or for building up professional skills. This course contains over 7 hours of video material during which experienced psychotherapists demonstrate various interventions and approaches.

Type of book/media

Video learning/DVD

- ▶ therapeutic accompaniment for day-to-day tasks
- ▶ numerous case studies and illustrations

Whether it is a consequence of trauma or fate, even within the family – forgiveness, accepting excuses, letting go of grudges are tasks which are not easy to cope with. However, psychotherapy and coaching offer valuable support. The aim of the therapeutic process is to understand forgiveness as a liberation from the power of the past and the decision to lead your life with more freedom, thereby bringing about an emotional cure. The interventions employed have been derived from cognitive behavioral therapy and schema therapy.

About the authors

Dr. Anke Handrock, graduate psychologist. Maïke Baumann, 'Coaching Training' Institute, Berlin.

Target group

Psychological and medical psychotherapists, psychiatrists, coaches

Type of book/media

Practical guide

Brakemeier/Jacobi (ed.)
Behavioral Therapy in Practice
approx. 1024 pages, hardback
ISBN 978-3-621-28447-9
Publication date: 04/2017

Brakemeier/Jacobi (ed.)
Behavioral Therapy in Practice
Beltz video courses, 3 DVDs
ISBN 978-3-621-28348-9
Publication date: 04/2017

Handrock/Baumann
Forgiveness and Release as Techniques in Psychotherapy and Coaching
approx. 150 pages, hardback
ISBN 978-3-621-28312-0
Publication date: 05/2017

If You Were a Sweet...

120 crazy question cards as an introduction into child psychotherapy



► **informal elements for therapeutic work**

► **humorous creative approach**

When doing therapeutic work with children, the first hours are of great importance. How should therapists get information and a perspective on the problem, how should they start the conversation and build up an atmosphere of trust? This can be achieved by using these original and lively conversation openers – this set of cards provides a wealth of ideas. The set contains 120 cards with questions for use in child psychotherapy and counselling or educational work with children up to the age of 10.

About the authors

Dr. Robert Rossa and Julia Rossa; both are qualified social education workers and therapists treating children and adolescents in Cologne.

Target group

Children and adolescent psychotherapists, staff in family counselling and social work centers, social education workers

Type of book/media

Set of 120 cards

Rating Scales for Child and Adolescent Psychotherapy
26 scales for therapy and counselling



► **unique collection of rating scales**

► **robust instrument for everyday therapy**

How do I feel today? How strong is the pain? How big is the fear? – questions like these are often asked during therapy and counselling with children and adolescents. When patients have difficulty wording answers, they can simply point a finger at the rating scales. The illustrated, child-oriented scales embrace such emotions as pain, anxiety, anger, sadness, joy, shame, disgust and relaxation. They also include SUD and VOC scales from the EMDR as well as several universal scales.

Target group

Child and adolescent psychotherapists, staff in family counselling centers, pediatricians, child and adolescent psychiatrists, educators, teachers

Type of book/media

Set of cards with spiral binding

Also available:**Rating Scales for Use in Psychotherapy**

ISBN 978-3-621-28315-1

Gräßler/Hoyermann/Botvold

Rating Scales for Child and Adolescent Psychotherapy

26 scales for therapy and counselling
ISBN 978-3-621-28424-0
Publication date: 01/2017

Therapeutic CBT Stories with Children

60 metaphors for the primary school years



► **explaining things with stories**

► **disorder-specific metaphors**

Therapeutic stories are a critical tool in child and adolescent psychotherapy – stories or metaphors allow disorder models and interventions to be communicated in a way which suits the age of the patient. This compilation contains metaphors that can be used directly, but which can also be customized or developed further. The basis for it all is the cognitive behavioral therapy model. The stories are aimed at children in primary school and they are arranged according to the children's specific needs. There are instructions on how each story is to be used and what the focus and the goal of using the story is.

About the author

Prof. Dr. Angelika Schlarb, University of Bielefeld.

Target group

Psychological and medical psychotherapists, psychotherapists in training

Type of book/media

Practical guide

Schlarb

Therapeutic CBT Stories with Children

60 metaphors for the primary school years
264 pages, hardback
ISBN 978-3-621-28309-0
Publication date: 03/2017

Robert Rossa/Julia Rossa

If You Were a Sweet...

120 crazy question cards as an introduction into child psychotherapy
Set of 120 cards
ISBN 978-3-621-28445-5
Publication date: 01/2017

Poster CBASP

Communicating the disorder model and therapy support



- flipchart size poster and worksheets in the folder

- attractive and colorful design

CBASP is a relatively new behavioral therapy approach which has been very successful in the treatment of chronic depression. Up to now, there has not been very much therapeutic material which could be used to make it easy to work with CBASP. The poster presents the CBASP disorder model as a basis for therapy. Put up on the wall in the practice, it can become an integral part of therapeutic work. Further worksheets for therapy support can be found in the folder (DIN A 4).

About the authors

Markus Kirnapci, specialist for psychiatry and psychotherapy, LWL-Klinik Dortmund. Dr. Jan Philipp Klein, ZIP Centre for Integrative Psychotherapy, University of Lübeck.

Target group

Psychological and medical psychotherapists, psychiatrists, psychologists in counselling centers

Type of book/media

Poster

Kirnapci/Klein

Poster CBASP

Communicating the disorder model and therapy support

10 pages, Poster

ISBN 978-3-621-28463-9

Publication date: 03/2017

Poster Resources in Child and Adolescent Psychotherapy



- illustrations suitable for children

- all resource fields at a glance

The use of resources is an important part of therapy with children and adolescents and the poster helps to communicate this. Put up on the wall in the practice or on the flipchart stand, it becomes an integral part of therapeutic work. The material can be used with children from the age of 6 up to young adolescents. In addition to the poster, there are explanations, instructions, aids for concrete formulation and resource sheets which can be copied. All the worksheets are also available to download.

About the authors

Melanie Gräßer, graduate psychologist, psychological psychotherapist, with her own practice in Lippstadt. Eike Hovermann jun., founder of the Academy of Kindergartens, Daycare and After-school Care Centers. Annika Botved, freelance illustrator in Hanover.

Target group

Child and adolescent psychotherapists, staff in family counselling centers, pediatricians, child and adolescent psychiatrists, educators, teachers, coaches

Type of book/media

Poster

Gräßer/Hovermann/Botved

Poster Resources in Child and Adolescent Psychotherapy

44 pages, Poster

ISBN 978-3-621-28425-7

Publication date: 01/2017

Backlist

Also available from these authors:

Resource Exercises for Children and Adolescents



ISBN 978-3-621-28266-6

Also available from our series

»Posters«:

Poster Schema Therapy: the mode model at a glance



ISBN 978-3-621-28320-5

Poster ACT: the hexaflex model at a glance



ISBN 978-3-621-28392-2

Mini Handbook for Chairing Meetings



► practice-based: methods, check-lists, work sheets

The book aims to make it easier for beginners to enter into the world of modern meeting management, but also helps experienced professionals to refresh their knowledge with the help of check-lists. Closely based on real-life practices, it provides a large number of worksheets which can be used for the preparation of meetings right through to chairing them, as well as lots of tips for dealing with difficult situations and difficult participants.

Target group

Staff in companies who have to chair meetings, trainers, lecturers, speakers, consultants

Type of book/media

Practical guide

Mini Handbook for Group Dynamics



► success through self-organization ► using group dynamics for team and organizational development

We are currently experiencing a revival of group dynamics. For how can individuals process the entire complexity which the world confronted us with? That can only be done within the group. However, groups can only develop this power if the members of the group join in voluntarily without hierarchical control. In order to achieve this, a deep understanding of group dynamics is indispensable. Olaf Geramanis provides you with the basis for this.

Target group

Trainers, consultants, coaches, executive management, human resource developers, OD departments

Type of book/media

Practical guide

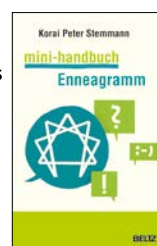
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provides a wide selection of professional literature for trainers, coaches and instructors for further education. The subjects covered range from new seminar methods, basics for coaching, conflict and change management, to personality and team development..

Martin Hartmann/Alexander Zoll/
Rüdiger Funk

Mini Handbook for Chairing Meetings

Holding meetings and work discussions, doing telephone and video conferences competently

190 pages, paperback
ISBN 978-3-407-36633-7
Publication date: 02/2017

Olaf Geramanis

Mini Handbook for Group Dynamics

276 pages, paperback
ISBN 978-3-407-36641-2
Publication date: 02/2017

Time Management in Step with Your Personality

What time personality do you have?
And how do the others tick?



- use your own potential
- find the concept which suits you

Personal time management cannot be forced into standard forms. Eva Brandt has developed a model based on the Structogram which can be implemented in such a way as to suit the various personality structures people have. Whichever of these three groups – go-getters, extroverts or analyzers – people belong to, by using these questionnaires and self-knowledge sheets, everyone will be able to discover their individual, tailor-made concept. To complete the book there is a wide range of tools and tips.

About the author

Dr. Eva Brandt has been a self-employed entrepreneur since 1999. She has held seminars at companies with international connections and has coached people from the basic employee level right up to top management. In 2005, she was awarded the ZFU Teaching Award in gold.

Target group

Anyone looking for tailor-made time management: staff consultants, managers, directors, specialist staff, trainers, coaches

Type of book/media

Practical guide

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



- science-based tips for professional staff selection

Staff selection is one of the most important investment decisions a company has to make. However, in the course of daily office life, this is often neglected. This book is intended for anyone who has to deal with questions of staff selection. It clears up some widespread myths and presents scientific findings which lead to concrete practical recommendations. All the steps involved in the selection process are covered – from the requirements analysis to the assessment center. There are also 50 negative examples from real life to illustrate how not to do it. A checklist is included to help you recognize any weaknesses in your own selection process.

About the author

Uwe Peter Kanning is a graduate psychologist and professor of economic psychology at Osnabrück University. He is also the author of numerous books and test methods. For 20 years, he has been a consultant on personnel diagnostics.

Target group

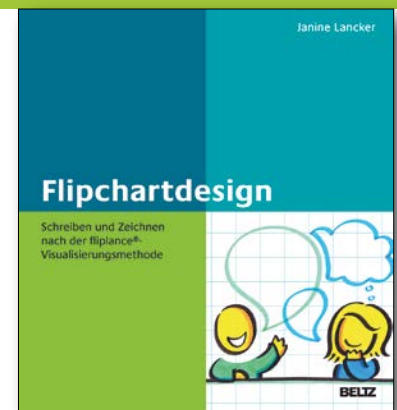
Staff, executive management, consultants, coaches

Type of book/media

Guidebook

Flipchart Design

Writing and drawing using the fliplance® visualization method



- visualizing, protocolling, simultaneously drawing
- captivate your listeners

The fliplance® visualization method focuses on activating perception. This means that the attention of all the participants in the room is concentrated like a spotlight on the content being presented. The language of the pictures is simple and clear and the texts are written in a striking style, all of which makes people curious about the information being presented and helps them remember it in the long term. In this book, Janine Lancker shows how this is done. Many fliplance® subject templates help apply the method.

About the author

Janine Lancker, master degree in cultural studies, works from Bremen as a trainer for flipchart design and as a graphic recorder. www.fliplance.de

Target group

Anyone who has to visualize and present information: trainers, consultants, coaches, executive management, human resource developers

Type of book/media

Training manual

Eva Brandt

Time Management in Step with Your Personality

What time personality do you have? And how do the others tick?

199 pages, hardback

ISBN 978-3-407-36616-0

Publication date: 03/2017

Uwe Peter Kanning

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

264 pages, hardback

ISBN 978-3-407-36622-1

Publication date: 01/2017

Janine Lancker

Flipchart Design

Writing and drawing using the fliplance® visualization method

260 pages, hardback

ISBN 978-3-407-36638-2

Publication date: 04/2017

The Host Method

Moderating conferences, meetings, events, discussions competently and successfully



- ▶ first comprehensive guide to the host method
- ▶ with lots of exercises, practical examples and checklists

Nicole Krieger has developed the host method, in which the moderator takes on the inner attitude of being a host and the stage becomes a 'living room'. From this book, readers will learn how they can perform authentically, prepare for moderating events and gain confidence in dealing with the audience. This practical knowledge can be practiced directly and used during your next performance. The examples and checklists make the book an indispensable guide.

About the author

Nicole Krieger is a moderator, trainer, author, expert on event moderation and performing in front of an audience. She heads the moderator school in Baden-Württemberg.

Target group

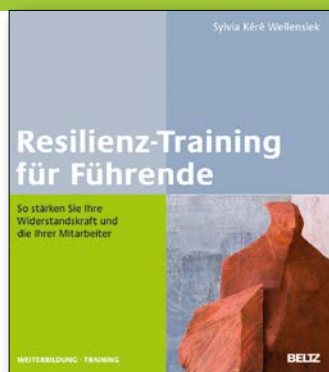
Executive management, trainers, consultants, coaches, journalists, actors and anyone who moderates events

Type of book/media

Practical guide

Resilience Training for Executive Management

How to strengthen your resilience and that of your staff



- ▶ dealing with self-management and managing staff
- ▶ exercises, checklists and coaching tasks

New Edition

Resilience is about thinking positively and looking at the resources instead of the deficits. The book is intended for executive management, human resource staff and trainers who have to deal with quick changes, complexity and the pressure of making decisions. It is suitable for training, reference or for self-reflection.

About the author

Sylvia Kéré Wellensiek, graduate engineer, coach, trainer and author, runs a training and educational institute on Riegsee. For years she has been involved with resilience for people and organizations.

Target group

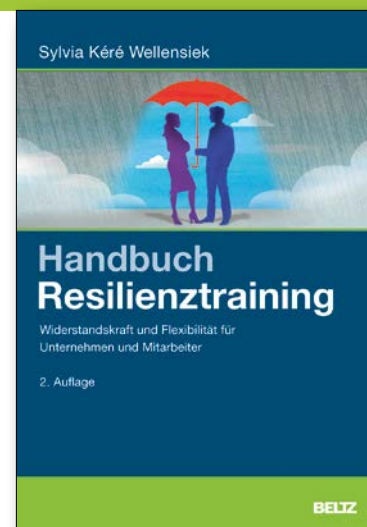
Executive management, human resource developers, company doctors, consultants, trainers, coaches

Type of book/media

Practical guide

Resilience Training Handbook

The power of resistance and flexibility for companies and staff



- ▶ the standard work
- ▶ strengthening companies and staff

New Edition

The ability to cope with pressure and show inner strength is described in psychology as resilience. In a commercial context, the definition of the term 'resilience' goes beyond the capacity of the individual and includes the adaptability of organizations to change. This handbook provides both types: resilience training for companies and for staff. The author introduces readers to the subject: profound background knowledge, lots of practical examples and a range of exercises.

About the author

Sylvia Kéré Wellensiek, graduate engineer, coach, trainer and author, runs a training and educational institute on Riegsee.

Target group

Consultants, trainers and coaches, managing directors, executive management, human resource developers, works council members

Type of book/media

Foundational textbook

Nicole Krieger

The Host Method

Moderating conferences, meetings, events, discussions competently and successfully
approx. 240 pages, hardback
ISBN 978-3-407-36592-7
Publication date: 03/2017

Sylvia Kéré Wellensiek

Resilience Training for Executive Management

How to strengthen your resilience and that of your staff
200 pages, hardback
ISBN 978-3-407-36517-0
Publication date: 08/2012

Sylvia Kéré Wellensiek

Resilience Training Handbook

The power of resistance and flexibility for companies and staff
approx. 400 pages, hardback
ISBN 978-3-407-36644-3
Publication date: 04/2017

Evaluating Coaching and Consultation

36 impulse cards with workbook for your own professionalization



60 Impulse Cards to Power Through the Day



75 Picture Cards for Training Visual Perception and Developing Potential



- ▶ the new method for consultants and coaches
- ▶ to give you feedback and help you develop further

How do consultants and coaches get differentiated feedback from their clients? How do they develop further in their advisory capacity? The authors offer just the right evaluation tool: 36 evaluation cards with reflection and development tasks make this set a helpful tool for your own professionalization. In contrast to evaluation sheets, the cards can be used quickly and effectively in consultations.

About the authors

Dr. Marianne Berger-Riesmeier is an evaluation officer, learning coach and teacher at a high school. Hanna Hardeland is a coach and educator. She has run her own institute since 2009.

Target group

Coaches, consultants, trainers and therapists

Type of book/media

Practical guide/set of 36 cards

- ▶ be strong and confident at all times
- ▶ exercises, tips and good things to know

This set of cards helps busy employees steer a strong and focused path through their daily work. The impulse cards are clearly split up into four categories: power filling stations to four charging stations, strength-bringing daily rituals, converting stress and negative thoughts and exploration experiments. The exercises increase your ability to handle yourself and others carefully, activate the resources of your body and your intuition, improve your competence in self-control and improve your performance.

About the author

Ulrike Pilz-Kusch, qualified educator, certified stress trainer and focusing coach, author. www.well-concept.de

Target group

Trainers, coaches, therapists, executive management, teachers and anyone who wants to use the exercises for training

Type of book/media

Set of 60 cards and booklet

- ▶ discover resources, exploit potential
- ▶ ›I am ...‹-affirmation

Picture cards are a good way to access the emotionally creative brain hemisphere. In this set of cards, the author combines visual and auditory perception – with the emphasis on motivation, relaxation, creativity and inspiration: photos on the front of the picture card, ›I am ...‹-affirmation on the rear side, with music recommendations in the booklet. By means of these simple exercises, this triad can be used to identify hidden resources.

About the author

Dr. Nicola Katharina Leffers, musicologist, photographer, coaches people who need to reorient themselves professionally or privately.

Target group

Coaches, trainers, consultants and anyone who wants to discover their inner resources and try out the exercises

Type of book/media

Set of 75 cards and booklet

Marianne Berger/Hanna Hardeland
Evaluating Coaching and Consultation
 36 impulse cards with workbook for your own professionalization
 80 pages, hardback
 ISBN 978-3-407-36637-5
 Publication date: 01/2017

Ulrike Pilz-Kusch
60 Impulse Cards to Power Through the Day
 Set of 60 cards and booklet
 ISBN 978-3-407-36639-9
 Publication date: 04/2017

Nicola Katharina Leffers
75 Picture Cards for Training Visual Perception and Developing Potential
 With music tips and affirmations
 Set of 75 cards and booklet
 ISBN 978-3-407-36634-4
 Publication date: 04/2017

Adolescent Phase of Life

An introduction to socio-scientific
research into adolescence



► **13th edition of the standard work**

► **series: core texts sociology**

This book is an introduction to socio-scientific research into adolescence. It presents an analysis of the 'adolescent' phase in the life of a human. In particular, sociological and psychological theories are used for this analysis. In addition, aspects of educational science and health science also play an important role. The various positions are combined to form a comprehensive, interdisciplinary-oriented approach based on socialization theories.

About the authors

Dr. Klaus Hurrelmann is one of the best-known childhood and adolescence research scientists in Germany. He is the Professor of Public Health and Education at the Hertie School of Governance in Berlin. Dr. Gudrun Quenzel is a professor at the Vorarlberg College of Education.

Target group

Anyone studying, teaching or researching the educational and social sciences

Type of book/media

Foundational textbook

In our program **Beltz Social Sciences**, social aspects constitute the focal point. Topics range from social work and educational science to sociology, psychology and care and health science. The program consists of extensive scientific publications and 14 professional journals, including the »Sozialmagazin.«

Klaus Hurrelmann/Gudrun Quenzel

Adolescent Phase of Life

An introduction to socio-scientific research
into adolescence

290 pages, paperback

ISBN 978-3-7799-2619-1

Publishing date: 09/2016

Crisis Discourse

Europe's immediate future



► what is going to happen to Europe?

Will there be a European social policy? What are the euro and Schengen crises going to lead to? How will the EU's relationship with its neighbors develop? European integration is so advanced that these issues now affect everyone. Consequently, we can neither avoid nor forego discussing these crises. It is a question of key issues concerning European integration.

About the author

Prof. Dr. Georg Vobruba, University of Leipzig

Target group

Researchers and teachers for social sciences, anyone interested in social politics

Type of book/media

Foundational textbook

Georg Vobruba
Crisis Discourse
 Europe's immediate future
 128 pages, paperback
 ISBN 978-3-7799-3621-3
 Publishing date: 01/2017

Historical Views and Social Theory



► critical introduction ► series: social research and criticism

In a compact form, the author provides information about selected historical views which lie at the center of certain historical perceptions. Views of the course of history and controversial ideas about a suitable logic for presenting history have an influence on a wide range of social theories. It is not so much the works by certain individual authors, but the features which historical views display in a socio-theoretical sense and the problems these entail which are the focus of the presentation. They are discussed using, as a basis, some of the claims and theses which the selected theorists have come up with.

About the author

Dr. Jürgen Ritsert is an emeritus professor in the Department of Social Sciences at the J. W. Goethe University in Frankfurt/Main.

Target group

Teachers and researchers of social sciences

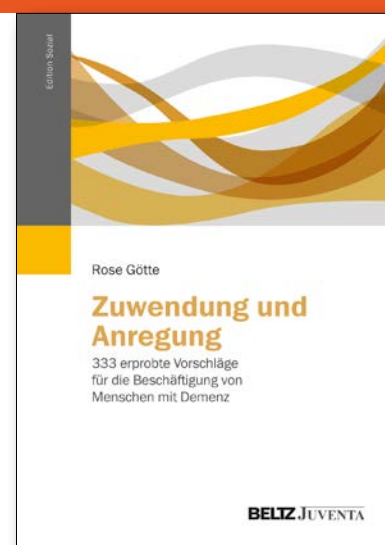
Type of book/media

Foundational textbook

Jürgen Ritsert
Historical Views and Social Theory
 Series: social research and criticism
 116 pages, paperback
 ISBN 978-3-7799-3616-9
 already published

Caring and Encouraging

333 tried and tested proposals for keeping people with dementia occupied



► ideas for keeping people with dementia occupied ► series: social edition

Just like everyone else, people with dementia also need to experience success in order to feel well. In her day-care center, the author has tried out an enormous range of activities for the mind, the hands and the heart, which have been successful even with patients suffering from advanced dementia. Games and activities with language, singing, memories, working together, smelling, tasting, touching, recognizing, completing things, searching and finding; dice games, card games, letter games, perception games, activities with building blocks, ball games, gymnastics and dance exercises, reading texts, jokes and handicraft instructions can all be highly beneficial for anyone caring for people with dementia.

About the author

As the Minister of Education and Culture in Rhineland-Palatinate from 1991-1993, Dr. Rose Götte played a major role in the model project 'learn and play school' and was the trailblazer for infant school reform in Rhineland-Palatinate.

Target group

Anyone working in the care sector, social workers, pedagogical specialists

Type of book/media

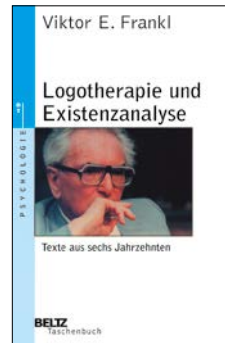
Practical guide

Rose Götte
Caring and Encouraging
 333 tried and tested proposals for keeping people with dementia occupied
 112 pages, paperback
 ISBN 978-3-7799-3164-5
 Publishing date: 03/2017

Non-Fiction, Guidebooks



Danielle Graf / Katja Seide
The child I wished to have so badly is driving me crazy!
ISBN 978-3-407-86422-2
Rights sold to Korea

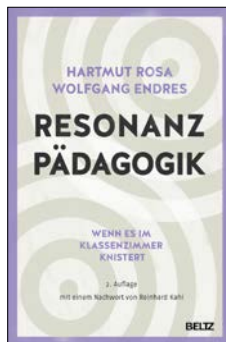


Viktor E. Frankl
Logotherapy and Existential Analysis
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Georg Milzner
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ISBN 978-3-407-86406-2

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Vera Kaltwasser
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ISBN 978-3-407-62977-7



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Teaching »Happiness« as a Subject in Schools
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Psychology



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ISBN 978-3-621-28300-7



Ulrike Petermann / Franz Petermann
Coping with Children's Fears
ISBN 978-3-621-28307-6



Peter Graaf
Schema Therapy card set
ISBN 978-3-621-28317-5



Eni Becker / Jürgen Margraf
Nothing but worries...
ISBN 978-3-621-27617-7



Eckhard Roediger / Wendy Terrie Behary / Gerhard Zarbock
It's a Good Match!
ISBN 978-3-621-28084-6
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Social competence can be learned
ISBN 978-3-621-27624-5
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