

Reference Book Programme 2025

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Susanne Büscher

Grief and Loss

Picture Workshop. 80 pictures for therapy and counselling

CONTENT

Grief is part of life. We are constantly saying goodbye – to friendships, unfulfilled dreams, missed opportunities and loved ones. We cannot escape saying goodbye.

Loss comes along with strong feelings, disturbing thoughts and worries. This card set gives expression to these experiences. The diverse motifs in the picture card set help in grief work, therapy or on your own to experience farewell, death and grief in all their facets.

- Picture cards on the topics of grief and farewell
- Making inner processes visible
- Overcoming speechlessness and showing perspectives



Febuary 2025 card set; 32,00 EUR 4019172101879

AUTHOR

Susanne Büscher is a certified social pedagogue, pastoral counsellor and alternative practitioner for psychotherapy. She works in her own practice in Waldbröl, North Rhine-Westphalia, where she supports people in life and relationship crises. The focus of her work is on self-esteem, biography, communication and resilience.



Katharina Elisabeth Kossmann, Wolfgang Allerdings

Life without Alcohol

Exercises and information for a better attitude towards life, health and well-being

CONTENT

Patients with alcohol problems represent a large group in psychotherapy. Whether as a primary diagnosis or comorbid with other disorders, alcohol consumption is often a problem that needs to be addressed therapeutically. The card set can be used in therapy, addiction counselling, but also privately. The cards are sorted into different categories (e.g. thinking, acting, feeling, psychoeducation).

Control, reduce or stop alcohol consumption

- Low-threshold, creative therapy cards
- Exercises and food for thought
- With memorable images



March 2025 card set; 32,00 EUR 4019172101701

AUTHOR

Katharina E. Kossmann is a psychologist (M.Sc.) and psychological psychotherapist in training, a long-standing lecturer and consultant. She has additional training in emergency psychology and various relaxation techniques. She works in her own practice in Switzerland, in an outpatient clinic and at several Swiss universities.

Wolfgang Allerdings is a physiotherapist, gymnastics and yoga teacher. He is currently studying for a bachelor's degree in psychology at the University of Freiburg.



Marion Pothmann

Therapy Tools - Schema Therapy in Groups with Children

CONTENT

Schema therapy has been used successfully in adult psychotherapy in a group setting for over 10 years.

Schema therapy principles and techniques can also be implemented very effectively in groups with children and adolescents. Needs and different modes are actively addressed in group exercises, allowing children to support and learn from each other. The materials can be used flexibly depending on the session topic, but a 'common thread' for implementing a complete group programme (Checker Club) with the appropriate materials is also provided.

- Planning and organising schema therapy groups for children
- Working with different modes
- Seizing opportunities and dealing with challenges
- Materials can be used flexibly or in a predetermined sequence
- With humorous illustrations



Febuary 2025 220 pages; 42,00 EUR 978-3-621-29153-8

AUTHOR

Dr. Marion Pothmann, certified psychologist, child and adolescent psychotherapist in private practice in Hamburg. Supervisor and lecturer at CIP Munich, in youth welfare and clinics. Further training in family therapy, group psychotherapy, schema therapy.



Miriam Spering, Thomas Schmidt General Psychology 1 Compact

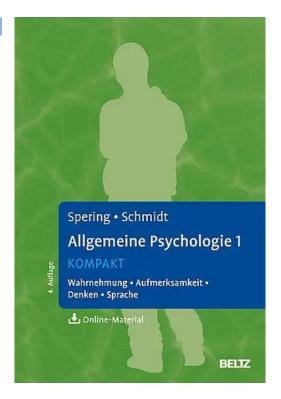
Perception, Attention, Thinking, Language

CONTENT

How does perception work and what directs our attention? How is this related to our actions? How do we think and how do we learn language? General Psychology explores these exciting questions and investigates the characteristics and psychological functions that all humans have in common.

The 4th edition has been completely updated, and selected topics, including in the areas of consciousness and object recognition, have been expanded. The online materials offer annotated links to the book topics and self-experiments for independent study.

- Key theories explained in an understandable way
- Numerous experiments, examples and self-experiments
- Definitions, glossary, in-depth references and further reading



April 2025 290 pages; 28,00 EUR 978-3-621-29132-3

AUTHOR

Dr. Miriam Spering works at the University of British Columbia in Vancouver, Canada. She heads the UBC Perception & Action Lab.

Prof. Dr. Thomas Schmidt is a professor at the Technical University of Kaiserslautern. His work focuses on visual perception, attention, consciousness and cognitive psychology.



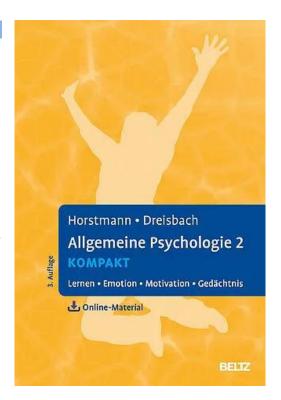
Gernot Horstmann, Gesine Dreisbach General Psychology 2 Compact Learning, Emotion, Motivation, Memory

CONTENT

Everything you need for your studies and exam preparation is contained in this compact textbook. Practical and written with reference to current research, it offers a compact overview of the subject areas of learning, emotion, motivation and memory, including the key models and theories. Definitions and summaries aid learning, while questions and further reading encourage independent thinking.

New in the 3rd edition: Large Language Models (LLM) and AI, further developments in constructivist emotion theories and the expectation-value theory of motivation, among other things.

- Fundamental theories explained in an understandable way
- Numerous experiments and everyday examples
- Glossary, definitions, further reading and questions to deepen your understanding



Febuary 2025 305 pages; 28,00 EUR 978-3-621-29131-6

AUTHOR

PD Dr. Gernot Horstmann, Department of Psychology, Bielefeld University.

Prof. Dr. Gesine Dreisbach, Institute of Psychology, University of Regensburg.



Alexander Noyon, Thomas Heidenreich **Difficult Situations in Therapy and Counselling**40 problems and solutions

CONTENT

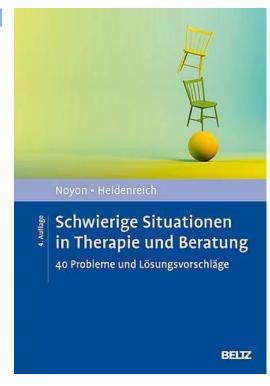
From spontaneous antipathy to private encounters, from falling in love to dropping out of therapy – there are numerous 'difficult situations' in psychotherapy and counselling. This practical book, which covers a wide range of disorders, shows how to master them in a clear and lively way.

After a short introduction, 40 challenging situations that can arise in psychotherapy and counselling are presented, along with possible solutions:

- Uniform chapter structure
- Case study for each situation
- Dos and don'ts

Those who know possible solutions can deal confidently with difficult situations.

New in the 4th edition: Experiencing antipathy • Complaints on online portals or reports to the professional association • Global issues such as climate catastrophe and wars • Cultural differences • LGBTQIA+ • Online media and multiple contact channels



Febuary 2025 308 pages; 44,00 EUR 978-3-621-29158-3

AUTHOR

Prof. Alexander Noyon, psychological psychotherapist, professor of psychology in social work at the University of Mannheim. Supervisor with training in behavioural therapy. Does further education on this topic.

Prof. Thomas Heidenreich, professor of psychology at the Faculty of Social Work, Ecucation and Nursing, Esslingen University. Psychological psychotherapist and supervisor with training in behavioural therapy.



Petra Meibert, Dagmar Schellens Mindfulness-Based Cognitive Therapy MBCT

Therapie-Basics

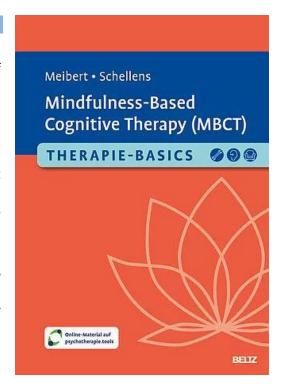
CONTENT

The 'Therapy Basics' series provides a compact and understandable introduction to the fundamentals of psychotherapy. The modular structure allows readers to quickly find and acquire specific content.

MBCT: Building expertise step by step

Mindfulness-based cognitive therapy (MBCT) is a structured group therapy method consisting of eight weekly sessions and aimed at patients with depression and anxiety disorders. It primarily teaches mindfulness exercises combined with classic interventions from cognitive behavioural therapy.

The information and worksheets in this Therapy Basics volume provide therapists with clearly presented knowledge for getting started with the mindfulness-based approach.



August 2025 160 pages; 35,00 EUR 978-3-621-29165-1

AUTHOR

Petra Meibert, Dipl.-Psych., teacher of MBCT and MBSR, co-founder and co-director of the Mindfulness Institute Ruhr in Essen. For many years, she has been 2nd chair of the MBSR-MBCT Professional Association and actively involved in the creation and development of the European MBSR-MBCT network EAMBA (www.eamba.org).



Melanie Gräßer, Eike Hovermann jun.

Lulu's Team Gives Fear the Boot

A children's reference book about parents with anxiety

CONTENT

Understanding parental fears and dealing with them in a child-friendly way:

How do children experience their parents' fears – and how do these fears influence their lives? This children's book supports therapeutic work with children from difficult family situations. The colourful story of Lulu and her football team shows how parental fears shape children, promotes understanding and encourages them to find their own ways of dealing with fear.

- Creative worksheets and exercises help to understand family dynamics
- Interventions to explain to children how fears arise and are maintained
- Ideal for children between 6 and 12 years of age



September 2025 180 pages; 39,00 EUR 978-3-621-29200-9

AUTHOR

Melanie Gräßer, graduate psychologist, psychological psychotherapist. Has her own practice for children, adolescents and adults in Lippstadt. She is a certified EMDR therapist for children, adolescents and adults. In addition to her practical work, Melanie Gräßer holds seminars and provides supervision in the field of psychotherapy training as well as within the framework of self-help groups. She is also a self-awareness instructor, an author and develops therapeutic games.

Eike Hovermann jr. is the managing partner of the Academy of the German Economy and the founder and director of the Academy of Kindergartens, Day-care and After-school Care Centres, Lippstadt. He has written numerous books and develops therapeutic games. For years, he has been committed to sharing knowledge and education to ensure that all children receive a solid foundation and education.

Annika Botved is a creative artist and illustrator with a passion for her work. Shaped by a wide range of influences – born in Denmark, raised in France and educated in Switzerland and Germany – she effortlessly captures the unique characteristics of each commission and translates them into lovingly crafted drawings and designs.



Anja Gruhn, Gunter Groen

Wilbo knows about ADHD

Knowledge quiz for psychoeducation in child psychotherapy

CONTENT

The psychoeducation quiz card set helps children and parents understand attention deficit hyperactivity disorder (ADHD). It provides clear information about symptoms, causes, diagnoses and treatment options, laying the foundation for therapeutic progress. Wilbo guides players through the quiz: children and parents can question myths, reflect on their own experiences and develop comprehensive knowledge about the disorder.

- Playful knowledge transfer with a fun factor for children aged 6 to 12
- Encourages reflection on personal experiences and debunks myths
- Enables direct comprehension checks in a therapeutic context



August 2025 Card set; 32,00 EUR 4019172102265

AUTHOR

Anja Gruhn, certified educator and child and adolescent psychotherapist (VT), works in a neuropediatric practice and in her own private practice for child and adolescent psychotherapy in Lüneburg.

Prof. Dr. Gunter Groen is a qualified psychologist and psychotherapist for children, adolescents and adults. Since 2010, he has been teaching and conducting research as a professor of psychology (specialising in clinical psychology and child and adolescent psychotherapy) at the University of Applied Sciences in Hamburg. As a lecturer and supervisor, he is involved in the training of child and adolescent psychotherapists. In his own practice, he counsels and treats children, adolescents and their families.



Marion Pothmann

Wilbo Knows About Autism

Knowledge quiz for psychoeducation in child psychotherapy

CONTENT

Autism spectrum disorders (ASD) shape the perception, behaviour and social interaction of affected children. With this quiz, they learn to understand their own special characteristics in a playful way, actively engage with their diagnosis and learn a lot about autism. Wilbo guides them through exciting questions and imparts interesting facts — in a fun yet scientifically sound way.

- Typical myths are debunked, facts are imparted, and understanding is promoted
- Encourages active participation and selfreflection among children
- Versatile use in individual and group therapy as well as in working with parents



October 2025 Card set; 32,00 EUR 4019172102258

AUTHOR

Dr. Marion Pothmann, certified psychologist, child and adolescent psychotherapist in private practice in Hamburg. Supervisor and lecturer at CIP Munich, in youth welfare and clinics. Further training in family therapy, group psychotherapy, schema therapy.

BACKLIST

How to Escape from Compassion Fatigue



978-3-621-28688-6 https://www.beltz.de/28688

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The Paths to Developmental Psychology



978-3-621-28693-0 https://www.beltz.de/28693

• Rights sold: China, Spain

Behaviour Therapy Compass



978-3-621-28887-3 https://www.beltz.de/28887

Cognitive Behavioural Therapy for Depression



978-3-621-29316-7 https://www.beltz.de/29316

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978-3-621-28950-4 https://www.beltz.de/28950

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978-3-621-28806-4 https://www.beltz.de/28806

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Concise Family Psychology



978-3-621-28880-4 https://www.beltz.de/28880

BACKLIST – PATIENT GUIDEBOOKS

I Can't Sleep!



978-3-621-28631-2 https://www.beltz.de/28631

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Dancing with Joy, Shaking with Rage



978-3-621-28202-4 https://www.beltz.de/28202

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978-3-621-28873-6 https://www.beltz.de/28873

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• Rights sold: Poland

An Anchor in the Ocean of Everyday Life



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Everything According to Plan



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... and the Self-esteem Bomb Keeps Ticking



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Goodbye to Your Humble Servant!



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Navigating the ups and downs



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Very Valuable



978-3-621-28402-8 https://www.beltz.de/28402 • Rights sold: Turkey



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Self-esteem



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Strength Work with Children and Adolescents



978-3-621-28975-7 https://www.beltz.de/28975

Eating Disorders with Adolescents



978-3-621-28965-8 https://www.beltz.de/28965

Depression in Childhood and Adolescence



978-3-621-29360-0 https://www.beltz.de/29360

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978-3-621-28708-1 https://www.beltz.de/28708

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Grief



978-3-621-29101-9 https://www.beltz.de/29101



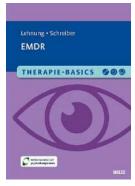
BACKLIST – SERIES: THERAPY BASICS



978-3-621-28981-8

https://www.beltz.de/28981

EMDR



978-3-621-29149-1 https://www.beltz.de/29149

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Forest Elf Loki and his Adventure in the World of



978-3-621-29146-0 https://www.beltz.de/29146

Who is Waru Wombat?



978-3-621-29138-5 https://www.beltz.de/29138

BACKLIST – SCHEMA THERAPY

Schema Therapy in Practice



978-3-621-29216-0 https://www.beltz.de/53924

• Rights sold: China, Ukraine, Poland, Italy, Begium, Rumania

It's a Good Match!



978-3-621-28905-4 https://www.beltz.de/47736

Breaking Negative Thinking Patterns



978-3-621-28415-8 https://www.beltz.de/32904

• Rights sold: UK (English world), Korea, Lithuania,Romania, Serbia, China, Turkey

Schema Therapy



978-3-621-29370-9 https://www.beltz.de/56217

Schema Therapy with Children and Adolescents



978-3-621-29019-7 https://www.beltz.de/53124

• Rights sold: China, Turkey, Russia, Romania, Poland, Italy, NL, Japan, UK (English world)

Disorder-specific Schema Therapy with Children and Adolescents



978-3-621-28034-1 https://www.beltz.de/4963

• Rights sold: UK (English world)

Schema Therapy with Children and Adolescents



978-3-621-28538-4 https://www.beltz.de/46334

Schema Therapy with Children and Adolescents



4019172100391 https://www.beltz.de/46370

Schema Therapy with Children and Adolescents



978-3-621-28923-8 https://www.beltz.de/49611

BACKLIST – CARD SETS

Body Psychotherapy



4019172100810 https://www.beltz.de/47353

Creative Materials and Techniques in Schema Therapy



4019172100681 https://www.beltz.de/48669

Couple Therapy



4019172101299 https://www.beltz.de/51966

Imagination



4019172101381 https://www.beltz.de/52009

Emotion Regulation



4019172100216 https://www.beltz.de/45233

400 questions for systemic therapy and counselling



978-3-621-28438-7 https://www.beltz.de/33555



Sabine Seichter Maria Montessori – untouchable? Why the Montessori myth is crumbling

CONTENT

Maria Montessori (1870-1952) is considered by many to be the educational reformer par excellence. In educational circles, she is portrayed as a heroine and revered as such. Montessori is immune to any form of criticism of her person or work - or so it seems. Anything that does not fit the heroine profile is downplayed, concealed or tabooed. However, given a way of thinking that differentiates people according to 'racial characteristics' and 'racial types', divides them into "abnormal" and 'normal' and places education in a biopolitical context, Montessori's continued inviolability is more than questionable - both pedagogically and politically. The gap between the myth here and the educational-historical and theoretical analyses there seems to be growing ever wider.

This book provides insights into the original thinking of the Italian doctor and biologist and opens up a critical discourse instead of merely perpetuating an emotional hero worship.



Febuary 2025 125 pages; 25,00 EUR 978-3-407-25941-7

AUTHOR

Sabine Seichter, born 1981, PhD, is a full university professor for general educational science at the Paris-Lodron University in Salzburg. Her work focuses on the history and theory of upbringing and education, historical-cultural and personalistic concepts of educational anthropology.

ALREADY PUBLISHED



The Long Shadow of Maria Montessori The dream of the perfect child. https://www.beltz.de/51994 1st ed. published 2024. 195 pages All rights available



Jakob von Au, Hartmut Rosa, Wolfgang Endres **Resonance Pedagogy in the Great Outdoors**Learning outdoors – broadening horizons

CONTENT

The outdoor school is an innovative educational concept that combines outdoor teaching with the principles of resonance pedagogy.

This book provides convincing arguments for reorienting the school system and presents the synergy of nature and resonance pedagogy as a forward-looking teaching concept. It describes the discovery of new ways of learning through resonance with nature, the promotion of social energy, the importance of security and self-efficacy, and the shift in education and schools towards holistic learning. Practical assistance for implementing the outdoor school concept is provided to enable a successful start. This book offers theoretical foundations and practical guidance for teachers who want to move learning outdoors and integrate resonance pedagogy into their lessons.

- A teaching concept as a model for the future
- For discovering new ways of teaching and learning
- Helpful practical tips.



June 2025 134 pages; 20,00 EUR 978-3-407-83248-1

AUTHOR

Wolfgang Endres is an educator and lecturer in teacher training as well as founder of the 'Studienhaus am Dom' in St. Blasien.

Prof. Dr. Hartmut Rosa is one of the most renowned social scientists of our time and has been awarded the Leibniz Prize by the DFG, among other honours.

OStR Dr. Jakob von Au works at Heidelberg University, Heidelberg University of Education and BBZ Stegen.

ALREADY PUBLISHED



Resonance Pedagogy
Sparks in the Classroom
https://www.beltz.de/33576
2nd ed. published 2016. 144 pages
Rights sold: Denmark, Italy, France

Marianne Kampel Climate Change Made Easy

CONTENT

Teaching and studying outdoors opens up spaces for freedom and learning that broaden the horizons of education.

When learning outdoors, pupils experience a healthy study environment that strengthens both their physical and mental health. The ideas from resonance pedagogy build a bridge between classroom teaching and outdoor learning.

This set of cards offers teachers 50 innovative and practical ideas for designing lessons in nature — whether in the forest or on a meadow, in a city park or school garden. Nature-based learning environments encourage pupils' curiosity, increase their motivation and strengthen their commitment. Learning together outdoors also strengthens cooperation and cohesion within the class — key skills for pupils' personal development.

- 50 innovative ideas for teaching in nature
- 'Compass function' for resonance experiences
- For physical and mental health at school



Febuary 2025 card set; 26,00 EUR 4019172200848

AUTHOR

Wolfgang Endres is an educator and lecturer in teacher training as well as founder of the 'Studienhaus am Dom' in St. Blasien.

Prof. Dr. Hartmut Rosa is one of the most renowned social scientists of our time and has been awarded the Leibniz Prize by the DFG, among other honours.

OStR Dr. Jakob von Au works at Heidelberg University, Heidelberg University of Education and BBZ Stegen.

ALREADY PUBLISHED



Resonance in the Classroom
48 stimulating cards for resonance pedagogy
https://www.beltz.de/33531
1st ed. published 2017. 48 pages
All rights available

BACKLIST

Escaping from Behaviour Traps



978-3-407-63317-0 https://www.beltz.de/63317

The 'Normal' Child



978-3-407-25932-5 https://www.beltz.de/25932

Dealing with Mental Disorders in the Classroom



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A History of Waldorf Education



978-3-407-63136-7 https://www.beltz.de/63136

Waldorf Education



978-3-407-25721-5 https://www.beltz.de/25721 Rights sold: Romania

Understand, Apply and Experience Montessori Education



978-3-407-25840-3 https://www.beltz.de/25840 Rights sold: Romania

Roland Schleiffer

ADHD: Medicine as an Educational Aid

A system-theoretical rationale for the popularity of this diagnosis

CONTENT

Why has the diagnosis of ADHD become so popular?

It is an attempt to explain the 'success' of ADHD. According to this theory, the transition from family to school becomes a problem for some children, as they are now required to focus their attention in an unfamiliar way on the explicit transfer of knowledge. A diagnosis of ADHD indicates that they are unable to do so. The complexity of this psychosocial problem, which is so explosive given the enormous importance of school in a person's life, is successfully reduced by medicalisation, especially since this also promises a manageable solution to the problem through psychopharmacological intervention with stimulants.



July 2024 134 pages; 22,00 EUR 978-3-7799-8339-2

AUTHOR

Roland Schleiffer, Prof. Dr. med., born in 1947, is a specialist in child and adolescent psychiatry and psychotherapeutic medicine and professor of psychiatry and psychotherapy in special education at the University of Cologne. His research focuses on systemic developmental psychopathology, attachment theory and foster care.

Elisabeth Kaiser, Katalin Dohrmann, Thomas Elbert, Brigitte Rockstroh, Maggie Schauer

Narrative Trauma Aid (NAT)

Self-efficacy through biographical work

CONTENT

Traumatic stress and stressful life experiences pose a significant risk of physical and mental illness. Such suffering is often associated with experiences of violence, neglect, abuse and social pain. The Narrative Trauma Aid (NAT) method was developed to provide early support to those affected and protect their mental and physical health.

This practice-oriented handbook offers professionals in social and health care as well as social peers valuable guidance on how to apply the method safely and effectively. In just a few biographical narrative sessions, NAT helps to reduce individual stress and promote self-efficacy in the long term. An easy-to-understand traffic light system enables effective prevention and empowerment of those affected. Thanks to clear step-by-step instructions, vivid examples and helpful illustrations, the counselling process is easy to follow and can be put into practice immediately. An indispensable resource for anyone who wants to support people after traumatic experiences.



November 2025 100 pages; 20,00 EUR 978-3-7799-8564-8

AUTHOR

Dr Elisabeth Kaiser is a psychotraumatologist, global health expert and co-founder of vivo international and NET Institute. She works as a lecturer at the University of Konstanz as well a internationally in narrative exposure therapy (NET) and narrative trauma work (NAT).

Katalin Dohrmann, a psychologist and psychotraumatologist, conducts research at the Centre of Excellence for Psychotraumatology at the University of Konstanz, which she heads, on the consequences and treatment options for trauma, particularly among refugees.

Prof. em. Dr. Brigitte Rockstroh was Chair of Clinical Psychology at the University of Konstanz, where her research focused on the influence of childhood trauma on the severity and progression of psychiatric disorders

PD Dr Maggie Schauer is one of Germany's leading experts in trauma treatment. She teaches clinical psychology at the University of Konstanz and was head of the Psychotraumatology Competence Centre for decades.

Professor Thomas Elbert specialises in researching the consequences of social and traumatic stress and the treatment of trauma-related disorders. His research group also studied what motivates people to commit violence, whether domestic or organised in groups.

Elisabeth Tuider, Tom Fixemer, Lisa Brauner International Youth Work and Participatory Protection Concepts

CONTENT

The anthology "International Youth Work and Participatory Protection Concepts" is dedicated to the development of protection concepts in international youth work and examines sexualised violence, sexuality, participation and transnational challenges. Empirical contributions from current international contexts and practical perspectives on organisational development, anti-discrimination and awareness outline the current state of play and challenges in international youth work. The volume offers theoretical and practical insights for students, professionals, researchers and youth organisations.



April 2026 250 pages; 48,00 EUR 978-3-7799-8977-6

AUTHOR

Elisabeth Tuider, born in 1973, Dr. phil., Professor of Sociology of Diversity at the University of Kassel. In addition to diversity, her work and research focus on feminist and queer theory, cultural and postcolonial studies, intercultural and sex education, migration research, qualitative research methods, and Latin American studies. She is a trained sex educator (ISP) and a member of the Society for Sex Education.

Tom Fixemer, M.A., research assistant in the Department of Sociology of Diversity at the University of Kassel.

Lisa Brauner, B.A., student assistant in the Department of Sociology of Diversity and in the 'SchutzJu' project at the University of Kassel.

BACKLIST

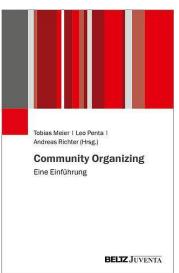


Helping Children through Divorce

135 exercises to help guide children carefully through separation 978-3-7799-3172-0

4th edition

https://www.beltz.de/46318



Community Organising

An introduction

978-3-7799-6804-7

1st edition

https://www.beltz.de/48723

• Rights sold: Korea



Sociology

 ${\sf Key \ concepts-Approaches-Perspectives}$

978-3-7799-7894-7

1st edition

https://www.beltz.de/52557