

Reference Book Programme 2021

	page
Psychology	01-21
Education	22-26
Training, Coaching, Counselling	27-36
Social Science	37-42

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Contact / order reading copies:

Fatima Möhr
f.moehr@beltz.de
Tel: +49-6201-6007 337

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Martin Hautzinger

Cognitive Behavioural Therapy for Depression

CONTENT

Martin Hautzinger's treatment programme sets the standard and draws on the abundance of modern psychotherapy tools for treating depression.

The manual describes the practical procedure in detail in a way which is easy to understand and, at the same time, answers key questions:

- How do you build a therapeutic relationship with someone suffering from depression?
- How do you get the patient to take up positive activities?
- How can we change the way depressed patients think?
- How can social skills be improved?
- What should be done if there are crises and setbacks?
- How should recurrent and chronic depression be treated?

The manual can be used in both out-patient and in-patient settings. There is a wide range of working materials to help overcome problems with differing degrees of the severity of the depression or different forms of its course.



April 2021

289 pages; 46,95 EUR

978-3-621-28814-9

AUTHOR

Dr. Martin Hautzinger, professor for clinical psychology and psychotherapy at Tübingen University.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy manual

Jan Glasenapp

Using Emotions as a Resource

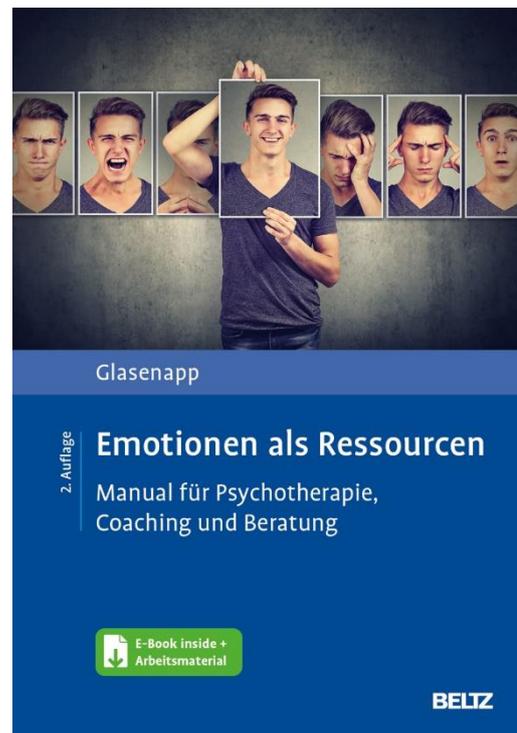
CONTENT

Excessive anxiety, delayed grief, suppressed anger – not dealing with your own emotions in a beneficial way can often be the trigger for mental illness and, at the same time, could also provide a guide for overcoming the problems.

This clearly structured approach presents six modules for working on emotions. The aim is to make it easier for clients to access their emotional experience. One of the focuses is on recognising and revealing emotions which the client is avoiding – this is a helpful basis for doing therapeutic work on specific psychological problems.

The 2nd edition has been completely revised and updated and includes a wide range of working materials. The manual can be used in individual and group therapy, supervision and self-awareness for a wide range of disorders.

- **For use in individual and group therapy, supervision and self-awareness**
- **Covers a wide range of disorders**
- **With lots of working materials**



September 2021
273 pages; 36,95 EUR
978-3-621-28862-0

AUTHOR

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

TARGET GROUP

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

TYPE OF BOOK

Practical manual

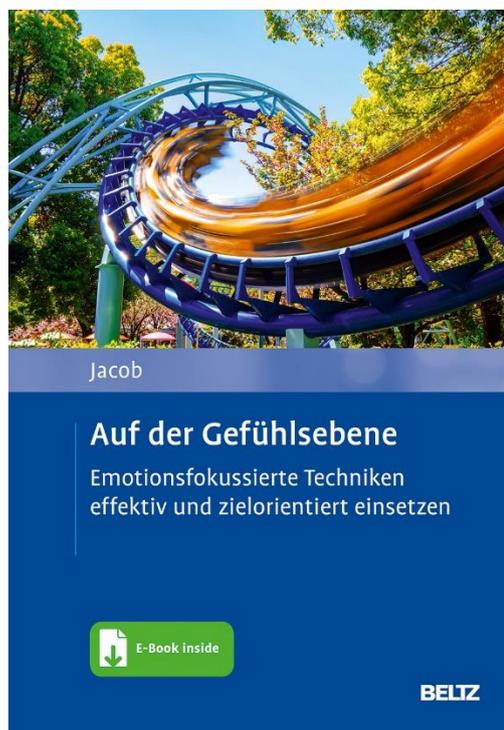
Jan Glasenapp On the Emotional Level

CONTENT

We give the inner critic a seat on an empty chair and entice the diffuse feeling of heaviness in the chest out into consciousness using the focusing technique. On the other hand, to begin with perhaps we should look at the whole thing from a meta-emotional standpoint?

Chair dialogues or imagination exercises - which technique should be selected to focus the emotions needs to be decided on the basis of the patient's problem and the aims of the therapy. Even though many therapists regard emotion-focusing exercises as helpful, blockages and indecision can prevent the techniques from being used in a way which makes sense. Gitta Jacob presents a heuristic and draws on numerous case studies to shows in which situations and with which goals emotion-focusing interventions can be properly embedded, carried out and completed in the session.

- Lots of case studies
- Helpful principles and strategies for effective work on emotions
- Using emotions as a resource in the change process
- Recognising significant emotions in patients



May 2021
176 pages; 36,95 EUR
978-3-621-28806-4

AUTHOR

Dr. Gitta Jacob is a psychological psychotherapist and supervisor for behavioural therapy and schema therapy. After working for many years at the University Clinic and University of Freiburg, she has been a senior psychotherapist at GAIA in Hamburg since 2013. She has released a variety of books, card sets, and instructional videos, and her books on schema therapy, published by Beltz, have been translated into more than ten languages.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists, counsellors, coaches, child and adolescent psychotherapists

TYPE OF BOOK

Practical manual

Gisela Henn-Mertens, Gerd Zimmek
Body-Oriented Techniques in Schema Therapy

CONTENT

Systematically involving the body in schema therapy - somatic sensations, posture, gestures and facial expressions - can prove to be a huge benefit to the therapeutic process.

In order to put this into practice, the book presents body therapy techniques which are easy to learn and easy to integrate in a modular way. This is mainly based on 'Alba Emoting', a method which is aimed at enhancing how emotions are perceived and how to regulate them. After some introductory chapters on body psychotherapy, the book shows, in a practical and clearly structured way, when and where particular interventions can be used during the course of therapy, which schema/mode is activated and what the goals are. Photos of the critical body postures and exercises help with implementing the therapy in practice.

- **Trending topic: body-oriented procedures - the 'fourth wave' of behavioural therapy**
- **Detailed exercise instructions**
- **With many photos**



January 2021
168 pages; 39,95 EUR
978-3-621-28710-4

AUTHOR

Gisela Henn-Mertens, graduate psychologist, resident psychological psychotherapist, Cologne; certified schema therapist.

Gerd Zimmek, graduate psychologist, resident psychological psychotherapist and certified schema therapist, Neuss.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy manual

Christof Loose

Casebook of Schema Therapy with Children and Adolescents

CONTENT

The book uses case studies to present the key disorders in child and adolescent psychotherapy and psychiatry. The children and adolescents whose treatment is looked at here are between 4 and 21 years old and suffer from both expansive and internal problems. The book also describes treatments for obsessive-compulsive disorders, eating disorders, and autistic disorders.

The therapists in these cases who are treating the children and adolescents and providing support for their parents are proven experts in schema therapy.

The diagnostic assessment of the problems, the conception of the schema dispositions, the modes and needs are all described in a clear, transparent and vivid way. Concrete measures for guiding treatment demonstrate how implementation can be carried out successfully.

- **Clear case studies show how it's done**
- **Written by experienced experts**
- **Includes all important disorders which affect children and adolescents**



May 2021

232 pages; 39,95 EUR

978-3-621-28695-4

AUTHOR

Dr. Christof Loose is a child and adolescent therapist and a certified schema therapist in private practice in Düsseldorf. He is also a research assistant at the University of Düsseldorf, Department of Clinical Psychology.

TARGET GROUP

Child and adolescent psychotherapists, child and adolescent psychiatrists in training and practice, workers in family counselling centres

TYPE OF BOOK

Therapy manual

Peter Graaf, Jenny Hampel, Gerhard Zarbock
Therapy Tools: Schema Therapy with Children and Adolescents

CONTENT

This first collection of materials for schema therapy with children and adolescents brings together over 120 worksheets and information sheets for schema therapeutic work with children and adolescents (from approx. 8 years of age) and their parents. It provides guidance for the therapeutic steps, highlights problematic modes the young patients have and develops helpful behaviour for the 'competent child or adolescent'. The aim is to develop what is known as the 'clever mode' - regardless of the disorder which initially led children and adolescents to therapy.

The structure of the book follows the therapeutic phases of a schema therapy. Another central point is the work with parents; this is also a vital part of any child therapy.

- **First book of materials for schema therapy with children and adolescents**
- **With lots of child-oriented illustrations**
- **More than 120 work sheets and information sheets**



July 2021

249 pages; 42,95 EUR

978-3-621-28538-4

AUTHOR

Peter Graaf, graduate psychologist, psychological psychotherapist and child and adolescent psychotherapist, Werner Otto Institute (child and adolescent psychiatric department and parent-child clinic) in Hamburg.

Jenny Hampel, graduate psychologist, child and adolescent psychotherapist in her own practice in Hamburg.

Dr. Gerhard Zarbock, head of the Institute for Behavioural Therapy Training in Hamburg.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists, counsellors, coaches and social workers, child and adolescent psychotherapists

TYPE OF BOOK

Therapy tools

Antje Demmert, Eva Faßbinder

Therapy Tools: Schema Therapy in Groups

CONTENT

Schema therapy has now become firmly established and is becoming more faceted - it has also been demonstrably successful in group settings. The need for secure bonding, just as in a good family, is extremely important in schema therapy and it can be achieved to a particularly high degree through a healing, encouraging and supportive atmosphere. In addition, group therapy offers access to problematic interpersonal behaviour on the part of the patient, which, in individual therapy, the therapist might only be able to recognise later on or not at all.

The materials compiled in this edition of Therapy Tools are intended both for therapists in a schema therapy group and for behavioural therapists who only want to use elements from schema therapy in their groups. The 127 worksheets and information sheets contain instructions for exercises, homework for the participants as well as ideas for group games, impulses and reflective questions.

- **For purely schema therapy groups or for extending behavioural therapy groups**
- **Over 120 working materials**
- **Easy approach: games in group schema therapy**



February 2021
232 pages; 42,95 EUR
978-3-621-28777-7

AUTHOR

Dr. Antje Demmert, medical psychotherapist, Medical University of Lübeck, Centre for Integrative Psychiatry.

Dr. Eva Fassbinder, medical psychotherapist, Medical University of Lübeck, Centre for Integrative Psychiatry.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy tools

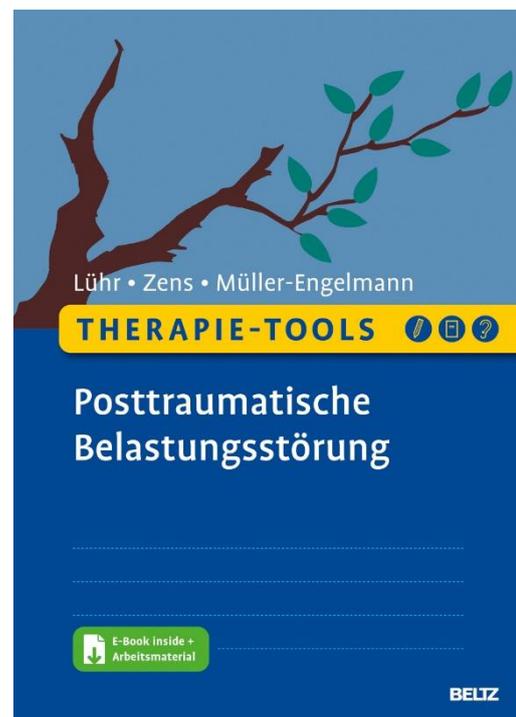
Kristina Lühr, Christine Zens, Meike Müller-Engelmann
Therapy Tools: Post-traumatic Stress Disorder

CONTENT

Post-traumatic stress disorders develop as a result of experiencing trauma, e.g. rape, an accident or even a natural disaster. Typical symptoms include intensely reliving the traumatic event in the form of images or nightmares, dissociation or panic attacks. Those affected become overwhelmed by their memories.

This Therapy Tools book is based on the procedure for trauma therapy and consists of three parts (1) stabilisation, (2) trauma processing and (3) integration and reorientation. For each of these phases, the book provides methods and exercises drawn from various psychotherapeutic approaches, including ACT, schema therapy and DBT. This comprehensive collection of working material is rounded off by the audio material.

- **First compilation of methods from various approaches**
- **Instructions for relaxation and imagination in the form of online audio files**
- **Authors are all proven trauma experts**



May 2021
371 pages; 44,95 EUR
978-3-621-28521-6

AUTHOR

Graduate psychologist Kristina Lühr, psychological psychotherapist, trauma therapist and psychological counsellor at the counselling centre for victim support in Hamburg.

Graduate psychologist Christine Zens, psychological psychotherapist in her own practice in Hamburg, head of the Hamburg Schema Therapy Institute, supervisor.

Dr. Meike Müller-Engelmann, staff member in the Department of Clinical Psychology and Psychotherapy, Goethe University Frankfurt.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy tools

Peter Kirsch, Nina Haible-Baer
Therapy Tools: ADHD in Adulthood

CONTENT

ADHD is also a problem amongst adults: two thirds of those who had an attention disorder as a child still have it in adulthood. About 3% of adults in Germany are affected in this way. They suffer from difficulty concentrating, impulsiveness and distractibility, and psychotherapy is still helpful for many of those affected.

In this Therapy Tools book, the authors have put together working materials drawn from cognitive behavioural therapy, emotion regulation, mindfulness-based methods and much more. Some interventions for 'practical life' round off the whole thing. This allows those affected to bring more structure into their lives.

- **More than 120 work sheets and information sheets**
- **Written by well-known authors**



June2021

278 pages; 42,95 EUR

978-3-621-28708-1

AUTHOR

Professor Peter Kirsch, is the head of the Clinical Psychology Department at the Central Institute for Mental Health in Mannheim.

Dr. Nina Haible-Baer, graduate psychologist, is the head psychologist in the Clinic for Psychiatry and Psychotherapy at the University of Giessen.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy tools

Susanne Fricke

Therapy Tools: Obsessive-compulsive Disorders

CONTENT

In Germany, around 2 percent of all people develop an obsessive-compulsive disorder at some point in their lives. Patients with this diagnosis are generally considered difficult in psychotherapy and their compulsions are seen as difficult to treat. In this edition of Therapy Tools, Susanne Fricke shows that there are, in fact, numerous methods and techniques which help to get compulsive actions and obsessive thoughts under control.

Including over 100 work sheets and information sheets, this second edition also provides new materials for the therapeutic treatment of obsessive-compulsive disorders.

- **Combines the most promising techniques from various therapy methods**
- **New: also with schema therapeutic techniques**
- **Involves relatives**
- **More than 100 work sheets and information sheets**



August 2021
395 pages; 42,95 EUR
978-3-621-28836-1

AUTHOR

Dr. Susanne Fricke, psychological psychotherapist, has been working in her own practice since 2010.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy tools

Leokadia Brüderl, Ines Riessen, Christine Zens
Therapy Tools: Self-Awareness

CONTENT

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

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



February 2021
393 pages; 44,95 EUR
978-3-621-28810-1

AUTHOR

Dr. Leokadia Brüderl, graduate psychologist, supervisor and psychological psychotherapist in her own practice.

Dr. Ines Riessen, graduate psychologist, supervisor, psychological psychotherapist in her own practice and trainer for behavioural therapy.

Christine Zens, graduate psychologist, psychological psychotherapist, Institute for Schema Therapy Hamburg. She has written several specialist books.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy tools

Fabian Chmielewski, Sven Hanning Therapy Tools: Self-esteem

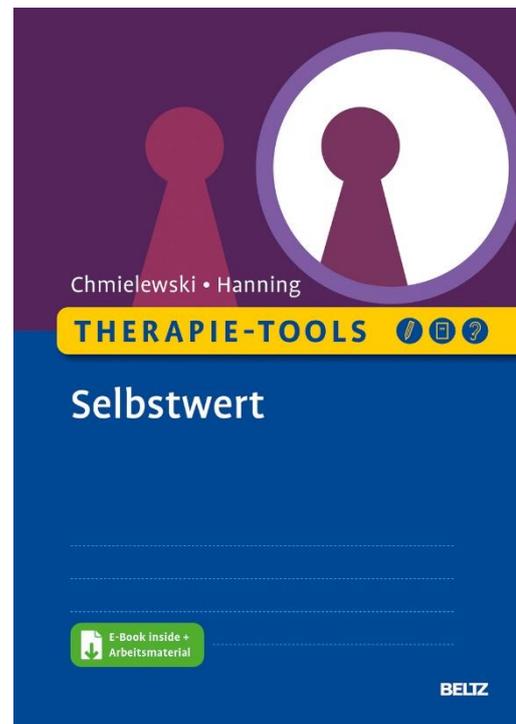
CONTENT

The authors have based their self-esteem therapy on the assumption that people have not just one, but three ideas of themselves: 'I-am', 'I-should' and 'I-wish'. Self-esteem problems can arise when there are discrepancies between these three self-images: 'I am not the way I should be or how I would like to be'. Exercises and interventions have been devised based on this discrepancy. Their aims are:

- to correct the I-am, remove distortions and complete the patient's self-image
- to disempower the I-should and to sort out its rules
- to illuminate the I-wish and to approach it step by step

This Therapy Tools volume is the first compilation of materials on the topic and contains around 150 worksheets and information sheets which can be incorporated into treating people who have problems with their self-esteem

- **Self-esteem as a central and, at present, highly popular topic in psychotherapy**
- **First compilation of work materials on this topic**
- **In combination with the book for patients by the two authors**



August 2021
266 pages; 42,95 EUR
978-3-621-28706-7

AUTHOR

Graduate psychologists Fabian Chmielewski and Sven Hanning are both psychological psychotherapists (behavioural therapy) with a joint practice in Hattingen, North Rhine-Westphalia.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychologists in counselling, coaching and social work

TYPE OF BOOK

Therapy tools

Eva Dresbach

Schema Therapy with Children and Adolescents

75 therapy cards with 32-page booklet

CONTENT

Schema therapy has been used successfully in child and adolescent psychotherapy for a number of years. With this set of cards, the schema therapeutic methods for children and young people are presented in a new and easily accessible way.

The cards deal with the various problematic modes but also adaptive modes. These are the 'modes' which patients find themselves in again and again, for example the vulnerable or the unruly child mode, or modes in which they would like to find themselves more often, for example that of the competent adolescent. The cards are illustrated in a way which suits the age group and allow easy access to the basics of schema therapy, to the needs and to the models. Exercises and activities to develop healthy modes and positive schemas also play a central role.

Therapists can use the cards directly with their young patients during the therapy sessions or give them individual cards as homework.

- **Therapeutic set of cards for a current issue**
- **With high quality photos and illustrations**
- **Includes positive schemas**



August 2021
card set; 49,95 EUR
4019172100391

AUTHOR

Dr. Eva Dresbach, child and adolescent psychotherapist. She has been running her own practice in Bonn since 2011. She is a lecturer and supervisor at various training institutes. In 2015 she received ISST recognition as an advanced level schema therapist and supervisor/trainer in child-adolescent schema therapy.

TARGET GROUP

Child and adolescent psychotherapists, child and adolescent psychiatrists, schema therapists

TYPE OF BOOK

Set of 75 cards + 32-page booklet

Falk Scholz

Self-acceptance Treasure Chest for Children and Adolescents

120 therapy cards with 20-page booklet

CONTENT

Accepting yourself is the basis for being mentally healthy and it allows children and adolescents to be more flexible in the way they think and feel, and how they act. This set of cards, for practical psychological and pedagogical work, provides young clients with a playful way to perceive, use and develop a realistic picture of themselves and their personal potential.

120 cards to stimulate inspiration, confrontation, challenges or confirmation. They encourage dialogue and further development and can open the door to these topics:

- self-image
- feelings and how to regulate them
- relationship structure
- action and self-determination
- thought culture
- development goals, potential and motivation

All this without neglecting the joy of playing, enthusiasm and new perspectives. The set of cards is suitable for both individual and group settings and is divided into three age groups (from 8, from 11 and from 14).

- **120 lovingly designed questions and impulses**
- **A variety of ways to play**
- **In a language to suit the age group**

AUTHOR

Falk Peter Scholz, graduate social pedagogue, licensed child and adolescent psychotherapist, systemic couple and family therapist, has run his own practice in Dresden since 2010.

TARGET GROUP

Child and adolescent psychotherapists, child and adolescent psychiatrists, family counsellors

TYPE OF BOOK

Set of 120 cards + 20-page booklet



August 2021
card set; 29,95 EUR
4019172100896

Falk Scholz

Self-acceptance Treasure Chest for Therapy and Counselling

120 therapy cards with 20-page booklet

CONTENT

Showing acceptance and love to yourself promotes your own well-being and is a protective shield against psychological stress. This set of cards provides you with a playful way to accept yourself as a whole, with all the imperfections and contradictions.

120 cards to stimulate contemplation, analysis, deeper self-reflection and further development. They open up a dialogue on the following subjects:

- self-image
- feelings and how to regulate them
- relationship structure
- action and self-determination
- thought culture
- development goals, potential and motivation

The set of cards is suitable for both individual and group settings for adults and adolescents from the age of 16.

- **120 reflective questions and ideas on the subject of self-acceptance**
- **A variety of ways to play**
- **Attractive layout**



August 2021
card set; 29,95 EUR
4019172100889

AUTHOR

Falk Peter Scholz, graduate social pedagogue, licensed child and adolescent psychotherapist, systemic couple and family therapist, has run his own practice in Dresden since 2010.

TARGET GROUP

Psychotherapists, psychotherapists in training, psychiatrists, psychologists in counselling and social work

TYPE OF BOOK

Set of 120 cards + 20-page booklet

Felicitas Bergmann

Problem Solving with Teenagers

75 therapy cards with 32-page booklet

CONTENT

Problems often seem so deeply entrenched that you feel you are going around in circles and will never find a solution. What exactly is the problem? And what do I want to achieve - what is the target or the solution? What steps do I need to take? When will I be successful? With images chosen to appeal to young people and a range of therapeutic techniques such as reframing, resource activation, paradoxical intervention, impact techniques and provocation, this high-quality set of cards provides many creative possibilities to guide the entire process of finding solutions for young people in psychotherapy and counselling. The cards offer a variety of ideas and exercise suggestions which form a thematic bundle. Suitable for young people from around 12 to 18.



April 2021
card set; 49,95 EUR
4019172100216

- **High quality set of cards for working with young people**
- **Lots of ideas and exercise instructions for direct use**
- **First card set on this subject**

AUTHOR

Dr. Felicitas Bergmann, is a child and adolescent psychotherapist (behavioural therapy) in her own practice in Essen.

TARGET GROUP

Child and adolescent psychotherapists, staff in family counselling centres, school psychologists, youth workers

TYPE OF BOOK

Set of 75 cards + 32-page booklet

Marianne Kampel, Andrea Frank

Mindful Work

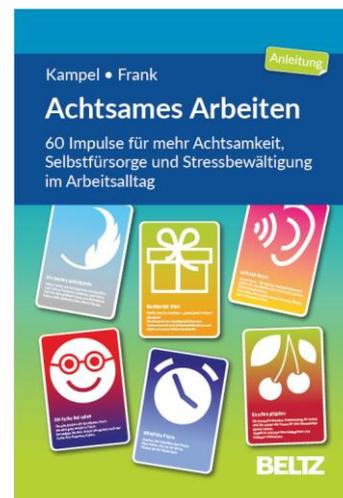
60 therapy cards with 20-page booklet

CONTENT

In our everyday working lives we have to face a range of demands such as stress, having to be constantly available, physical strain and other burdens. A mindful attitude can allow us to react differently and strengthen us even in challenging situations. The impulse cards encourage a more mindful view of our own needs and resources and present some appropriate options for action. Subjects such as stress management, workplace ergonomics, active break design along with body awareness and mindful communication are addressed.

60 different pictures and coloured backgrounds provide creative variety, attractiveness and provoke curiosity.

- **Mindfulness and self-care are trending subjects**
- **60 strikingly designed cards**
- **Many possible uses described in the booklet**



March 2021
card set; 29,95 EUR
4019172100759

AUTHOR

Marianne Kampel studied communication design at the University of Applied Arts in Vienna. She works as a graphic artist and teacher for humanistic life studies. She does freelance projects developing and designing media to guide life processes and support personal development.

Andrea Frank has run projects in work relating to girls and youth welfare for many years. These days she holds MBSR courses and mindfulness training in the context of stress prevention and works as a supervisor and lecturer at universities.

TARGET GROUP

Psychotherapists, coaches, trainers, those affected, employees, companies looking to promote workplace health

TYPE OF BOOK

Set of 60 cards + 20 -page booklet

BACKLIST

Psychotherapy with the Bereaved



978-621-28684-8
<https://bit.ly/30rASXH>

Training with Attention-Impaired Children



978-3-621-28648-0;
<https://bit.ly/2NxCB8L>

- rights sold to China, Korea, Russia and Taiwan
- more than 30.000 copies sold since its publication in 1993
- longseller currently in its 6th edition

The Paths to Developmental Psychology



978-3-621-28693-0
<https://bit.ly/2tqWXJQ>

- rights sold to China, the Netherlands and Spain
- more than 35.000 copies sold since its publication in 1989
- longseller currently in its 5th edition

SERIES: *Help for the Helper*

The Psychotherapist's Inner Critic



978-621-28573-5
<https://bit.ly/2wyfFWL>

Self-assurance and Self-care



978-3-621-28591-9
<https://bit.ly/2XmNkWI>

How to Escape from Compassion Fatigue



978-3-621-28688-6
<https://bit.ly/2KpoVvB>

Nature Therapy



978-621-28610-7
<https://bit.ly/2Z9z0Bj>

Impulse Control Disorders in Behavioral Therapy



978-621-28671-8
<https://bit.ly/2WgGQvI>

Kiesler Circle Training



978-621-28653-4
<https://bit.ly/2QGNW6X>

BACKLIST – SCHEMA THERAPY

Schema Therapy in Practice



978-3-621-28224-6; <https://bit.ly/2GUhMBP>
 Rights sold to England, Belgium (French), Italy, Japan, Korea, Poland, Romania, Russia, Turkey and Ukraine
 8.000 copies sold since its publication in 01-2011

Breaking Negative Thinking Patterns



978-3-621-28415-8; <https://bit.ly/2GLJMUJ>
 Rights sold to China, Denmark, England, Romania, Russia, Serbia and Turkey
 32.000 copies sold since its publication in 07-2011

Schema Therapy with Children and Adolescents



978-3-621-28014-3; <https://bit.ly/2JO279j>
 Rights sold to England, Italy, the Netherlands, Poland, Romania, Russia and Turkey
 5.000 copies sold since its publication 01-2013

Disorder-specific Schema Therapy with Children and Adolescents



978-3-621-28034-1; <https://bit.ly/2t9gOcd>
 3.000 copies sold since its publication in 03-2015

Goodbye to your Humble Servant



978-3-621-28265-9
<https://bit.ly/2JX2ggT>
 Rights sold to Korea and Romania
 4.000 copies sold since 07-2015

Therapy Tools Schema Therapy



978-3-621-28359-5
<https://bit.ly/2JSTQRR>
 Rights sold to the Netherlands
 11.000 copies sold since 09-2011

75 Therapy Cards for Schema Therapy



978-3-621-28474-5
<https://bit.ly/2JNCOAJ>
 2.000 copies sold since 09-2017

BACKLIST – PATIENT GUIDEBOOKS

I Can't Sleep!



978-621-28631-2

<https://bit.ly/2l9ULif>

Rights sold to China and Slovenia

Dealing successfully with sleep disorders. Advice and practical tips from an expert.

Dancing with Joy, Shaking with Rage



978-3-621-28202-4

<https://bit.ly/2uUVb4g>

Being moved by our emotions. The topic of emotional regulation from a new perspective.

Very Valuable



978-3-621-28704-3

<https://bit.ly/2u8AI0F>

Building and consolidating self-esteem – how to do it.

Little Angry Boys and Girls



978-621-28412-7

<https://bit.ly/2uYuSKv>

Rights sold to Korea, Romania

Help for parents dealing with ADHS symptoms, hyperactive and oppositional behavior.

- 75.000 copies sold since its publication in 1999
- longseller currently in its 5th edition since 08/2017

Think Before you Drink



978-3-621-28388-5

<https://bit.ly/2ub84qh>

Rights sold to Poland

Causes and treatment of alcohol and drug dependence clearly explained.

- 60.000 copies sold since its publication in 1990
- longseller currently in its 9th edition since 07/2016

Devouring Life?



978-3-621-28325-0

<https://bit.ly/3alUj8T>

Help for people with binge-eating-disorder and their next of kin.

- 12.000 copies sold since its publication in 2007
- currently in its 3rd edition since 04/2018

BACKLIST – SERIES: THERAPY TOOLS

ACT



978-621-28390-8

<https://bit.ly/35DoGEs>

14.000 copies sold since 03-2012

Anxiety Disorder



978-3-621-28135-5

<https://bit.ly/2QJozmF>

11.000 copies sold since 08-2014

Schema Therapy



978-3-621-28359-5

<https://bit.ly/35EYrgl>

10.000 copies sold since 09-2011
Rights sold to the Netherlands

Depression



978-621-28225-3

<https://bit.ly/39TlyHM>

8.500 copies sold since 10-2015

Psychotherapy for Children and Adolescents

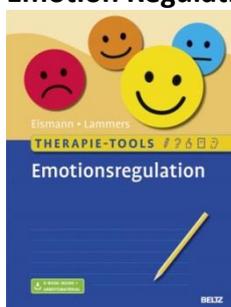


978-3-621-28585-8

<https://bit.ly/2uwBkbi>

7.000 copies sold since 02-2013
Rights sold to Russia

Emotion Regulation



978-3-621-28517-9

<https://bit.ly/2sTaYjv>

8.500 copies sold since 09-2017

Mindfulness



978-621-28313-7

<https://bit.ly/2ThBT2W>

6.000 copies sold since 03-2016

Martina Hehn-Oldiges

Escaping from Behaviour Traps

A professional way to deal with challenging behaviour

CONTENT

When teachers and experts find themselves in danger of failing in educational situations, they can quickly fall into behavioural traps which they cannot easily escape from. This book will help them identify and overcome behavioural traps like these. Readers learn how to analyse challenging behaviour among students and how to deal with this professionally. The book does not focus on the person who is seen as the 'disturber', but rather considers the pedagogical situation and those involved in the particular relationship dynamics. The author also deals with the development of socio-emotional abilities and possible impairments of them, such as (mental) disabilities, special strains and burdens, changed perceptions and their effects on behaviour. The aim of the book is to maintain or rebuild good pedagogical relationships even in difficult situations - based on the Reckahner Reflections on the ethics of pedagogical relationships.

- **With online materials**
- **Suitable for inclusive settings**
- **Can be used in multi-professional teams**
- **With guidelines for structured analysis and structured technical discussion**



April 2021

202 pages; 24,95 EUR

978-3-407-63202-9

AUTHOR

Martina Hehn-Oldiges is a qualified educator and consultant for diversity and teaching development at the Goethe University in Frankfurt. Prior to that, she was a special school teacher, school principal, pedagogical assistant and trainer.

TARGET GROUP

Teachers, educational specialists, educators, educational directors, school administrators, therapeutic specialists (physiotherapists, occupational therapists, speech therapists)

TYPE OF BOOK

Practical manual

Olaf-Axel Burow

Positive Education

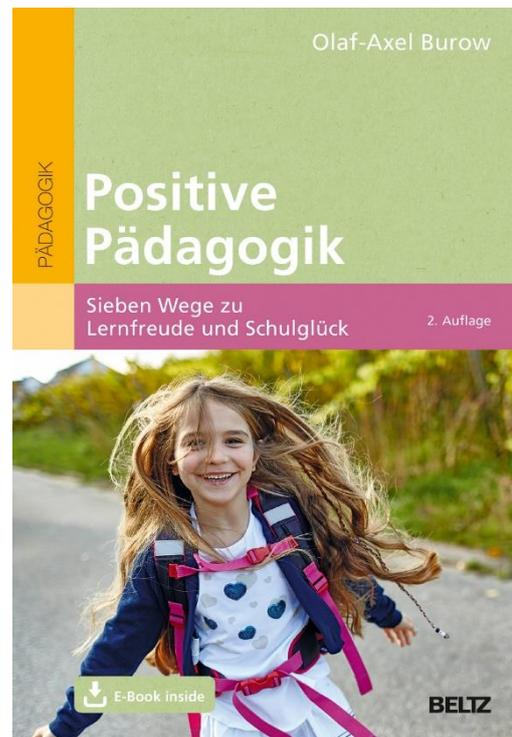
Seven paths to the joy of learning and school enjoyment

CONTENT

Can school performance really be improved by meticulously »surveying« teachers and schoolchildren? Thanks to the many comparative studies, this belief has become standard, and the word »discipline« is still experiencing a boom – there seems to be no room for the joy of learning or even school enjoyment. In »Positive Education« Olaf-Axel Burow disagrees with this because: school enjoyment and top performance are not opposites, they complement one another!

The author has already carried out future workshops in many schools and has shown: it is not pressure and discipline, but rather value appreciation and »creative fields« which lead to the joy of learning – and consequently to top performance. And, because in tomorrow's knowledge society more will depend on creativity and innovation than ever before, schools must look for ways to become future-oriented. This book shows how this can be done.

- **Grounded in theory and tested in practice**
- **Completely revised new edition**
- **With e-book inside**



May 2021

271 pages; 29,95 EUR

978-3-407-25568-6

AUTHOR

Dr. Olaf-Axel Burow is professor of education at the University of Kassel and has advised hundreds of schools and educational institutions successfully. He is also a specialist author on gestalt pedagogy, fostering creativity and future design.

TARGET GROUP

Psychotherapists, coaches, trainers, those affected, employees, companies looking to promote workplace health

TYPE OF BOOK

Practical manual

Michael Burtscher

Yoga for Children

Yoga for children in exceptional pictures - 32 educational hands-on cards

CONTENT

Yoga is currently enjoying great popularity - not only among adults, but also thanks to what is on offer for children. Yoga makes it possible to access mindfulness via both movement and stillness and contributes to resilience and self-confidence in an ever accelerating world. This yoga card set for children takes them along on an illustrated journey made by a boy called Neal, who not only encounters many different animals on his way, but also learns more about the art of yoga from one stop to the next.

The set contains 32 attractive, picture cards, illustrated in colour, which teachers can hold up in class or give out to the children to look at, or include playfully in the lesson: each card depicts a boy called Neal doing a yoga exercise – ‘Asana’ – along with a catchy tag phrase. In addition to the yoga movement, the illustrations also depict a concrete image of the asana in question, for example a lion, tree or tiger. The special aspect of these artistic representations is that the boy and the concrete exercise merge with one another. This means that the children are able not only to imitate the posture of the boy as shown on the card, but also empathise with the exercise and memorise it. In the booklet there are lots of ideas for educators and other yoga fans on how to use the cards in play.

- **For primary school**
- **Practical format**
- **Can be used without preparation**

AUTHOR

Michael Burtscher lives in Dornbirn in the Vorarlberg Rhine Valley and works there as a freelance graphic designer and illustrator. This yoga card set for children was created with the support of his wife Kerstin Burtscher, a trained children’s yoga teacher.

TYPE OF BOOK

Set of 32 cards + 28-page booklet



January 2021
card set; 12,95 EUR
4019172200299

BACKLIST

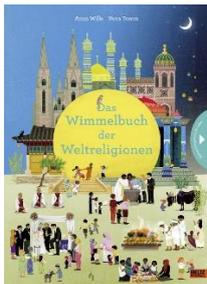
Project book: Discovering World Religions

8 kindergarten project idea based on “THE SEEK AND FIND BOOK OF WORLD RELIGIONS”



978-3-407-72773-2

<https://bit.ly/30eeSzx>



<https://bit.ly/36CUfzo>

The interaction with all the different cultures and religions comes about automatically in daily kindergarten life. In being together on a day-to-day basis, the children learn about different customs and festivities from different cultures. This makes them want to ask questions.

By using the project book and the accompanying picture book, kindergarten teachers can pick up on the children's own experiences, clarify questions together and so provide them with a deeper knowledge. This serves to strengthen and promote not only the children's awareness of other cultures, but also of their own. Being engaged actively and creatively with the seek and find pictures promotes a playful intercultural learning experience within the group.

The combination of concentrated expert knowledge and creative project ideas allows a competent and valuable analysis of the diversity of cultures and religions to be achieved.

- **intercultural learning in daily kindergarten life**
- **children's joy of speaking, their ability to tell stories and their curiosity are supported**
- **starting points are the highly expressive seek and find pictures in the book**

Chase Off the Monkeys with the Pebbles

Idea for keeping teachers healthy and content



978-3-407-25826-7

<https://bit.ly/39X7BZy>

- **keeping an even keel in everyday school life**
- **promoting teachers' health**
- **with lots of practical exercises**

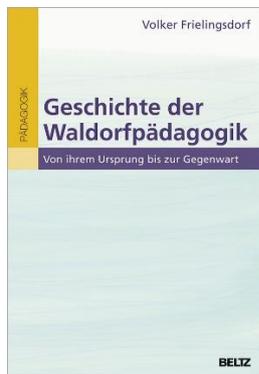
Teachers are exposed to a lot of stress in their professional lives. Many factors are difficult to change, in particular the basic external conditions. However, teachers can learn to deal with stress in a way which is beneficial to their health. In particular, their own thought patterns, attitudes and values could be good places to start. Their health can be positively and sustainably influenced by dealing with personal beliefs and attitudes. In this guide to health, teachers will find ideas which focus especially on providing them with self-management strategies – backed up with humorous cartoons, reflection exercises and some experiences from everyday school life.

BACKLIST – EDUCATION**ACCORDING TO WALDORF, MONTESSORI AND OTHERS**

We have a [special catalogue](#) for titles about education according to Waldorf, Montessori and others. Please refer to our Foreign Rights Homepage by clicking on the following link:

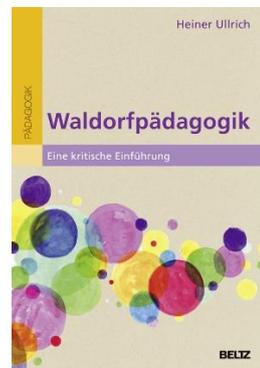
<https://bit.ly/2UZSVnl>

An overview of said titles:

A History of Waldorf Education

978-3-407-25802-1

<https://bit.ly/2unS98k>

Waldorf Education

978-3-407-25721-5

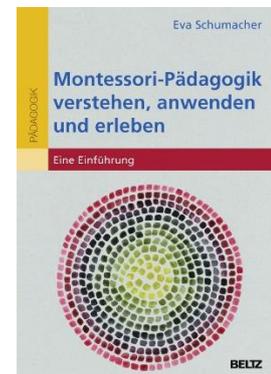
<https://bit.ly/2vh0ET9>

Rights sold to Romania

Progressive Education

978-3-407-25737-6

<https://bit.ly/2NQVMKY>

Understand, Apply and Experience Montessori Education

978-3-621-28323-6

<https://bit.ly/2NSPB99>

Rights sold to Romania

Silvia Luber, Inga Geisler
Online Training Courses and Webinars
Online training step by step

CONTENT

Online training, online meetings, online coaching - virtual space is becoming more and more established as a medium for working and studying with one another in real time. Silvia Luber and Inga Geisler pass on the practical experience they have gathered over many years in the form of detailed guidelines and examples. In this second edition they have adjusted the book to suit the current situation. The structure is based on classic training course planning and describes which aspects of online training are different or new: marketing, technical installation, questions about IT security, preparing face-to-face training in units suitable for doing online, learning formats.

You can use this excellent guide to adapt your training courses, seminars and coaching sessions to suit online conditions. The wide range of examples which are provided will help you to adapt your own tried and trusted methods to suit virtual space, to select the correct learning medium for the corresponding interaction and to motivate the participants despite the distance. Step by step you learn how to extend the training you offer to virtual space.

- **Choosing the most suitable 'virtual classroom'**
- **Various learning formats with lots of examples**
- **Time management, work forms, online training planning, process and follow-up**

AUTHOR

Silvia Luber is from Berlin and works as a freelance consultant and trainer for new learning technologies.

Inga Geisler is from Overath and is a freelance online trainer, moderator and expert in new learning technologies.

TARGET GROUP

Trainers, coaches, lecturers

TYPE OF BOOK

Practical manual



January 2021
240 pages; 34,95 EUR
978-3-407-36753-2

Horst Lempart

Mini Manual of Agile Work for Coaches & Trainers

New pathways to agile working

CONTENT

Agility is not a certificate that you hang on the wall or a programme which you operate. Agility can certainly be described, but it only becomes effective when it is experienced, when your trainees and seminar participants change from being participants to being co-creators - and when you yourself exemplify agile thinking and behaviour. It is more helpful to speak of an agile attitude - or an agile mindset. Agile thinking and behaving does not mean breaking away from successful strategies. It does not mean that anything 'non-agile' is bad or that absolutely everything has to be agile. By presenting alternative perspectives and practical proposals for action, Horst Lempart encourages people to think outside the box, to think sideways, to think in other directions and to think differently, and, at the same time, helps his readers to develop a personal agile mindset. The aim is to strengthen process competence in individual and group formats and to constantly align what you are offering with the needs of your clients. Meanwhile, of course, the coaches' own needs should not be forgotten. Because agile also means: remaining mindful of yourself.

- **Critical look at 'agile' as a buzzword**
- **Internalising agile ways of working and thinking authentically**
- **Reacting appropriately as a coach or trainer to clients' changing needs**

AUTHOR

Horst Lempart is a coach, supervisor, speaker and 'personality disrupter'.

As a business coach, he aims to cause unrest in people and organisations, bring about systemic disruptions and in doing so create a climate for change.

TARGET GROUP

Coaches, trainers, consultants and managers in the role of coaches

TYPE OF BOOK

Practical manual



April 2021

186 pages; 24,95 EUR

978-3-407-36754-9

Denise Ritter

Mini Manual for Life Plan Coaching

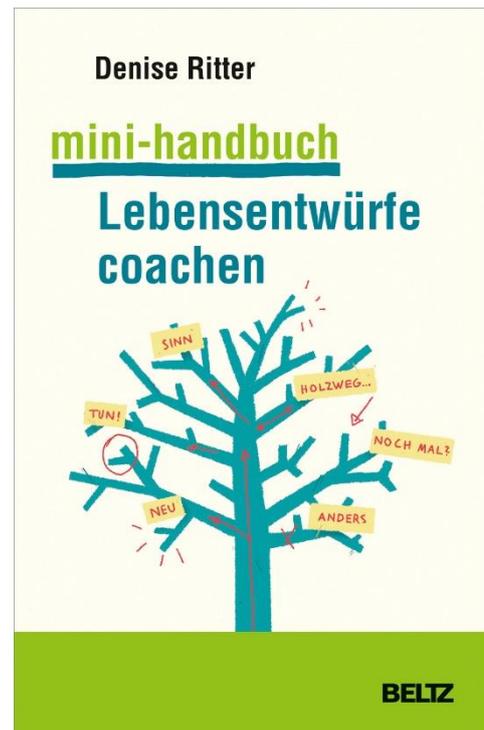
Accompanying clients effectively through change

CONTENT

How can you design your own life plan consciously and in a fulfilling way? What is worth striving for personally? How can the challenges be overcome? What is important right now? Moreover: what is the best way to deal with these questions in coaching? In this mini manual, Denise Ritter provides you with the fundamental elements and appropriate tools based on the 5D-1E model which she developed.

The model provides you with ways and methods to uncover the wishes and potential of the people you are coaching, how personal projects can be implemented and how changes in professional and private life can be achieved. You will gain a deeper understanding and learn how to be a guide when extensive and complex developments are happening.

- **Typical questions, phases and challenges in making life plans**
- **The 5D-1E model: Discover, Detect, Devise, Decide, Develop, Experience**
- **Effective support for clients in times of crisis and change**



August 2021
210 pages; 24,95 EUR
978-3-407-36762-4

AUTHOR

Denise Ritter is a pioneer and the founder of Urbanes Coaching®. She has a background in science and therapy and has been working as a coach for entrepreneurs, executives and private individuals who want to develop themselves for almost ten years. Workshops, specialist articles and a blog with a growing reader community complete her portfolio.

TARGET GROUP

Coaches, trainers, consultants and managers in the role of coaches

TYPE OF BOOK

Practical manual

Jutta Weimar

Mini Manual for Facilitation

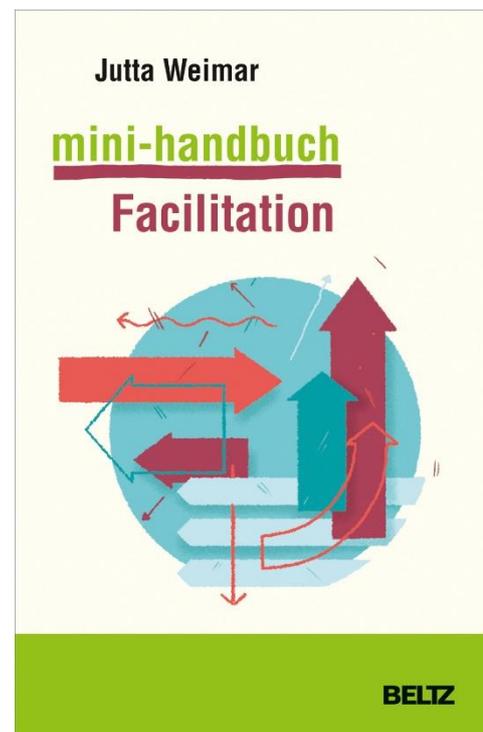
The art of developing contacts, focus and commitment in groups

CONTENT

Facilitation is the professional process support for a group which finds solutions to seemingly unsolvable problems. Facilitators open up the space in change processes so that all those involved can play their part. This mini manual by Jutta Weimar provides a compact, systematic overview. It describes the facilitator attitude, essential for exploiting the collective intelligence which then effectively sets processes in motion and anchors them in for the long term.

It is always to do with supporting self-organisation and the question of how it can be made possible to do this time and again. Jutta Weimar has drawn on her wealth of experience to provide lots of practical examples especially with regard to international quality guidelines, in order to help you implement them practically and show you how you can effectively incorporate other methods.

- **Facilitation in all its shapes and forms with lots of practical tips**
- **International quality guidelines for facilitation**
- **Combines a variety of methods with facilitation in coaching, advice and support for teams and organisations**



May 2021
169 pages; 24,95 EUR
978-3-407-36757-0

AUTHOR

Jutta Weimar has been a facilitator, trainer and coach for over 20 years. She is internationally certified as a facilitator and is widely networked. She guides groups of all kinds and makes it possible for development processes to function in organisations. She owns the Facilitation Academy in Berlin and has been training facilitators for five years.

TARGET GROUP

Coaches, trainers, consultants who work with groups and companies and would like to get better acquainted with the advantages of facilitation and its fields of application

TYPE OF BOOK

Practical manual

Christel Schmieling-Burow, Olaf-Axel Burow

Art Coaching

From self-portrait to self-knowledge

CONTENT

Discoveries in brain research have shown that, in addition to explicit and implicit knowledge, we have a third form of knowledge which controls the way we think, feel and act: visual knowledge concentrated in internal images and symbols. By analysing our own life script, our creative forms and our encounters with art, it becomes possible to call up this knowledge and to release previously untapped creative potential, to clarify our goals and to discover our inner vocation. Exchanging internal images in personal encounters, in a group, in a team or in an organisation leads to the emergence of creative fields which are places where synergetic encounters happen and creative energy is released. In this way, art coaching opens up aesthetic and narrative expressions both for the coaching process and for personnel and organisational development.

- **New approach to counselling presented by the inventors of the method**
- **Gaining deeper understanding of yourself**
- **Methods of expression for the coaching process, also for personnel and organisational development**

Christel Schmieling-Burow
Olaf-Axel Burow



Art-Coaching

Das Potenzial der inneren Bilder nutzen

BELTZ

January 2021
204 pages; 39,95 EUR
978-3-407-36719-8

AUTHOR

Dr. Olaf-Axel Burow is professor of education at the University of Kassel and the author of many specialist books on education, organisational development and creativity research. He is a consultant for educational institutions in Germany and abroad, but also for DAX companies on change processes (www.olaf-axel-burow.de).

Christel Schmieling-Burow is a teacher of art/German. She founded the art coaching process and is a trainer for it. She has also been a lecturer at the University of Kassel for many years.

TARGET GROUP

Coaches, trainers, consultants who work with groups and companies and would like to get better acquainted with the advantages of facilitation and its fields of application

TYPE OF BOOK

Practical manual

Stefan Kaduk, Dirk Osmetz, Stefanie Rödel
Organisational Culture Speech Bubbles
Escape from the babble trap!

CONTENT

Stefan Kaduk, Dirk Osmetz and Stefanie Rödel take a close look at the terms which are playing a part in the current discussions about organisational culture and which are often seen as self-evident components of a 'good culture', and try to go against the grain. The consensus on the suitability of these phrases should not come as a surprise, seeing as the words are mostly plastic words, 'fit-all expressions', which can be safely used in any situation and can never be wrong. This immunity prompted the authors to have a look behind the scenes.

Lofty phrases and plastic communication are part of everyday life within organisational culture and the consulting industry. All this is concentrated in one place and, for the first time, set out quite clearly as a conceptual glossary: ironically provocative in form, differentiating, in no way didactic and never superficial.

- **Leadership phrases - and what they really mean**
- **Plain language with style and an entertainment factor**
- **A change of perspective in corporate communication**



August 2021
108 pages; 19,95 EUR
978-3-407-36774-7

AUTHOR

Stefanie Rödel has a PhD in philology. As a professor for coaching and supervision at the IU International University, she is actively engaged in making consultation more professional in practice, in teaching and research.

Dirk Osmetz and Stefan Kaduk both have doctorates in economics and together in 2007 they founded 'Musterbrecher® Managementberater'. They are co-initiators of the research project 'Musterbrecher', which was started in 2001 at the University of the Federal Armed Forces in Munich. They have been working together for over a decade at the interface between research, teaching and consulting practice.

TYPE OF BOOK

Glossary

Silvia Vater, Roman Hoch

Cards for Systemic Team Organisation Processes

Systemic guidelines for team development processes

CONTENT

The centrepiece of systemic change processes in organisational development consists of working directly with multi-person systems. This card set focuses on those processes which take place within teams. To be able to accompany these processes of further development effectively, you need a well-founded strategy: a clearly framed work assignment, thorough diagnostics, effective questions, systemic interventions. That is where this set of cards provides support. The cards are divided into four categories: Bridge, Diagnostics, Choreography and Integration. These categories correspond to the phases in the process, from the order clarification to questions of attitude to the choice of methods and the final balance.

- **Application-oriented companion material for methodical work with teams in team organisation processes**
- **Practice-oriented thanks to specific questions, working hypotheses and reflection questions to check which steps make the most sense**
- **15 targeted systemic interventions for team organisation processes to bring a breath of fresh air to your process navigation**



March 2021
card set; 39,95 EUR
4019172300227

AUTHOR

Silvia Vater is a DGSF-certified lecturer for systemic therapy, counselling, coaching, organisational development (DGSF) and a supervisor at the WISPO AG Systemic Centre.

Roman Hoch is a DGSF-certified lecturer for systemic therapy and counselling at the WISPO AG Systemic Centre. He has many years of experience in the context of systemic coaching and, in particular, systemic team coaching.

TARGET GROUP

Coaches, organisation developers, consultants, human resource developers

TYPE OF BOOK

Set of 100 cards + 50-page booklet

Sybille Wohlfarth

55 Impulse Cards for Creativity and Innovation

Finding inspiration, fleshing out ideas, driving innovation

CONTENT

These days, creativity and innovation are more important than ever. These impulse cards will help you to inspire, promote and strengthen the creative potential of the participants in training sessions, coaching and in teams. With her set of cards, Sybille Wohlfarth provides you with the necessary tools: 'rulebook', warm-up, methods, tips and creativity exercises.

17 organisation cards to guide the implementation of an efficient creativity workshop in a systematic way. The illustrations, collages and graphics on the faces of the 38 creativity cards provide a visual tool for overcoming familiar thought patterns. They combine the concrete with the abstract, are somewhat unreal, sketchy, shadowy and resemble the kind of imagery we have inside our minds. Putting these motifs in an internal setting opens up space for imagination, association and new ideas when we look at them. On the reverse side of the cards there are 38 different exercises to train creative thinking skills.

- **Mindfulness and self-care are trending subjects**
- **60 attractively designed cards**
- **Many possible uses described in the booklet**



April 2021
card set; 34,95 EUR
4019172300067

AUTHOR

Sybille Wohlfarth is a graduate communication designer and lives with her husband and two daughters near Stuttgart. She studied visual communication in Darmstadt and Düsseldorf and sociology in Hagen. She lived and worked in the USA, Japan and Turkey as a designer and lecturer for several years. She was a professor at a college for communication and design in Stuttgart until 2017 and has been working as an international freelance designer and lecturer since 2018. She teaches creativity techniques in her seminars and workshops.

TARGET GROUP

Coaches, organisation developers, consultants, human resource developers

TYPE OF BOOK

Set of 60 cards + 38-page booklet

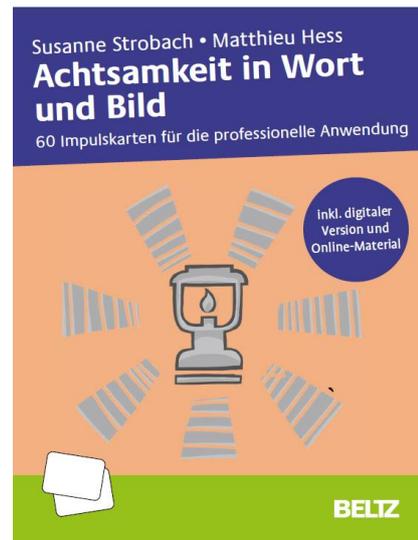
Susanne Strobach, Matthieu Hess
Mindfulness in Words and Pictures
Supporting mindfulness training effectively

CONTENT

This card set has cards for attitudes and knowledge along with illustrations which stimulate thought and provide effective support for any mindfulness training. This is because it combines the power of words and images - in an inspiring way. What makes it impressive is the clear structure of the cards with these aims: teaching - practice - consolidation. Coaches and trainers can use the cards very effectively in their online and offline work.

In the booklet, Susanne Strobach explains the meaning of the various attitudes in more detail. Three stimulating questions on each card pick up on these positions. This allows multi-faceted and in-depth, mindfulness-based reflection on the big questions in life and the small everyday problems.

- **Ideas and inspiration for increased mindfulness.**
- **Pictures to address deeper levels - the illustrations encourage creativity and relaxation**



October 2021
card set; 39,95 EUR
4019172300296

AUTHOR

Susanne Strobach brings inspiration and active power together in a mindful way and, as a result, operates on numerous levels: as a Zen practitioner, a founder of the mindfulness academy in Vienna, a university lecturer, trainer, mediator, author.

Matthieu Hess combines professional expertise in sales and marketing with practiced mindfulness - and all of that with a large sprinkle of creativity.

TARGET GROUP

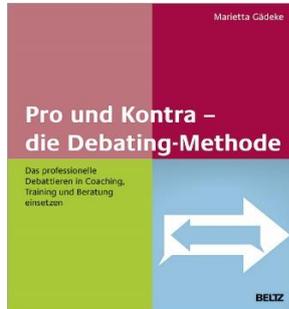
Coaches, trainers, educators and anyone who is getting into the subject of mindfulness or wants to get more intensively involved in mindfulness

TYPE OF BOOK

Set of 60 cards + 40-page booklet

BACKLIST

Pros and Cons – the Debating Method



978-3-407-36679-5

<https://bit.ly/2Xm2rzB>

Perspective Change as a Method



978-3-407-36667-2

<https://bit.ly/2WK7yME>

Successful Business Coaching



978-3-407-36632-0

<https://bit.ly/2wJ2n1b>

Haptics Work!



978-3-407-36612-2

<https://bit.ly/2U0EPyK>

The Dolce Vita Strategy



978-3-407-36656-6

<https://bit.ly/2twmr53>

Leadership with Appreciation



978-3-407-36627-6

<https://bit.ly/2lC8Fbl>

Humour in Coaching, Counselling and Training



978-3-407-36666-5

<https://bit.ly/2CdU9XB>

The Strength Transfer Method



978-3-407-36658-0

<https://bit.ly/2E4lZA5>

Presence + Resilience = Presilience



978-3-407-36620-7

<https://bit.ly/2NkwitL>

Gurdrun Quenzel, Klaus Hurrelmann

Adolescent Phase of Life

An introduction to socio-scientific research into adolescence

CONTENT

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.

For this reason, the study of the adolescent phase of life is of particular interest, because the adolescent phase of life has expanded strongly in all Western societies over the last 50 years and has become one of the most important phases of human life. The consequences for the physical, psychological, emotional and social development of young people are analyzed along with the important instances of socialization (school, family, peer group, leisure facilities). The developmental and health problems which adolescents can experience are discussed in detail.

- **13th edition**
- **series: core texts sociology**



January 2022
270 pages; 19,95 EUR
978-3-7799-2624-5

AUTHOR

Dr. Gudrun Quenzel, PhD, has been a professor of education and society at the Vorarlberg College of Education since April 2016. She is the head of the Institute of Educational Sociology. Her main areas of research focus on young people and socialization, educational poverty, health and educational inequality.

Dr. Klaus Hurrelmann is one of the best-known childhood and adolescence research scientists in Germany. He has been the senior professor at the Hertie School of Governance in Berlin since 2009. Before that he was a professor at the Faculty of Education in Bielefeld. From 1986 to 1998 he was head of the WHO collaboration centre 'Health Behaviour in School Children'. His research areas include socialisation, education and the health of children in families and schools.

TYPE OF BOOK

Foundational textbook

Nkechi Madubuko

Practical Manual of Empowerment

Facing the experiences of racism which children and adolescents have had

CONTENT

The racism which children and young people have experienced requires a response from the education profession and social services. The author looks at this from the perspective of those affected and analyses which attitudes, reflections and knowledge is essential for professionals to recognise racism and to consider empowerment. The book presents practical methods for dealing with racism competently in an empowerment-oriented way, handling differences, dealing with the effects of having experienced racism and how to counter racism with examples to show how to implement all this. The special feature: for the first time, empowerment trainers present their methods in the book using 'safer spaces'.



July 2021

228pages; 19,95 EUR

978-3-7799-6478-0

AUTHOR

Dr. Nkechi Madubuko, is a doctor of sociology, author, diversity trainer and television journalist (ZDF). She is a lecturer at the University of Kassel and has published several articles and books, including the first German-language book on empowerment dealing with the experiences of racism for children and adolescents, 'Empowerment as an Educational Duty' (2016), 'Education for Diversity' (2021) and 'Acculturation Stress amongst Migrants' (2010). She provides advice, further education and training. Her focus is on empowerment, processing the experience of racism, on how to act in a way which is critical of racism and sensitive to diversity and achieving an empowerment-oriented mindset in organisations and in educational contexts.

TYPE OF BOOK

Practical manual

Susanne Strobach, Claudia Pinkl

Helping Children through Divorce

135 exercises to help guide children carefully through separation

CONTENT

Currently, the average duration of marriages in Germany is 14.8 years and in Austria 10.5 years. That is a long way from being a lifelong bond. This also does not include all the couples who live together without being officially married and then separate again after a few years. The majority of these couples have children who have to cope with their parents' separation. This presents a special challenge for parents because, despite their own emotional injuries, they also want to be a pillar of strength for their children and, above all, to protect them from suffering.

The book provides support both for parents and for everyone else who is professionally involved with the children. It offers an invaluable help and guidance on the way to dealing with the topic of divorce and separation in a mindful, healing and encouraging way.

With a guest contribution by Jörg Mangold, the book has been completely re-illustrated by Matthieu Hess.



August 2021

242 pages; 19,95 EUR

978-3-7799-3172-0

AUTHOR

Susanne Strobach-Hohensinn, MSc, has been a divorce mediator in Vienna since 2004 (she is enrolled on the list of the Federal Ministry of Justice). In 2017, she founded the Mindfulness Academy in Vienna, which, in cooperation with KPH Vienna/Krems, developed the first university course offering an MSc on mindfulness in German-speaking countries. In her divorce mediation sessions, she combines neuroscientific research with a mindfulness approach and mindfulness exercises for her clients.

Claudia Pinkl, MSc, has run her own institute for awareness-raising in Austria since 2015 focusing on kinesiological coaching and personality development based on the mindfulness method she developed herself. She has an MSc in mindfulness, teaches at a college of education, holds seminars and leads training courses on mindfulness, kinesiology and biography work.

TYPE OF BOOK

Practical manual

Cornelie Dietrich, Dominik Krinninger, Volker Schubert
An Introduction to Aesthetic Education

CONTENT

The book provides an excellent introduction to the essential elements of aesthetic education. It demonstrates the differences and similarities between aesthetic experience, aesthetic upbringing and education. In addition to central founding figures (Schiller and Dewey), current developments and challenges are presented along with some exemplary didactic arrangements. All this provides readers with an overview of the topic, which has always been vital and is perhaps increasingly important today.



February 2022
176 pages; 19,95 EUR
978-3-7799-2188-2

AUTHOR

Dr. Cornelie Dietrich is a professor at the Leuphana University of Lüneburg.

Dominik Krinninger, born 1974, PhD, is a research associate in the Department of Education and Cultural Studies at the University of Osnabrück. His work focuses on educational family research, theories of upbringing and education and aesthetic education.

Volker Schubert, born 1952, PhD, was a professor at the Institute for Educational Science at the University of Hildesheim until 2018. His work focuses on comparative education, general pedagogy and aesthetic education.

TYPE OF BOOK

Foundational textbook

Roberto Simanowski

Digital Revolution and Education

Thinking through digitisation before digital control

CONTENT

The experience of the Corona crisis has led to the 'Digital School Transformation Offensive' to make sure the young generation is fit for the digital society. So, does this mean distance learning on a long-term basis, computer science as a compulsory subject? The Ministry of Education is offering to spend five billion Euros on computers under the slogan: 'Multiplication tables and ABC only with a PC'. No more chalk on blackboards! But would you really be ready for the consequences of digitisation just by being able to use its media effectively? Is someone who can program apps armed to deal with hate speech and the emotionalisation of the discussion? This book looks at the 'digital citizen' in a civil society sense. Fit for the future is more about being capable of criticism than being functionally operational. What we need is more education, not so much 'by means of' digital media but rather 'about' it and also 'against' it.



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AUTHOR

Dr. Roberto Simanowski studied literature and history at the Friedrich Schiller University in Jena. He did his doctorate on 'Mass Culture around the turn of 1800' and qualified as a professor on the aesthetics of digital media. His areas of research are postmodernism, multiculturalism, aesthetics and digital media culture. After research positions at Harvard University and the University of Washington, Simanowski has held professorships for cultural and media studies at Brown University in Providence, USA, the University of Basel and the City University of Hong Kong since 2003. Since 2018, he has lived in Berlin and Rio de Janeiro as a freelance author and journalist and writes for ZEIT, Neue Zürcher Zeitung and Deutschlandfunk, among others. Roberto Simanowski founded and is the editor of the journal for art and culture of digital media *dichtung-digital* (1999-2014). He is the author of over 60 articles in specialist journals and anthologies and has edited six anthologies. He won the Tractatus Prize in 2020.

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