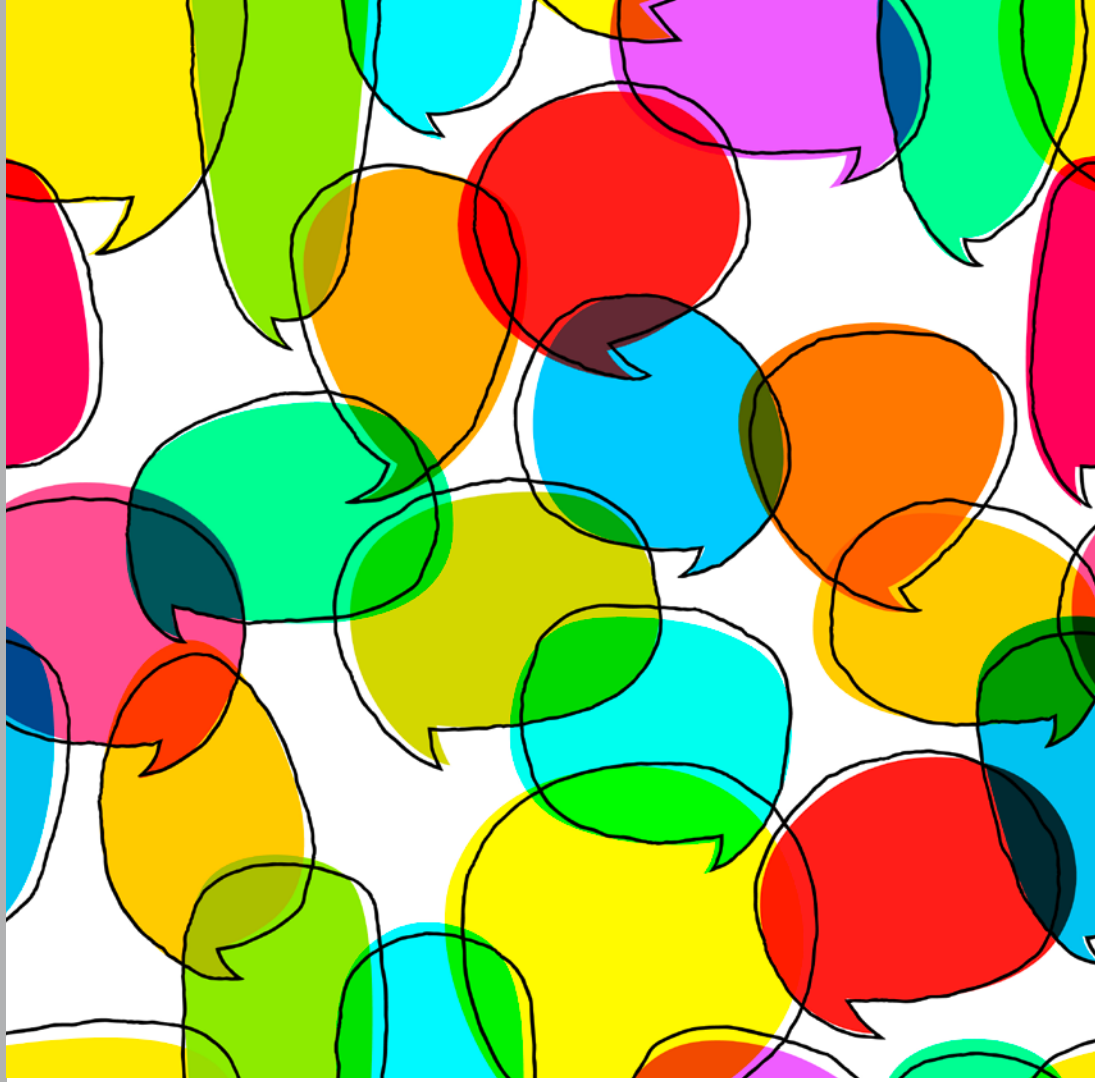


Foreign Rights Catalogue

Fall 2015

BELTZ



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■ Education

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■ Social Sciences

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MAY I HELP?

Do it yourself tips which make seniors' every day life easier



- ▶ **Do-it-yourself tips to make life easier for seniors**
- ▶ **The first do-it-yourself book for seniors and their families**
- ▶ **DIY is fun and saves money**

Seniors want to maintain independence for as long as possible; this book tries to help. Little alterations, such as to cutlery, a toothbrush, or a dressing aid, make a big difference. This do-it-yourself book doesn't simply save money; the suggestions are fun and bring people together. Anneke Goertz looks at what's tricky about daily life: getting up, getting dressed, eating, cooking, cleaning, mobility, leisure time. ... Her tips and tricks show how to create useful aids to make the home a more cheerful place. Everyone can lend a hand: grandchildren, neighbours, family members, and caregivers. This book is full of ideas that make it fun to help out and give seniors a better quality of life.

About the author

Anneke Goertz is a product designer. Her Master's project »Design for Alzheimer's« won an award from the University of Applied Studies in Potsdam.

Type of Book/Media

DIY-Book

Anneke Goertz

MAY I HELP?

Do it yourself tips which make seniors' every day life easier
approx. 220 pages, paperback
ISBN 978-3-407-86400-0
Publication date: 10/2015

Transformations

Turning 50 and beyond



- ▶ **Bestselling author**
- ▶ **Large target group: people over 50**

This is a book for people interested in a new perspective on aging. It shows how to take charge of one's own life and to reinvent it again and again, without the restrictions of social preconceptions. Bestselling author Irène Kummer gives multiple examples from her many years of experience as a practicing psychotherapist of how not to fight aging but to draw on experience to transform and reinvent a life-sexuality, work, even one's views on mortality.

About the author

Dr. Irène Kummer, psychotherapist and psycho-social counsellor

Type of Book/Media

Guidebook

Irène Kummer

Transformations

Turning 50 and beyond
approx. 320 pages, hardback
ISBN 978-3-407-85737-8
Publication date: 08/2015

Backlist

»Free at Last«
Ways out of depression

Love from Beginning to End
How couples stay together

Further guidebooks on
depression by the author:

»Now It's My Turn«
Fighting depression. Help for self-help



ISBN 978-3-407-85845-0

»We'll get through this«
Overcoming depression together:
a book for partners, family and friends



ISBN 978-3-407-85992-1



- ▶ Step by step ways to end depression
- ▶ Bestselling author whose depression self-help guides have sold over 110,000 copies in Germany

The further a person sinks into depression, the more it affects their whole life, and the more they distance themselves from their true selves and who they want to be. With heartfelt advice, Josef Giger-Bütler shows the way out of depression and back to self, leaving illness behind.

About the author

Dr. Josef Giger-Bütler is a psychotherapist with his own practice in Lucerne. For many years, he has specialized in depression therapy and healing, and has previously written four best-selling books on this topic.

Type of Book/Media

Guidebook

Josef Giger-Bütler
»Free at Last«
Ways out of depression
330 pages, paperback
ISBN 978-3-407-85741-5
Publication date: 10/2015



- ▶ The best-selling couples book, completely revised
- ▶ A plea for a new ideal of love

These two couples therapists present a step-by-step method for overcoming crises in relationships, and finding mutual love and happiness in surprisingly new ways.

This completely revised bestseller provides examples from everyday life to demonstrate the fascinating transformation of idealized romantic love into a new, deeper love reality.

About the authors

Birgit Dechmann is a couples and family therapist, and body and trauma therapist. Christiane Ryffel is an individual and couples therapist.

Type of Book/Media

Guidebook

Birgit Dechmann/Christiane Ryffel
Love from Beginning to End
How couples stay together
approx. 280 pages, paperback
ISBN 978-3-407-85743-9
Publication date: 08/2015

**The Mystery of the
First Nine Months**
Journey Into Life



- **By bestselling author Gerald Hüther**
- **A fascinating look at life before birth**
- **Extended and updated edition**

What happens between a child and the parents during the first nine months in the womb? The authors give new insight into the prenatal world and explain the importance of the parent-child relationship for development before and at birth. The authors present the latest findings in neuroscience and developmental psychology as well as observations from assisting deliveries to explain and describe the fascinating development of the embryo and its importance to child development. Further contributors focus on parents, show how their bond with the child develops before birth, and show how parents can take a positive attitude to parenting to overcome fears and anxiety.

About the authors

Gerald Hüther is a professor of Neurobiology in Göttingen and one of the most renowned experts on the human brain and parenting in Germany, Austria and Switzerland.

Ingeborg Weser is a psychotherapist specializing in Prenatal Psychology, who trains therapists, birth coaches, and midwives.

Type of Book/Media

Non-fiction book/Guidebook

Gerald Hüther/Ingeborg Weser
The Mystery of the First Nine Months
Journey Into Life
approx. 240 pages, hardback
ISBN 978-3-407-85759-0
Publication date: 08/2015

Rights sold (1st edition): Czech

**Love – Encouragement –
Letting Go**
Raising children the Montessori way



The Montessori approach teaches that if we solve all of a child's problems ourselves, we take away opportunities for children to learn and grow. Children must have the chance to learn independently and trust in themselves.

This book is for all parents who want to take a moment to reflect on the way they are raising their children. Most of the suggestions in the book are aimed at parents with children up to the age of eight, but the principles can be applied to older children, or adults. The author provides multiple examples and dialogues between parents and children to demonstrate how to avoid stepping in when unnecessary and support a child's autonomy and sense of responsibility.

About the author

Heidi Maier-Hauser taught for many years in a Montessori kindergarten in Zurich. In parenting courses, she taught the Montessori approach for home and school.

Type of Book/Media

Guidebook

Heidi Maier-Hauser
Love – Encouragement – Letting Go
Raising children the Montessori way
208 pages, hardback
ISBN 978-3-407-22925-0
Publication date: 02/2013

Rights sold: Russian, Serbian

Colleagues
50 Strategies to Survive the Office



- **Funny and useful; a must-read!**
- **44 daily survival strategies**

»Hell is other people.« You don't have to study philosophy to know this is true. Walking into an office is enough to see that conflict lurks everywhere: the annoying jokester, the scheming careerist, the overly relaxed officemate who leaves an urgent request unanswered for days – never mind the charming boss... In this book, Wolf Reiser shows how to get through the day-to-day struggle to survive the office with humour when you really should take a day off and, when there's no other alternative, how to make an elegant exit.

About the author

Wolf Reiser is a newspaper and magazine journalist. He also writes travel guides, short stories, and film scripts.

Type of Book/Media

Non-fiction book/Guidebook

Wolf Reiser
Colleagues
44 Strategies to Survive the Office
approx. 192 pages, paperback
ISBN 978-3-407-36601-6
Publication date: 09/2013

Backlist

From our series:

BIG
Emotions

Anger



ISBN 978-3-407-72734-3

Friendship



ISBN 978-3-407-72716-9

Bravery



ISBN 978-3-407-72715-2

Security



ISBN 978-3-407-72712-1

Big Emotions: Consolation

How children learn to overcome sadness



► **Comforting gestures, soothing words and rituals**

► **The author is an experienced family therapist**

Consolation takes many forms. Children develop strategies to overcome pain and sadness early in their lives. Sometimes it is difficult even to hear their cries for help. Sometimes they are so insistent that parents don't know what to do. This book helps find the right gestures, words and rituals for easing children's pain. Gundula Göbel presents multiple examples from her work as a therapist of how parents can console and support their children.

About the author

Gundula Göbel is a child and youth psychotherapist.

Book/Type of Media

Guidebook

Gundula Göbel

Big Emotions: Consolation

How children learn to overcome sadness

approx. 128 pages, paperback

ISBN 978-3-407-72740-4

Publication date: 08/2015

Leave Fathers Be

How children learn to overcome sadness



► **Taboo topic: discrimination against fathers**

► **Strong words, new perspectives**

Happiness is fatherhood, but not every father is allowed this happiness. Many fathers are held back by stubborn employers who believe that parenting gets in the way of a career, but also by partners who believe a child belongs solely to the mother. There is nothing better for a child than a father who takes responsibility. The author interviews experts and fathers, and calls for a complete rethinking of their situation. After generations of absentee progenitors and providers it is time for a completely new understanding of fatherhood, changes to parenting, and careers.

About the author

Barbara Streidl is a journalist.

Type of Book/Media

Non-fiction book

Barbara Streidl

Leave Fathers Be

A polemic paper

approx. 160 pages, paperback

ISBN 978-3-407-85707-1

Publication date: 08/2015

Problem Parents, Problem Schoolchildren

A How-To Guide



► Mastering parent-teacher and student-teacher conflicts

A student who exhibits troublesome behaviour at school may also be in conflict with parents at home. This book presents typical situations in which teachers are confronted with students and parents in difficulty. In part I, the author uncovers parental strategies behind such questions as »What do you have against my son/daughter?« and proposes effective counter-strategies to help all parties work together. In part II, the author does the same for typical student responses such as, »I didn't really mean it,« or »I just couldn't do it.«

About the author

Dr. Günther Hoegg is a schoolteacher in Emden with a degree in school law.

Target Group

Teachers in all types of schools

Type of Book/Media

Practice Manual

Günther Hoegg
Problem Parents, Problem Schoolchildren
 A How-To Guide
 200 pages, paperback
 ISBN 978-3-407-62941-8
 Publication date: 07/2015

Guide to Parent-Teacher Conversations for Teachers



► Tools and Techniques for Parent-Teacher Meetings

Well conducted parent-teacher meetings make teaching easier and more effective – this is the central message of this book. The authors present a scientifically-based approach to the planning and conduct of successful parent-teacher discussions. The book provides teachers with the tools and techniques they need to improve their skills in running meetings and conducting difficult discussions with parents.

About the authors

Dr. Gernot Aich is a Junior Professor of Educational Psychology, Consulting and Intervention at the University of Education of Schwäbisch Gmünd. Dr. Michael Behr is a Professor of Educational Psychology, Consulting and Intervention at the University of Education of Schwäbisch Gmünd.

Target Group

Teachers at all types of schools, educators

Type of Book/Media

Practice Manual

Gernot Aich/Michael Behr
Guide to Parent-Teacher Conversations for Teachers
 approx. 300 pages, paperback
 ISBN 978-3-407-25544-0
 Publication date: 08/2015

How Inclusion can Succeed at School – and Why Some Attempts Fail



► Inclusion considered from multiple perspectives

This book contains commentary on the inclusion debate from leading experts in education and society. The author interviews Kersten Reich, Bernd Ahrbeck, Annedore Prengel, Heinz Klippert, Rainer Schmidt and others about their views on inclusion and the importance of school. At the same time, they identify problems and risks that come with inclusion. This very readable text provides teachers with sound insight into diverse points of view on this topic.

About the author

Katja Irlle is a journalist, author and moderator. She is a news editor for Hessischer Rundfunk and spent many years as education editor for the newspaper Frankfurter Rundschau. She has followed inclusion in Germany throughout her career.

Target Group

Teachers at all types of schools and of all age levels, educational policymakers

Type of Book/Media

Debate book

Teaching in a Playful Way and Designing Communication

Acting techniques for increasing participation in the classroom



► Promotes long-term learning

► 2nd extended edition 2015 – new exercises

In this book, teachers learn to create a positive learning environment by improved awareness of classroom communication. Simple acting techniques can help to increase student motivation and enthusiasm for learning. A teacher who is aware of body language and verbal signals can make use of them to affect student behaviour. These techniques also serve to successfully navigate difficult teaching situations.

About the author

Maïke Plath is a freelance Drama Educator, Jury Member of the Berlin Youth Theater Meeting at the Berlin Festspiele (Theatertreffen der Jugend Berlin) and member of the Board of Directors of »Mitspiel Gelegenheit e. V. Berlin« (A Chance to Act, Berlin). For many years, she taught German and Drama at a junior high school.

Target Group

Teachers at all types of schools, and of all age levels

Type of Book/Media

Practice Manual

Backlist

Further titles by Maïke Plath:

Picture Card Box Writing Workshop



ISBN 978-3-407-62916-6

Participatory Drama Lessons with Teenagers



ISBN 978-3-407-62891-6

Picture Card Box for Drama Lessons



ISBN 978-3-407-62775-9

Katja Irlle

How Inclusion can Succeed at School – and Why Some Attempts Fail

128 pages, paperback
ISBN 978-3-407-25724-6
Publication date: 10/2015

Maïke Plath

Teaching in a Playful Way and Designing Communication

Acting techniques for increasing participation in the classroom
approx. 168 pages, paperback
ISBN 978-3-407-62956-2
Publication date: 07/2015

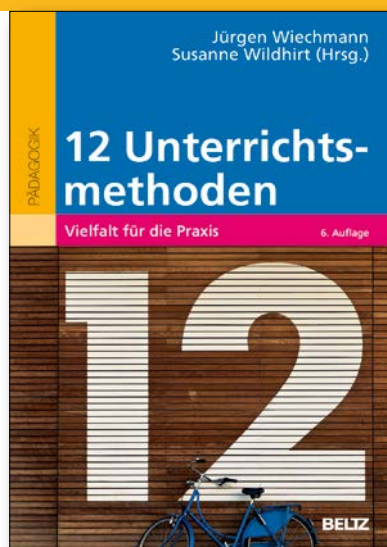
Twelve Teaching Methodologies

Variety in classroom lessons

Teaching »Happiness« as a Subject in Schools

Basics and methods

Backlist



► The standard textbook on variation in methodology

► New methodologies

This well-proven standard textbook is now available in its 6th completely revised edition. It presents twelve key methodologies that form the basis of contemporary teaching and long-term learning: from standard top-down delivery to the group puzzle format and project work. The most important approaches are presented and explained clearly. The book can serve either as a reference manual or as a textbook for study.

About the editors

Dr. Jürgen Wiechmann taught at a comprehensive high school for many years and is a professor at the Institute for Education Studies at the University of Koblenz-Landau.

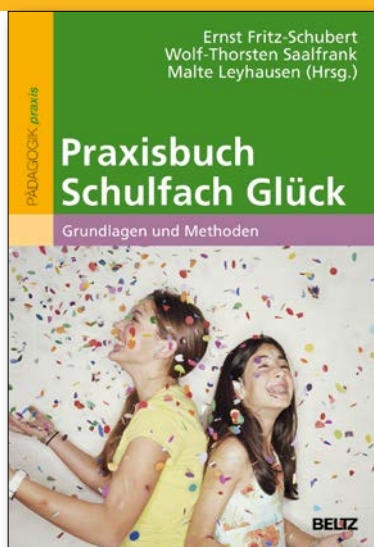
Dr. Susanne Wildhirt lectures in General Didactics at the University of Education in Lucerne.

Target Group

Teachers of all subjects, at all types of schools, and all age groups

Type of Book/Media

Foundational textbook



► A happiness curriculum to be taught in schools

First introduced as a school subject in 2007 by Ernst Fritz-Schubert, today »Happiness« is taught at over 100 schools in Germany and Austria. The aim is to add a subject of study to the curriculum that teaches life skills and personal happiness to children and youths. This book presents and explains methods of teaching this subject. It provides the basis for a certified teaching specialization in »Happiness«.

About the editors

Ernst Fritz-Schubert directed the Willy-Hellpach-School in Heidelberg as Head of Studies.

Dr. Wolf-Thorsten Saalfank is a lecturer for the Chair of School Pedagogy at Ludwig-Maximilians-University Munich.

Malte Leyhausen is an instructor for the teaching specialization in »Happiness«.

Target Group

Teachers at all types of schools, teachers-in-training, education studies students, school directors, educators, teacher-training and further education instructors

Type of Book/Media

Practice Manual

Further titles from our backlist:

14 Fantasy Journeys for the Classroom



ISBN 978-3-407-62879-4

The Basics of Teaching



ISBN 978-3-407-62801-5

130 Mobility Games for Primary School



ISBN 978-3-407-62011-8

Jürgen Wiechmann (ed.)

Twelve Teaching Methodologies

Variety in classroom lessons
approx. 200 pages, paperback
ISBN 978-3-407-25741-3
Publication date: 09/2015

Ernst Fritz-Schubert/Wolf-Thorsten Saalfank/Malte Leyhausen (eds.)

Teaching »Happiness« as a Subject in Schools

Basics and methods
approx. 260 pages, paperback
ISBN 978-3-407-25735-2
Publication date: 09/2015

Introduction to Socialization Theory



► A classic text – completely revised and updated 8th edition

This introductory textbook presents the central theories of socialization from the fields of psychology and sociology. The authors present definitions and concepts as well as central aspects of socialization in the family, the socio-cultural environment, and the educational system. Now in its 8th edition, the textbook provides a complete overview of the topic, including the latest developments in research and study.

About the editors

Dr. Klaus Hurrelmann is a professor at the Hertie School of Governance in Berlin.

Dr. Ullrich Bauer is a professor of Socialisation Studies at the University of Bielefeld.

Dr. Matthias Grundmann is managing director at the Institute for Sociology at the Westfälische Wilhelms-University Münster.

Dr. Sabine Walper is professor of Psychology at the Ludwig-Maximilians-University Munich.

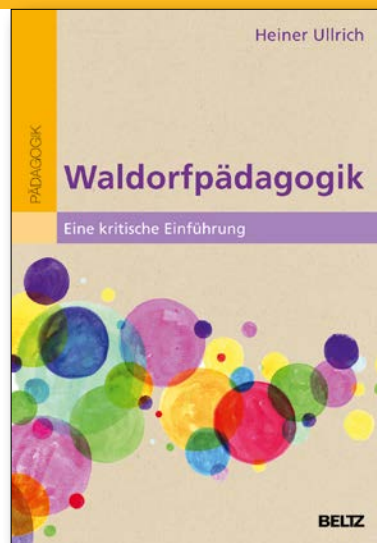
Target Group

Students and lecturers in the departments of Education, Sociology and Psychology

Type of Book/Media

Textbook

Waldorf Pedagogy A Critical Introduction



► Between innovative pedagogy and the founder's world view

The ongoing dialogue between Waldorf pedagogy and studies in Education has intensified over the past two decades. This introductory textbook presents the educational and teaching models used in Waldorf schools and kindergartens from the way the teaching faculty work together, the curriculum based on a whole-body approach to learning, the long-term classroom teacher model, and teaching and educational principles inspired by Goethe.

Readers are given an overview of current research on Waldorf schools, in particular, the teacher-student relationship, the Waldorf teacher and student value system, and the experience and later careers of Waldorf graduates.

About the author

Dr. Heiner Ullrich is a professor of Educational Studies at the Johannes-Gutenberg-University in Mainz.

Target Group

Teachers, teachers-in-training, students of Education Studies, parents

Type of Book/Media

Practice Manual

Klaus Hurrelmann/Ullrich Bauer/
Matthias Grundmann/Sabine Walper (eds.)
Introduction to Socialization Theory
approx. 968 pages, paperback
ISBN 978-3-407-83183-5
Publication date: 07/2015

Heiner Ullrich
Waldorf Pedagogy
A Critical Introduction
approx. 200 pages, paperback
ISBN 978-3-407-25721-5
Publication date: 07/2015

Keep the Good in View

Positive psychology for a happy life



► Written by experienced happy-life-coaches with practical exercises for more happiness in life

What is happiness and how do I achieve it? These questions occupy the minds of many, if not all, people in some way or other. If you strive for a happy life, you first have to find out what it is that makes you happy in the first place, what is important to you and what you can do without, if need be, so that something more important for you can be realised. In their guidebook, the two authors provide assistance with this by means of practical exercises based on positive psychology.

About the authors

Prof. Dr. Hans-Joachim Funke, doctor for neurology and psychiatry/psychotherapy, Hamburg.
Julia Westermann, coach for positive psychology, runs the »Loving Life« seminars together with Hans-Joachim Funke.

Target Group

Interested laymen, coaches and therapists who can recommend it to patients

Type of Book/Media

Guidebook for patients

Hans-Joachim Funke/Julia Westermann
Keep the Good in View
Positive psychology for a happy life
approx. 160 pages, hardback
ISBN 978-3-621-28186-7
Publication date: 09/2015

Goodbye to Your Humble Servant

Gaining self-confidence and acting confidently



► By the authors of the successful guidebook »Going New Ways«

Of course everyone wants to be self-confident, but how do you manage it? Confidence first has to be created on the inside: this is done by learning to accept yourself and to trust yourself. Only then can you project it convincingly to the outside world. In this guidebook for patients by Seebauer and Jacob, readers learn to communicate their needs clearly and to uphold them with confidence. The authors encourage readers to change their perspective and, by doing that, enable them to recognise their own value.

About the authors

Dr. Gitta Jacob, senior psychologist, GAIA AG Hamburg.
Laura Seebauer, graduate psychologist, psychological psychotherapist at the University of Freiburg.

Target Group

Interested laymen, coaches and therapists who can recommend it to patients

Type of Book/Media

Guidebook for patients

Laura Seebauer/Gitta Jacob
Goodbye to Your Humble Servant
Gaining self-confidence and acting confidently
176 pages, hardback
ISBN 978-3-621-28265-9
Publication date: 07/2015

Freedom from Worry and Negative Thinking

How to stop thinking negative thoughts



- ▶ **A self-help and therapy companion**
- ▶ **For use against anxiety and depression**

Endless brooding, constant worrying - many people find it impossible to stop their thoughts going round and round in circles. According to metacognitive therapy, it is not the content of these thoughts but how they are dealt with which can cause the mental disorders. With empathy and understanding, the authors put over the therapeutic concept and provide the reader with numerous exercises and strategies to get negative thoughts and feelings under control.

About the authors

Dr. Oliver Korn, graduate psychologist, Medical University of Lübeck.

Dr. Sebastian Rudolf, medical director of the Helios Clinic, Schleswig.

Target Group

Sufferers, their families, psychotherapists

Type of Book/Media

Guidebook for patients

Oliver Korn/Sebastian Rudolf

Freedom from Worry and Negative Thinking

How to stop thinking negative thoughts. Self-help and therapy companion with metacognitive therapy approx. 200 pages, hardback ISBN 978-3-621-28261-1 Publication date: 09/2015

Mothers with Borderline Personality Disorders

The training manual »being borderline and a mother«



- ▶ **Proven manual for group and individual settings**

The lives of people with a borderline personality disorder are characterised by ongoing crises and extreme fluctuations in mood and self-esteem. Sufferers often react highly impulsively in stress situations. This means that children of mothers with this kind of disorder are often exposed to major development risks.

The manual provides background information and specific instructions for practical work with mothers who are affected. The twelve training sessions show victims, amongst other things, how to deal better with stress, their own feelings or the needs of their children. With lots of work sheets and exercises.

About the authors

Dipl. Psych. Sigrid Buck-Horstkotte, graduate psychologist, Prof. Dr. Babette Renneberg, Dr. Charlotte Rosenbach; all at the Free University of Berlin.

Target Group

Psychological psychotherapists, social workers, youth welfare officers, counselling centres

Type of Book/Media

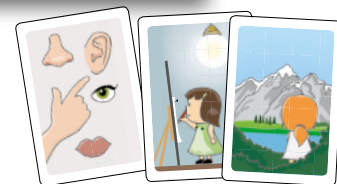
Therapy manual

Sigrid Buck-Horstkotte/Babette Renneberg/Charlotte Rosenbach

Mothers with Borderline Personality Disorders

The training manual »being borderline and a mother« approx. 128 pages, hardback ISBN 978-3-621-28260-4 Publication date: 09/2015

Resource Exercises for Children and Adolescents



- ▶ **Simple exercises to follow for therapy and counselling**

While they are growing up, many children and adolescents experience large and small crises in the family, at school or in kindergarten. To deal with them, it is important that they can activate or develop their own resources. By using these 60 resource cards, children and adolescents in difficult situations can focus on their own resources more quickly and develop a more relaxed approach to challenges. Each of the attractively illustrated cards provides a resource exercise which can easily be put into use.

About the authors

Dipl.-Psych. Melanie Gräßer, psychological psychotherapist, Lippstadt.

Eike Hovermann jun., Director of the Academy of Kindergartens, Day-care and After-school Care Centres, Lippstadt.

Target Group

Psychotherapists for children and adolescents, teachers, educators, parents

Type of Book/Media

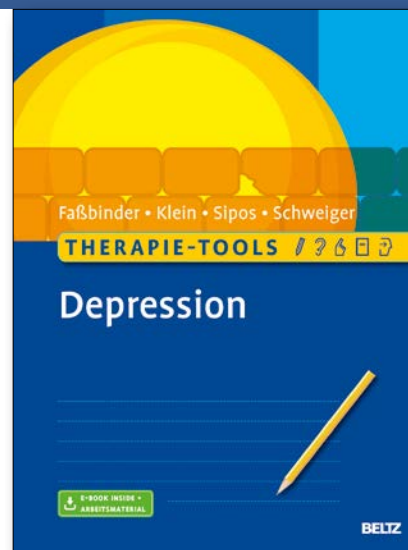
Set of 56 picture cards + booklet

Melanie Gräßer/Eike Hovermann jun.

Resource Exercises for Children and Adolescents

56 picture cards ISBN 978-3-621-28216-1 Publication date: 04/2015

Therapy Tools: Depression



► First collection of materials for depression

Along with anxiety disorders, depression is one of the most common mental disorders. As they are both also associated with a high risk of suicide and are partially resistant to therapy, successful treatment of patients with depression is highly important.

This first collection of therapy tools for depression includes more than 150 exercises, work and information sheets about the various therapeutic approaches. Tools from CBT, CBASP, schema therapy, ACT and metacognitive therapy, which can be implemented immediately, are introduced in a comprehensive way.

About the authors

Dr. med. Eva Faßbinder, Dr. med. Philipp Klein, Dr. med. Valerija Sipos, Prof. Dr. med. Ulrich Schweiger; all at the Medical University of Lübeck.

Target Group

Psychotherapists in training and already working, psychiatrists

Type of Book/Media

Therapy tools

Eva Faßbinder/Philipp Klein/Valerija Sipos/
Ulrich Schweiger

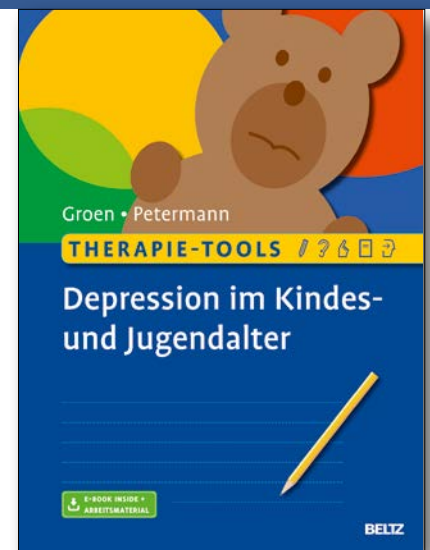
Therapy Tools: Depression

approx. 300 pages, paperback

ISBN 978-3-621-28225-3

Publication date: 09/2015

Therapy Tools: Depression in Childhood and Adolescence



► Extensive collection of materials for all phases of therapy

Depression can be a problem even in childhood and adolescence. This new, disorder-specific book in the »Tools« series has now brought together the materials required for treatment in one place for the first time. In addition to tools which have been tried and tested, there are some new diagnostic and, in particular, therapeutic materials to support psychotherapy and counselling with children and adolescents who are sad, withdrawn and depressed, and their families. Essential material for therapists treating children and adolescents.

About the authors

Prof. Dr. Gunter Groen, University of Applied Sciences, Hamburg.

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

Target Group

Psychotherapists for children and adolescents, psychiatrists for children and adolescents, workers in counselling centres

Type of Book/Media

Therapy tools

Gunter Groen/Franz Petermann

Therapy Tools: Depression in Childhood and Adolescence

approx. 256 pages, paperback

ISBN 978-3-621-28267-3

Publication date: 10/2015

Therapy Tools: Integrative CBT



► Extensive collection of material for integrative CBT

Integrative cognitive behavioural therapy has achieved some very good results as a treatment for a variety of disorders. In this book, Harlich H. Stavemann provides therapists with an extensive range of materials to implement the approach in a meaningful and successful way for many different disorders and settings, for example anxiety disorders, addiction treatment or the treatment of schizophrenia.

About the author

Dr. Harlich H. Stavemann, Director of the Institute for Integrative Behavioural Therapy in Hamburg, author of many Beltz specialist books.

Target Group

Medical and psychological psychotherapists, psychotherapists in training, psychiatrists

Type of Book/Media

Therapy tools

Harlich H. Stavemann

Therapy Tools: Integrative CBT

approx. 400 pages, paperback

ISBN 978-3-621-28264-2

Publication date: 09/2015

Therapy Tools: Resilience



► 7 ways to higher resilience for clients and patients

► Popularity of resilience

Resilience is the ability to withstand misfortune or change, and an inner personal strength. In therapeutic work it plays an increased role to develop resilience and thus to prevent psychological disorders and other personal problems. In her work on developing resilience, Bea Engelmann focuses on personal strength and individual self-worth and helps with the 7 ways (empathy, sense of self, vitality, self-efficacy, self-determination, optimism, coping) to develop a stronger self. With the aid of many exercises and worksheets the patients learn about their strengths and resources.

About the author

Bea Engelmann, psychologist, freelance Coach in Bremen, lecturer at the University of Bremen.

Target Group

Psychotherapists (medical/psychological), coaches, trainers

Type of Book/Media

Therapy tools

Bea Engelmann

Therapy Tools: Resilience

192 pages, paperback

ISBN 978-3-621-28138-6

Publication date: already published

Rights sold: Dutch

Backlist

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Empathy as a Key

Non-violent communication in psychotherapy and counselling



► **NVC for psychological professions for the first time, written by NVC experts**

»Non-violent Communication« (NVC) is a communication concept which was developed by Marshall Rosenberg and is now used in various fields. It focuses on developing a positive relationship with the other person, allowing more cooperation to be achieved. Geiger and Baumgartner have now for the first time transferred the methods of NVC and the way using it can be targeted into the world of psychology and psychotherapy.

About the editors

Dipl. Psych. Sabine Geiger, hypnotherapist, trainer for non-violent communication, Munich.
Dipl. Psych. Sybille Baumgartner, a freelance corporate consultant, trainer for non-violent communication, Munich.

Target Group

Psychological and medical psychotherapists, counsellors, coaches and trainers, school psychologists

Type of Book/Media

Practice manual

Sabine Geiger/Sybille Baumgartner (ed.)
Empathy as a Key
Non-violent communication in psychotherapy and counselling
approx. 300 pages, hardback
ISBN 978-3-621-28154-6
Publication date: 09/2015

Disorder-Specific Schema Therapy

For use in in-patient settings



► **First book on disorder-specific schema therapy with many case studies**

Thanks to its success in dealing with individual disorders, schema therapy is no longer only used for out-patient treatment, but also in in-patient settings for a whole range of mental disorders. For this reason, the authors have taken a close look at the disorder-specific applications the method has: there are a lot of case studies which show therapists how to proceed, for example, with eating disorders, depression or compulsion disorders; which schema therapeutic techniques are most effective in each individual case. Also includes many charts and therapeutic dialogues.

About the authors

Dipl. Psych. Yvonne Reusch, Dr. Matias Valente, graduate psychologist, both work at the Weissenhof Clinic, Weinsberg.

Target Group

Psychological and medical psychotherapists, psychiatrists, clinical staff

Type of Book/Media

Practice manual

Yvonne Reusch/Matias Valente
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For use in in-patient settings
approx. 250 pages, hardback
ISBN 978-3-621-28258-1
Publication date: 08/2015

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Rights sold: Dutch, Italian

Toolkit »Health«

Success as a trainer and coach in the field of workplace health promotion



► **Practical toolkit**

► **Over 100 highly effective exercises**

Health at work is a highly topical issue and consequently a promising area of work for trainers, coaches and consultants. This practical reference book helps making the daily work easier for trainers, coaches and consultants who are active in the field of health management, but is also ideal for anyone who wants to look into this rewarding field of activity on their own. It contains more than 100 tried and tested exercises for physical, mental and social health which can be quickly included in the programme – also ideal for beginners.

About the editors

Katja Cordts-Sanzenbacher, a graduate in psychology and business administration, and Kerstin Goldbeck, a graduate social scientist, are joint directors of the CORAGOLD Institute for Sustainable Coaching and Training in Berlin.

Target Group

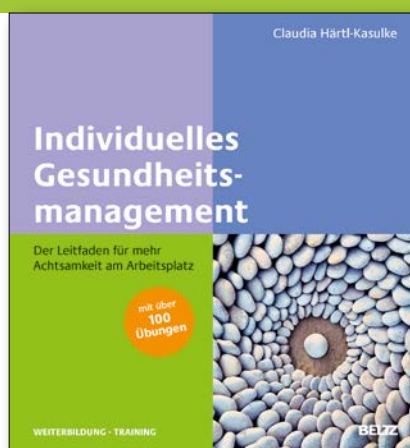
Trainers, coaches, counsellors, staff developers, managers, training institutes

Type of Book/Media

Practice manual

Individual Health Management

Guide with more than 100 exercises for more mindfulness in the workplace



► **Methods for achieving more mindfulness in all areas of life**

Health is important for every one of us. But where do we find time for it in our overfilled daily working lives? Claudia Härtl-Kasulke explains how to make sure we provide ourselves enough time out and how not to drown in the confusion of our busy daily lives. With this book, she provides the basis for an easy introduction to practising mindfulness. After some basic theoretical models, she provides some best practice examples and a range of methods and exercises that can be easily integrated into everyday life.

About the author

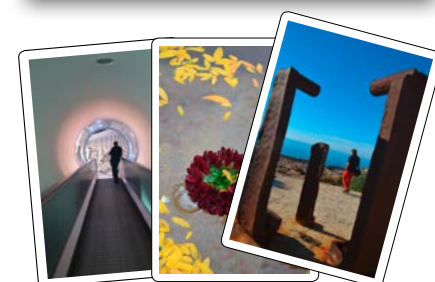
Dr. Claudia Härtl-Kasulke founded BK + K BK+K Beratung Kultur + Kommunikation/Berlin in 1991. Together with her team, she spends time with executives and their teams in their firms.

Target Group

Trainers, seminar participants, staff consultants, managers and anyone else who needs some time out in their everyday lives

Type of Book/Media

Practice manual

75 Picture Cards Health and Mindfulness

► **Using illustrations to open the mind to health and the need for breaks**

Especially at a time when it is difficult to stop and make a break, it is important to get clients and seminar participants moving in the right direction. Picture cards are a great way to inspire participants to escape from their current situation and to focus on the issue in question. The many exercise guidelines in the book offer readers plenty of suggestions on how to practise this themselves. The picture cards are excellent for use in one-to-one situations, small groups and large groups and also for designing processes.

About the authors

With their company BK +K Beratung Kultur +Kommunikation, Claudia Härtl-Kasulke and Otto Kasulke offer expertise for executives and their teams through change processes and strategy development.

Target Group

Coaches, consultants, trainers, therapists, supervisors

Type of Book/Media

Set of 75 picture cards + booklet

Katja Cordts-Sanzenbacher/
Kerstin Goldbeck (eds.)

Toolkit »Health«

Success as a trainer and coach in the field of workplace health promotion
approx. 300 pages, hardback
ISBN 978-3-407-36571-2
Publication date: 09/2015

Claudia Härtl-Kasulke

Individual Health Management

Guide with more than 100 exercises for more mindfulness in the workplace
approx. 180 pages, hardback
ISBN 978-3-407-36585-9
Publication date: 10/2015

Claudia Härtl-Kasulke/Otto Kasulke

75 Picture Cards Health and Mindfulness

Card set + 32-page booklet
ISBN 978-3-407-36580-4
Publication date: 08/2015

Pedagogy and Masculinity

An Introduction



► When is a boy a boy?

In this book, being a boy and being a man are considered as identities expressed through open or hidden references in learning and teaching processes in different pedagogical contexts. When maleness and masculinity are recognized as coping patterns or patterns of appropriation, it is possible to uncover them in pedagogy, not just through reconstruction. The book considers maleness and masculinity in the following pedagogical institutions: the family, school, youth work and adult education. The following roles are considered in their relation to masculinity and being a boy: the father, the youth counselor, the teacher and the social worker. The book concludes with a presentation of methodological and practical suggestions.

About the author

Lothar Böhnisch, Dr. rer. soc. habil., until 2009 Professor of Social Pedagogy and Life Age Socialization at the Technical University Dresden, currently lecturer in Sociology at the Free University of Bozen/Bolzano.

Target Group

Educators, lecturers and others working in the fields of social work and social pedagogy

Type of Book/Media

Foundational textbook

Lothar Böhnisch
Pedagogy and Masculinity
 An Introduction
 approx. 256 pages, paperback
 ISBN 978-3-7799-2308-4
 Publishing date: 07/2015

Interpretive Social Sciences

An Introduction



► The introduction to sociology

► 4th edition

This book presents an introduction to the gathering and interpretation of data in the social sciences. It focusses on interpretive paradigms, and on the generation of hypotheses and data-based theories.

About the author

Dr. rer. soc. Gabriele Rosenthal is a professor of Qualitative Methodology at the Centre for Methodology in Social Sciences in the faculty of Social Sciences at the Georg-August-University in Göttingen. She specializes in Interpretive Sociology, Biography and Family Studies, and Holocaust research.

Type of Book/Media

Foundational textbook

Gabriele Rosenthal
Interpretive Social Sciences
 An Introduction
 256 pages, paperback
 ISBN 978-3-7799-2608-5
 Publishing date: 01/2014

Rights sold: Portuguese

Non-Fiction, Guidebooks



Jana Nikitin / Marie Hennecke (eds.)
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Adolf Timm / Klaus Hurrelmann
Starting School Strong
What children need before they start school



Coks Feenstra
The Big Book of Twins
Rights sold: Dutch, Spanish

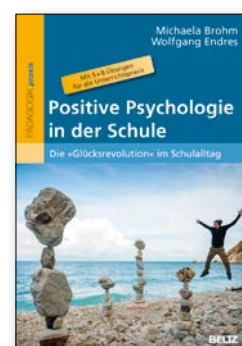
Education



Kristina Calvert
48 Philosophy Picture Cards for Children



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Thoughts as Strong as Bears, for Teachers



Michaela Brohm / Wolfgang Endres
Positive Psychology for Schools

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Sabine Ecker
At Home in Your Own Body



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Relaxed at Work



Christof Loose / Peter Graaf / Gerhard Zarbock (eds.)
Disorder-specific Schema Therapy with Children and Adolescents



Barbara Renner-Wiest / Christiane Pfohlmann
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