Fall 2020

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Self-esteem therapy cards

CONTENT

In much of psychotherapy and counselling, self-esteem plays a central role, irrespective of the patient’s disorder or diagnosis. Two approaches are effective in improving self-esteem during psychotherapy: (1) Many patients have an overly critical opinion of themselves and treat themselves too harshly. In this case, it helps their self-esteem if they learn to love themselves more and be more forgiving. (2) Patients’ self-esteem gets a huge boost when they experience success, manage to achieve their goals and assert themselves in social situations. The authors use cards to implement the appropriate interventions.

The modules each contain 15 cards and provide exercises, psycho educational texts, examples and visual stimuli. Can be used for any disorder.

Module 1: Getting to the bottom of your own self-esteem problems
Module 2: Becoming your own best friend
Module 3: Relinquishing excessively high standards, replacing them with realistic standards
Module 4: Achieving goals more successfully
Module 5: Becoming more confident in dealing with other people

• 75 cards, 75 ideas: strengthening self esteem
• high-quality set of cards for working with patients

AUTHORS

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 is the author of a number of books, which have been translated into more than ten languages.

Dr. Laura Seebauer, psychological psychotherapist. Clinical and scientific work at the University Clinic and the University of Freiburg. Own practice since 2018. Head of the Institute for Schema Therapy in Freiburg (IST-FR). Behavioural therapist, certified schema therapist, lecturer.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists, in counselling centres and coaching

TYPE OF BOOK

Set of 75 cards + booklet
Christof Loose, Peter Graaf, Gerhard Zarbock, Ruth A. Holt

Schema Therapy for Children and Young Adults
Fundamental Reference Work

CONTENT

Schema therapy has become a hot topic within CBT and psychotherapy. This is the first book to adapt schema therapy for the needs of children and young people, written by the pioneers of the approach and including extensive clinical material.

Precisely because the approach involves the basics of developmental psychology and is based on a model of the basic needs in childhood and the life which follows, it is also ideally suited for therapy with children and adolescents.

The book is very clearly organized following the procedure according to various stages of development. In addition to numerous examples, it also provides techniques and strategies for direct implementation.

Now available in an updated English edition!
Translation can be made from the German original or the adapted English edition.

The English edition contains an additional chapter on group schema therapy with children.

Rights sold to England, Italy, Netherlands, Poland and Turkey.

AUTHORS

Dr. Christof Loose is a psychotherapist for children and adolescents and affiliated with the University of Düsseldorf’s Department of Clinical Psychology.

Peter Graaf is a graduate psychologist and psychotherapist and child and adolescent psychotherapist at the Werner Otto Institute in Hamburg.

Dr. Gerhard Zarbock, graduate psychologist, psychological psychotherapist, is the head of the Institute for Behavioral Therapy Training in Hamburg (IVAH).
Ralf Binder, Florian Schöller, Hans-Günter Weeß

Therapy Tools Sleep Disorders

**CONTENT**

Sleep disorders are dramatically widespread: 4.8 million Germans suffer from chronic sleep disorders. A third of employees regularly feel exhausted and complain about reduced performance. However, if those affected find their way into psychotherapy, some simple measures can significantly improve the quality of their sleep.

The tools book provides therapists with working materials for comprehensive diagnostics. The important components in therapy are the psychoeducation of those affected, classic behavioural therapy and cognitive procedures. The concept is expanded to include emotion-based approaches and relaxation procedures. One chapter is also devoted to medication – as well as the question of what does not help.

Contents:

- Introduction
- diagnostics
- sleep and self-observing
- sleep disorders
- operant and respondent procedures
- cognitive interventions
- emotion-based approaches
- relaxation procedures
- drug interventions
- what usually doesn’t help?
- special features of therapy for various illnesses

- successful treatment for sleep disorders
- over 100 working materials
- written by well-known authors

**AUTHORS**

Dr. Ralf Binder, graduate psychologist, is a psychological psychotherapist at the Sleep Centre of the Pfalzklinikum in Klingenmünster and a lecturer at the Academy for Sleep Medicine.

Florian Schöller, graduate psychologist, is a psychological psychotherapist at the interdisciplinary Sleep Centre of the Pfalzklinikum in Klingenmünster.

Dr. Hans-Günter Weeß, graduate psychologist, is head of the interdisciplinary Sleep Centre of the Pfalzklinikum in Klingenmünster and a lecturer at the University of Koblenz-Landau. He is a board member of the German Society for Sleep Research and Sleep Medicine (DGSM) and the author of several books on sleep disorders.

**TARGET GROUP**

Doctors, psychotherapists in training and practice

**TYPE OF BOOK**

Therapy tools
Ulrich Stangier, Schahryar Kananian, Marwan Yehya, Devon E. Hinton

Culturally Adapted Behavioural Therapy for People with Refugee Experiences

Manual on how to strengthen resilience and inner calm

CONTENT

In countries from which people are fleeing to Europe, mental disorders are often stigmatised. This makes it difficult for people to talk about their problems and to take advantage of treatments. Consequently, it makes sense to pursue a low-threshold approach with the aim of improving the mental health of refugees and preventing the development of clinically associated mental illnesses. The manual looks at the particular aspects of treating and counselling refugees, for example, the way the role of the therapist is altered due to the presence of interpreters. Interventions which strengthen resilience and support mental stability help refugees to cope better with the stress and demands they experience. The interventions are classified under six modules: psycho education, problem solving training, behavioural activation, stretching, meditation and cognitive restructuring. Critical therapy situations are also discussed.

The book provides work and audio materials in German, Arabic and Farsi.

- restoring mental equilibrium
- extensive materials in German, Farsi and Arabic
- for use in individual settings or groups

AUTHORS

Prof. Ulrich Stangier, professor of clinical psychology and psychotherapy at the J.W. Goethe University, Frankfurt am Main.

Devon E. Hinton, MD, PhD, anthropologist, psychiatrist and adjunct professor at Massachusetts General Hospital at Harvard Medical School in Boston.

Mr. Schahryar Kananian, M.Sc. Psychology, research assistant at the Department of Clinical Psychology and Psychotherapy at the J. W. Goethe University in Frankfurt am Main.

Mr. Marwan Yehya, B.Sc. Psychology, project staff psychosocial counselling centre for refugees at the J. W. Goethe University Frankfurt am Main.

TARGET GROUP

Psychological and medical psychotherapists, psychologists in counselling centres

TYPE OF BOOK

Practical manual
Ulrike Juchmann

Mindfulness-based Psychotherapy for Depression and Anxiety
MBCT in practice

CONTENT

MBCT (Mindfulness Based Cognitive Therapy) is an 8-week mindfulness training course designed to help people with depression and anxiety cope better with difficult moods and periods of brooding. In addition to mindfulness training, MBCT includes some psycho educational and cognitive elements from behavioural therapy. These are especially related to coping with self-debilitating thoughts. In this way, patients gain more distance from their own thoughts and feelings.

Ulrike Juchmann is an MBCT trainer and provides a comprehensive insight into how this training is developed and applied. She describes the structure of the course and how MBCT functions using many practical examples; she explains the central importance of body awareness within the training and emphasises the importance of practising on a regular basis. For this purpose, illustrated exercises and audio exercises are available for download.

For use in individual and group settings.

- getting to know MBCT and applying it
- practice-based introduction

AUTHOR

Ulrike Juchmann is a psychological psychotherapist in her own practice in Berlin, a systemic training therapist, MBSR / MBCT trainer and lecturer at the Berlin Psychological University and the German Psychological Academy. She is the head of the Academy for Mindfulness in Berlin.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists

TYPE OF BOOK

Training Manual
Christa Diegelmann, Margarete Isermann, Tanja Zimmermann

Therapy Tools Psycho-oncology

CONTENT

Cancer is one of the most common diseases in adults. In Germany around 500,000 people fall ill with it every year. The number of ‘cancer survivors’ is growing and now around 4 million. The disease can be accompanied by considerable physical and psychosocial problems: many patients come subjectively under heavy stress or show signs of some mental disorder.

Psycho-oncology provides some evidence-based interventions for patients and their relatives which can help reduce psychological stress and improve the quality of their lives. In its efforts to provide optimal support for people with cancer and their relatives and to treat them, this book includes a wide range of innovative and evidence-based working materials for psycho-oncological care.

- optimal support for cancer patients
- unique collection of materials on the subject
- written by well-known authors

AUTHORS

The three authors jointly head the ‘Psycho-Oncology Curriculum’ in Hannover, which has been certified by the German Cancer Society (DKG).

Christa Diegelmann, graduate psychologist and psychological psychotherapist in her own practice. Her professional focus is on psycho-oncology and psychotrauma therapy.

Margarete Isermann, graduate in psychology, business administration and economics; supervisor and lecturer, works as a psychological psychotherapist primarily with people suffering from trauma or cancer.

Tanja Zimmermann, graduate psychologist, psychological psychotherapist, university professor for psychosomatics and psychotherapy with a focus on transplant medicine and oncology at the Hannover Medical School.

TARGET GROUP

Psychological and medical psychotherapists, pastoral workers, palliative care workers

TYPE OF BOOK

Therapy tools
Models of a disorder’s origins and persistence explain how mental disorders develop and why they persist. They play a central role in the psycho education which therapists need. The interventions used on patients are derived from these models. They form the basis for relapse prevention.

This edition of the Therapy Tools series examines the disorder models in behaviour therapy for all the relevant mental disorders, including depression, anxiety disorders and addictions. To begin with the models are briefly presented and explained with therapists and patients in mind. Then, with the help of worksheets, therapists and patients can work out an individual model together and check it out in everyday life. In this way, some suitable starting points for effective treatment in therapy can be found.

Contents

Models for anxiety disorders • Adjustment disorders • Affective disorders • Dissociation • Eating disorders • Personality disorders • PTSD • Schizophrenia • Sleep disorders • Pain disorder • Sexual dysfunction • Somatoform disorders • Addiction disorders • Obsessive compulsive disorders

- all the behavioural therapy disorder models together in one book
- professional and clear compilation of all the therapy models
- over 50 disorder models, strongly practice-oriented

AUTHORS

Dr. Johannes Heßler-Kaufmann, psychological psychotherapist, basic certification as a schema therapist.

Dr. Peter Neudeck, psychological psychotherapist, teaching therapist and supervisor in his own practice in Cologne.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training

TYPE OF BOOK

Therapy tools
CONTENT

Digital media form an integral part of the world children and young people live in today. On the one hand, if used responsibly, they offer an opportunity for taking part in society; on the other hand, they tend to put high demands on the media skills of those who use them. In psychotherapy with children and adolescents, media behaviour has become a central issue. In order to be able to treat problematic media use, four areas need to be considered:

- awareness of the advantages and disadvantages of various types of media (including smartphones, social networks, computer games and online games)
- the ability to question your own consumption
- dealing with your own data in a competent and informed way (including data protection, data storage)
- awareness of potentially harmful sites or situations (including violence in the media, cyber-bullying)

This edition of Therapy Tools provides exercises and worksheets to support interventions using proven materials against problematic media use.

- learning to use smartphones etc. sensibly
- lots of illustrations and comics
- media use as a frequent topic in child and adolescent psychotherapy

AUTHORS

Dr. Anna Felnhofer, M.A. (Psych.), Medical University of Vienna, University Clinic for Paediatrics, Vienna.

Dr. Oswald D. Kothgassner, M.A. (Psych.), Medical University of Vienna, University Clinic for Paediatrics, Vienna.

Stéphanie Galliez, M.A. (Psych.), Medical University of Vienna, University Clinic for Paediatrics, Vienna.

TARGET GROUP

Child and adolescent psychotherapists, school psychologists, family and parenting counsellors

TYPE OF BOOK

Therapy tools
Leokardia Brüderl
Positive and Negative Schemas
75 therapy cards

CONTENT

Maladaptive and adaptive schemas are central to schema therapy for understanding disorders and for planning the process of therapeutic change. This set of cards provides a new and creative opportunity for in-depth work with negative and positive schemas.

After a short introduction, the schemas are visualised with photos, described and extended using early relationship experiences and evidence which are typical for the schema. Examples of dysfunctional ways of coping with activated, maladaptive patterns of experience are provided. Concrete instructions on how to create individual mode sketches ultimately support the development and visualisation of the connections between schema activation and current experiences in interpersonal conflicts.

The cards enhance experience-oriented, schema-therapeutic work with schema activations and their present effect. They can be used for working with adults as well as with children and adolescents.

Module 1: Introduction
Module 2: 18 negative, maladaptive schemas
Module 3: 18 positive, adaptive schemas
Module 4: Creating an individual mode sketch

AUTHOR

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

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training

TYPE OF BOOK

Set of 75 cards + booklet

October 2020

Card set; 49,95 EUR
4019172100360

- how early childhood schemas shape us
- using schemas in psychotherapeutic work
- striking photos visualise the schemas
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Building and consolidating self-esteem – how to do it.
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