

## Reference Book Programme 2022

Psychology

Education

Training, Coaching, Counselling

Social Science

---

Foreign Rights Homepage:

[https://www.beltz.de/foreign\\_rights.html](https://www.beltz.de/foreign_rights.html)

---

Contact / order reading copies:

**Fatima Möhr**

f.moehr@beltz.de

Tel: +49-6201-6007 337

Julius Beltz GmbH & Co KG · Werderstr. 10 · 69469 Weinheim · Germany

Roman Hoch

## Systemic Trauma Counselling

### CONTENT

This manual is a guide to systemic trauma counselling (STC). It is based on recommendations from the DEGPT (German Society for Psychotraumatology) for trauma-focused specialist counselling and education and consequently does not contain any confrontational or integrative trauma therapy procedures, but rather focuses on the educational and stabilising aspects of trauma counselling.

The manual is oriented around resources and development and provides basic knowledge about psychological trauma, the most important impact factors for the systemic approach and the humanistic approach. In addition, it presents concrete ways of applying the systemic multi-person perspective and epistemology, for example in the form of the circular questioning technique and hypothesis-based work.

- **First manual on systemic trauma counselling**
- **The author is a trauma-focused specialist counsellor and systemic therapist**
- **For use in trauma counselling and trauma education**



August 2022  
164 pages; 42,00 EUR  
978-3-621-28927-6

### AUTHOR

Roman Hoch, qualified social education worker, trauma-informed counsellor (DEGPT), works as a systemic consultant & therapist (DGSF) in private practice and as a lecturer in the Systemic Centre (WISPO AG), Hamburg.

### TARGET GROUP

(Systemic) psychotherapists, also in education and training, systemic counsellors, coaches, social workers

### TYPE OF BOOK

Practical manual

Bernd Ubben

## Behaviour Therapy Compass

### CONTENT

What are the phases of successful behavioural therapy? What are the characteristics of a positive therapeutic working relationship? How can the quality of basic therapeutic behaviour be assessed and strengthened during the course of therapy?

This 'compass' helps behavioural therapists navigate through the therapy - with regard to both the complete course of treatment and the individual therapy sessions. The methods in the book provide support for experienced psychotherapists and also those starting their careers on how to follow a goal-oriented path from the initial consultation to the conclusion of the treatment.

- **Step-by-step orientation for (prospective) behavioural therapists**
- **With 30 work sheets and information sheets**
- **Ideal for students starting a new psychotherapy course**



January 2022  
156 pages; 36,95 EUR  
978-3-621-28887-3

### AUTHOR

Graduate psychologist Bernd Ubben, psychotherapist and trainer for behavioural therapy. Head of training at the Dresden Academy for Psychotherapy.

### TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, students of psychotherapy

### TYPE OF BOOK

Therapy manual

Gitta Jacob

## Rage

### CONTENT

A patient who stubbornly refuses a therapeutic intervention or a patient who appears threateningly angry during the therapy session: rage and anger can make treatment difficult and have a negative impact on the healing process. The author employs a range of case studies and therapy dialogues to show what constitutes rage, how to recognise it and, above all, whether it is possible to work effectively on this emotion in psychotherapy and how to do this.

This new series 'Emotion Work in Psychotherapy' focuses on how to deal with individual emotions in psychotherapy. This new book in the series focuses on the basic emotion 'rage'. Rage is too simply labelled as problematic: you shouldn't express it but suppress it, if possible. Rage can thus assume several different forms: passive-aggressive behaviour when it is suppressed or aggressive-violent behaviour when the rage is uncontrolled. It is possible to learn how to deal with rage and anger in a healthy way.

- **A new perspective on emotion work: focus on individual emotions**
- **Emotions as a trending topic in psychotherapy**
- **Transdiagnostic approach**

### 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

### TYPE OF BOOK

Therapy manual



July 2022

128 pages; 35,00 EUR

978-3-621-28950-4

Christian Stierle

## Compassion Focused Therapy in Practice

### CONTENT

Many patients suffering, for example, from early traumatic experiences, emotional or physical neglect have never learned to treat themselves with understanding, kindness and compassion. Compassion Focused Therapy (CFT) was developed against this background. This kind of therapy aims at encouraging compassion for oneself and others in a therapeutic context.

In order to understand what you yourself are suffering and to develop compassion for yourself and for others, this book starts by focusing on specific psycho-education and on developing a model of the disorder. This is followed by what is known as Compassionate Mind Training with specific interventions such as imagination exercises, compassionate self-analysis, behaviour analysis and situation analysis, compassion-oriented chair work and compassion-oriented letter writing.

- **Topic currently highly in demand - compassion or self-compassion**
- **Method can be integrated into CBT, schema therapy, ACT**



April 2022

157 pages; 39,95 EUR

978-3-621-28901-6

### AUTHOR

Professor Christian Stierle, psychological psychotherapist and supervisor for behavioural therapy. Professor of Clinical Psychology at the Fresenius University in Hamburg.

### TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training

### TYPE OF BOOK

Therapy manual

Jörg Liesegang

## Foetal Alcohol Spectrum Disorder (FASD) in Children and Adolescents

### CONTENT

Foetal Alcohol Spectrum Disorders (FASD) occur when the mother drinks alcohol during pregnancy. The damage to the brain caused by alcohol causes serious mental disabilities. These, however, are often invisible - this is why the expectations other people have frequently do not match the abilities of those affected and their peculiar behaviour can be too hastily pre-judged as 'lazy' or 'oppositional', something which leads to common recommendations such as, 'you need to try harder'. By looking at these disorders from a neuro-behavioural perspective, Jörg Liesegang has succeeded in creating a new approach. Following the WHO's International Classification of Functioning, Disability and Health (ICF), it would be possible to build bridges here in a resource-oriented way - from the diagnostics to the position youth welfare offices or schools should take on providing advice, to the psycho-education of those themselves affected.

- **New resource-oriented perspective of FASD**
- **Including model statement with text modules**
- **With working materials (exercises, templates for copying, worksheets)**



March 2022

180 pages; 44,95 EUR

978-3-621-28787-6

### AUTHOR

Dr. Jörg Liesegang, specialist in child and adolescent psychiatry and psychotherapy. Head of the psychiatric institute outpatient clinic of the department for child and adolescent psychiatry at the Evangelical Hospital Queen Elisabeth Herzberge and the special consultancy for Foetal Alcohol Syndrome (FAS). Additional qualifications in medicine for people with disabilities.

### TARGET GROUP

Psychological and medical psychotherapists, psychiatrists. Secondary target groups: professional groups working with people affected by FASD, social workers, occupational therapists, teachers, doctors

### TYPE OF BOOK

Practical manual

Tanja Cordshagen-Fischer, Jens-Eckart Fischer  
**Therapy Tools: Acceptance and Commitment Therapy (ACT) with Children and Adolescents**

**CONTENT**

Acceptance and Commitment Therapy (ACT) is characterised in particular by its work with metaphors, experience-oriented methods and intensive relationship building.

ACT assumes that the central core of the suffering is not the feelings themselves, but the way they are dealt with: people suffer when they try to avoid difficult thoughts and feelings. These processes can also be observed in children and adolescents. ACT aims at increasing psychological flexibility to help people lead their lives based on their own values - and thereby improve their quality of life. This Therapy Tools book 'Acceptance and Commitment Therapy (ACT) with Children and Adolescents' contains a large number of experience-oriented exercises, metaphors and worksheets, tailored to suit the various age groups of the children and adolescents as well as being suited for work with parents.

- **Extensive collection of materials with over 100 work sheets and information sheets**
- **With lots of age-appropriate exercises**
- **Written by experienced practitioners**



April 2022  
308 pages; 42,95 EUR  
978-3-621-28820-0

**AUTHOR**

Tanja Cordshagen-Fischer, graduate psychologist, is a child and adolescent psychotherapist (behavioural therapy). She has her own practice in Hamburg. She is qualified in ACT, EMDR and psychotrauma therapy. She is a supervisor and lecturer at various institutes for further education.

Jens Eckart Fischer, graduate psychologist, runs his own practice in Hamburg. He is a certified emergency psychologist and works as a psychological therapist and coach, primarily with systemic solution-oriented short-term therapy, family therapy and ACT.

**TARGET GROUP**

Child and adolescent psychotherapists, child and adolescent psychiatrists, staff in family counselling centres

**TYPE OF BOOK**

Therapy tools

Nina Spröber, Eva Dresbach

## Therapy Tools: Mobbing in Childhood and Adolescence

### CONTENT

Children and young people are regularly confronted with various forms of bullying in their everyday lives, in the school playground or on social media – either as those affected or as perpetrators.

Mobbing or bullying can have far-reaching consequences for those involved, such as developing depression, somatic complaints, fears and symptoms of post-traumatic stress disorder. It has an impact on self-esteem and the ability to form further relationships. Perpetrators can experience depressive symptoms and ongoing social problems. In both groups, the effects can continue on into adulthood.

This Therapy Tools book provides extensive working materials for dealing with those affected, the perpetrators and their parents. Behavioural and schema therapeutic methods as well as systemic approaches are taken into consideration.

- **Important subject amongst young people**
- **Comprehensive, high-quality working materials**
- **Written by experienced therapists**



January 2022

273 pages; 42,95 EUR

978-3-621-28773-9

### AUTHOR

Dr. Nina Spröber-Kolb, graduate psychologist, psychological psychotherapist (behavioural therapy) with specialist knowledge on children and young people, supervisor and trainer, self-awareness leader. She runs her own practice (behavioural therapy for children, adolescents and adults) and is a freelancer in the children and adolescent psychiatric clinic in Ulm and an active teacher at the University Hospital, Ulm.

Dr. Eva Dresbach, graduate psychologist, child and adolescent psychotherapist (behavioural therapy). 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, staff in counselling centres

### TYPE OF BOOK

Therapy tools



## Benajir Wolf

### Body Psychotherapy

#### CONTENT

Body and movement-oriented interventions activate what patients are experiencing emotionally, make their relationship to the world and to other people in the therapy room visible and thus provide a link to the early conflicts and patterns which caused the illness. The body is asked: 'tell me what is affecting you!' This card set by Benajir Wolf provides you with interventions taken from body and movement (psycho)therapy and body-oriented psychotherapy in a user-friendly and interdisciplinary way. The cards are divided into ten modules.

For use in therapeutic work with adults and young people, in individual and group therapy, outpatient and inpatient, in designing complete therapy sessions or individual body-oriented sequences.

- **First interdisciplinary collection of exercises for body work**
- **Body psychotherapy methods are being increasingly used, especially in psychosomatic clinics**
- **High-quality set of equipment**

#### AUTHOR

Dr. Benajir Wolf, qualified sports teacher, qualified motologist, body psychotherapist, alternative practitioner for psychotherapy, is a research assistant in the motology courses at the Philipps University of Marburg and is head of the body psychotherapy field of study.

#### TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists, body psychotherapists, psychomotor therapists and motor therapists, in counselling and coaching

#### TYPE OF BOOK

Set of 75 cards + 32-page booklet



January 2022  
card set; 49,95 EUR  
4019172100810

Watch a short product presentation [here](#).

## Christian Ferreira de Vasconcellos Creative Materials and Techniques in Schema Therapy

### CONTENT

Schema therapy has numerous techniques at its disposal to initiate therapy processes and carry out therapeutic interventions. By using different materials, the exercises can be illustrated or made more impressive and thus more effective: A comfort box helps to feel and comfort the vulnerable child mode, masks and hats make individual modes tangible, by means of creative stories mode awareness can be trained.

This card set presents a unique collection of materials - easy to create yourself or to purchase - and techniques that bring the schema-therapeutic interventions to life: Finger puppets, animal figures, collages, treasure boxes, mode maps, transitional objects, and more. Therapists will find here an orientation based on practical experience about materials and techniques that can be used well and, in connection with them, exercises that can be easily implemented. The cards are divided into 11 categories.

- **The only card set on this subject**
- **Makes for more creative and individual therapy sessions**
- **Exercises are experience-oriented and lead to greater therapeutic success**

### AUTHOR

Christian Ferreira de Vasconcellos, graduate psychologist, is a psychological psychotherapist (with a focus on behavioural therapy) with his own practice in Frankfurt. He is a certified schema therapist, supervisor and instructor in schema therapy for children, adolescents, adults and couples.

### TARGET GROUP

Schema therapists in individual and group settings in training and practice. Psychotherapists and coaches who work with schema therapy or elements of it alongside other methods.

### TYPE OF BOOK

Set of 75 cards + 25-page booklet



July 2022  
card set; 50,00 EUR  
4019172100681

Watch a short product presentation [here](#).

## Eckhard Roediger, Eva Frank-Noyon, Wendy Behary **It's a Good Match!**

### CONTENT

Opposites attract? It's true, at the beginning couples come together thanks to an unconscious »relationship chemistry«. Frequently, the one partner also feels attracted to the opposing characteristics of the other and vice versa. However, these different characteristics commonly lead to conflicts as the relationship goes on. Even the smallest irritations can then trigger difficult emotions and reactions.

In situations like these, schema therapy can be helpful – providing experience and methods on how to recognise and accept different characteristics and behaviour. In addition to this, couples can learn how to avoid conflicts in the future, how to make daily life more harmonious and thereby stabilise their relationship – and in this way rediscover what made them a »good match« in the first place.

- **First guidebook which brings schema therapy and relationship problems together**
- **Authors who are well-known advocates of the schema therapy approach**



July 2022  
320 pages; 30,00 EUR  
978-3-621-28905-4

### AUTHOR

Eckhard Roediger, graduate psychologist, director of the Institute for Schema Therapy in Frankfurt and psychological psychotherapist in private practice.

Dr. Eva Frank-Noyon, graduate psychologist, couple therapist, Frankfurt.

Wendy Behary, MSW, New Jersey, director of the Cognitive Therapy Center in New Jersey and president of the International Society for Schema Therapy (ISST).

### TARGET GROUP

Couples with conflicts, couple therapists

### TYPE OF BOOK

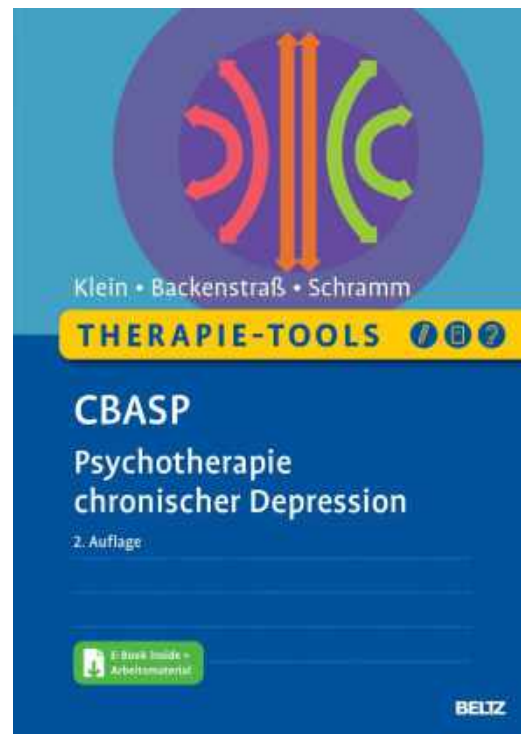
Guidebook

Jan Philipp Klein, Matthias Backenstraß, Elisabeth Schramm  
**Therapy Tools: CBASP**

**CONTENT**

The goal of CBASP is for patients to learn to express their needs through appropriate behavioural skills, even in difficult interpersonal situations. In this edition of Therapy Tools, all the various applications for CBASP are presented. The book comes with a range of work sheets and information sheets for support. After a brief theoretical introduction to the procedure, the book goes on to cover the following topics: categorical and dimensional diagnostics, psycho-education, materials for one-on-one therapy, materials for group therapy, training, self-awareness and supervision.

- **firmly focused on the practical side**
- **extensive collection of materials**



August 2022  
152 pages; 44,00 EUR  
978-3-621-28946-7

**AUTHOR**

Jan Philipp Klein, MD, Senior Physician, Department of Psychiatry and Psychotherapy, ZIP Center for Integrative Psychotherapy, University of Lübeck; CBASP Supervisor and Trainer, Secretary of the CBASPS Network: [www.cbasp-network.org/](http://www.cbasp-network.org/)

Professor Dr. Matthias Backenstrass works as head of the Institute for Clinical Psychology at the Clinic Stuttgart. At the same time, he is an adjunct professor at the University of Heidelberg. Trained in client-centered conversational psychotherapy and cognitive behavioral therapy, he is currently the first chairman of the CBASP-Netzwerk e.V. as a CBASP supervisor and trainer.

Professor Dr. Elisabeth Schramm is employed at the Department of Psychiatry and Psychotherapy in Freiburg.

**TARGET GROUP**

Psychiatrists, psychotherapists in training and practice

**TYPE OF BOOK**

Therapy tools

## Johannes Jungbauer

### **Concise Family Psychology**

#### **CONTENT**

This book, Concise Family Psychology, looks at how diverse reality is in today's families and provides concrete starting points for psychosocial practice. It is clearly structured, easy to understand and uses a range of case studies, to provide an overview of the central topics in family psychology and how they could be applied. Practical knowledge - for studying and practicing social work and social education professionally, educational guidance and family counselling.

New in the 11th edition: 'grandparent-grandchild relationships' and 'families with a mentally ill member'. Comprehensively revised and expanded work material section which can be downloaded.

- **A lively pitch to the target group**
- **Case studies and exam questions make it easy to take in and inwardly digest the learning material**
- **Lots of exercises and instructions for doing role play**



August 2022  
295 pages; 32,00 EUR  
978-3-621-28880-4

#### **AUTHOR**

Professor Johannes Jungbauer, graduate psychologist, born 1964, is a professor of psychology at the Catholic University of North Rhine-Westphalia in Aachen.

#### **TARGET GROUP**

Social work students and social workers, counsellors for psychology, education, family and education

#### **TYPE OF BOOK**

Practical manual

## Regina Steil, Rita Rosner Trauma in Adolescence

### CONTENT

This handbook for treating post-traumatic stress disorder in adolescents aged 14 to 21 is tailored to the specific needs and therapeutic challenges of this age group. It provides a whole range of clearly structured worksheets and handouts for those affected and a structured approach for those treating them.

Strategies for regulating emotion on the basis of dialectic behavioural therapy, strategies for cognitive processing therapy (according to Resick) and the targeted processing of disorders in coping with developmental tasks are combined with one another. The treatment concludes by processing problems in the areas of partnership and sexuality, romantic relationships, career choice and training, relationships with peers, etc.

- **Important topic in need of urgent action**
- **Well-evaluated programme for treating adolescents with PTSD**
- **Age-specific materials**
- **Over 30 worksheets for those affected**



April 2023  
256 pages; 46,00 EUR  
978-3-621-27790-7

### AUTHOR

Adjunct Professor Regina Steil, scientific director of the Behavioural Therapy Outpatient Clinic at the University of Frankfurt.

Professor Rita Rosner, chair of clinical and biological psychology and head of the Psychotherapeutic University Outpatient Clinic at the Catholic University of Eichstätt-Ingolstadt.

### TARGET GROUP

Child and adolescent psychotherapists, child and adolescent psychiatrists

### TYPE OF BOOK

Therapy manual

## BACKLIST

### Psychotherapy with the Bereaved



978-3-621-28684-8

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

### Training with Attention-Impaired Children



978-3-621-28648-0

<https://bit.ly/2NxCB8L>

- more than 30.000 copies sold since its publication in 1993
- longseller currently in its 7<sup>th</sup> edition

### The Paths to Developmental Psychology



978-3-621-28693-0

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

- rights sold to China and Spain
- more than 35.000 copies sold since its publication in 1989
- longseller currently in its 5<sup>th</sup> edition

## SERIES: *Help for the Helper*

### The Psychotherapist's Inner Critic



978-3-621-28573-5

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

### 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>

- rights sold to Czech Republic

### Nature Therapy



978-3-621-28610-7

<https://bit.ly/2Z9z0Bj>

### Impulse Control Disorders in Behavioral Therapy



978-3-621-28671-8

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

### Kiesler Circle Training



978-3-621-28653-4

<https://bit.ly/2QGNW6X>

**Using Emotions as a Resource**



978-3-621-28862-0  
[Foreign Rights 2021](#)

**On the Emotional Level**



978-3-621-28806-4  
[Foreign Rights 2021](#)

**400 questions for systemic therapy and counselling**



978-3-621-28438-7  
[Foreign Rights 2017](#)  
29.000 copies sold since 09-2017



**BACKLIST – SCHEMA THERAPY****Schema Therapy in Practice**

978-3-621-28224-6;

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

Rights sold to England, Belgium (French), Japan, Korea, Poland, Romania and Ukraine  
8.000 copies sold since its publication in 01-2011

**Breaking Negative Thinking Patterns**

978-3-621-28415-8;

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

Rights sold to China, Denmark, England, Russia, Serbia and Turkey  
41.000 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, Japan, 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  
13.000 copies sold since 09-2011

### 75 Therapy Cards for Schema Therapy



978-3-621-28474-5

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

Rights sold to Hungary  
3.000 copies sold since 09-2017

### Body-Oriented Techniques in Schema Therapy



978-3-621-28710-4

[Foreign\\_Rights\\_2021](#)

### Casebook of Schema Therapy with Children and Adolescents



978-3-621-28695-4

[Foreign\\_Rights\\_2021](#)

### Therapy Tools: Schema Therapy with Children and Adolescents



978-3-621-28538-4

[Foreign\\_Rights\\_2021](#)

### Therapy Tools: Schema Therapy in Groups



978-3-621-28777-7

[Foreign\\_Rights\\_2021](#)

### 75 Therapy Cards for Schema Therapy with Children and Adolescents



4019172100391

[Foreign\\_Rights\\_2021](#)

**BACKLIST – SERIES: THERAPY TOOLS****ACT**

978-3-621-28390-8

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

17.000 copies sold since 03-2012

**Anxiety Disorder**

978-3-621-28135-5

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

15.000 copies sold since 08-2014

**Depression**

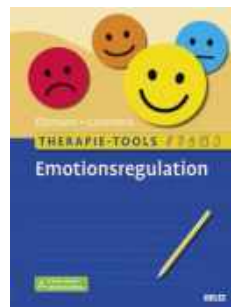
978-3-621-28225-3

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

12.000 copies sold since 10-2015

**Psychotherapy for Children and Adolescents**

978-3-621-28585-8

<https://bit.ly/2uwBkbi>8.000 copies sold since 02-2013  
Rights sold to Russia**Emotion Regulation**

978-3-621-28517-9

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

15.000 copies sold since 09-2017

**Mindfulness**

978-3-621-28846-0

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

8.000 copies sold since 03-2016

**Post-traumatic Stress Disorder**

978-3-621-28521-6

[Foreign\\_Rights\\_2021](https://bit.ly/Foreign_Rights_2021)

6.000 copies sold since 05-2021

**ADHD in Adulthood**

978-3-621-28708-1

[Foreign\\_Rights\\_2021](https://bit.ly/Foreign_Rights_2021)

3.000 copies sold since 06-2021

**Obsessive-compulsive Disorders**

978-3-621-28836-1

[Foreign\\_Rights\\_2021](https://bit.ly/Foreign_Rights_2021)

7.000 copies sold since 02-2016

## BACKLIST – PATIENT GUIDEBOOKS

### I Can't Sleep!



978-3-621-28631-2

<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/2u8AIOF>

Rights sold to Ukraine

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

### Little Angry Boys and Girls



978-3-621-28412-7

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

Rights sold to Korea, Romania

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

- Over 76.000 copies sold since its publication in 1999
- longseller currently in its 6<sup>th</sup> edition since 08/2017

### Think Before you Drink



978-3-621-28882-8

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

Rights sold to Poland

Causes and treatment of alcohol and drug dependence clearly explained.

- Over 60.000 copies sold since its publication in 1990
- longseller currently in its 10<sup>th</sup> 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.

- 13.000 copies sold since its publication in 2007
- currently in its 3<sup>rd</sup> edition since 04/2018

## Marianne Kampel Climate Change Made Easy

### CONTENT

What does a hedgehog or a thunderstorm have to do with climate change?

Children want to know what climate change means, but sometimes their questions are not so easy to answer. This box contains 30 cards and provides essential stimulus for discussions and the basics for school, lessons and everyday life. Children are introduced to the topic of 'climate change' via some vivid images and clearly written explanations. They find out about:

- the basic facts underlying climate change
- the potential impact on humans, animals and the environment
- what can be done to achieve more sustainability in everyday life

The 24-page booklet contains a variety of participatory application options which give lessons an informal feel and there are also practical tasks and tips which invite children to be creative. This approach helps teachers to convey the concepts of climate change to children with different levels of ability in an easy, playful way. The card set is perfectly suited for primary schools, but can also be used in other areas.

### 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.

### TARGET GROUP

Teachers with a drive for innovation and a penchant for flexibility

### TYPE OF BOOK

Set of 30 cards + 24-page booklet



July 2022  
card set; 28,00 EUR  
4019172200473

## Ulrich Herrmann School Learning Laboratory

### CONTENT

The specialist literature on learning usually pays little attention to the everyday learning processes of the students, expert school knowledge is rarely documented and the act of learning often remains shrouded in darkness. There are countless methodological and teaching instructions for lessons, but hardly any on the question of what the students actually do in practice to achieve the principal goal of the lesson: 'learning something'.

This book shifts the perspective by showing how teaching and learning can be thought about, planned, implemented and reflected upon from the learner's point of view. The contributions focus on how students learn, prepared and guided by teachers with effective working and learning methods: project methods, personalised learning, direct instruction, lessons on working or specific learning systems based on the Freinet, Jenaplan and Montessori educational concepts. Other contributions present some proven feedback and coaching concepts and explain the pre-conditions and opportunities of learning via digital media.

- **Effective ways of learning and working in the classroom**
- **Tried and tested concepts for coaching how to learn and getting feedback**
- **Learning methods from the students' perspective**

### AUTHOR

Dr. Ulrich Herrmann is Emeritus Professor of Education at the Universities of Tübingen and Ulm.

### TARGET GROUP

Teaching staff and teachers in training

### TYPE OF BOOK

Practical manual



Oktober 2022

324 pages; 29,95 EUR

978-3-407-63252-4

Marcus Eckert

## Dealing with Mental Disorders in the Classroom

### CONTENT

Some 15 to 20 percent of children and adolescents suffer from mental disorders (e.g. anxiety disorders, depression, AD(H)D, post-traumatic stress disorders, etc). The children and young people in this situation often experience their role as a student at school as a special challenge. In many cases, student-teacher interactions, cooperation in study groups and the performance of these students are negatively impacted by the disorder. In order to deal with these students in a good, healthy and equitable way, teachers and educational staff need background knowledge about the various disorders and their special aspects as well as strategies for dealing with them in the context of school and the classroom. This is why this book first sets out to present the common disorders children and adolescents suffer from in a way that teachers and educational staff can easily understand. Secondly, it introduces strategies, which are practical and at the same time scientifically sound, for dealing with the particular features of the respective disorders for use in the context of classroom management. Thirdly, it looks at some disorder-specific counselling strategies aimed providing support for students who are affected and their parents.

- **Recognising mental disorders at school**
- **Being able to react to specific disorders**
- **Background knowledge and practical ways of dealing with the situation**

### AUTHOR

Professor Marcus Eckert was originally a teacher and now works as a (clinical) psychologist. From 2015 to 2020 he was head of the 'LernGesundheit' Institute. His work there mainly consisted of giving health-related, communication-psychological training courses and training courses on dealing with clinical disorders. Since 2020, he has held a professorship for psychology, in particular developmental and school psychology, at the APOLLON University in Bremen.

### TARGET GROUP

Teaching staff and teachers in training

### TYPE OF BOOK

Practical manual



March 2022

278 pages; 29,95 EUR

978-3-407-83204-7

## 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

Harald Geißler, Stefanie Rödel

## Practical Handbook for Professional Online Coaching

### CONTENT

Online coaching is becoming increasingly important. In this book, coaches, consultants, specialists and executives learn how to use electronic and audiovisual communication media successfully and how to use digital problem-solving media ranging from text-based coaching tools to images and avatars in the virtual world. To this end, the book provides techniques, methods and tools that can be used across platforms, based on a mature concept which has been proven many times in practice and is easy to handle. It draws on a wide range of different coaching formats which relate to online coaching. Thanks to the concrete instructions and clear case studies, readers can immediately make use of the practical expert knowledge. The book also has a wealth of links to extra material such as informative videos for streaming and helpful templates to download.

- **Online techniques, methods and tools which have stood the test of time**
- **For a successful introduction to digital work**
- **Includes tutorial videos and helpful templates which can be downloaded**



November 2022  
260 pages; 39,95 EUR  
978-3-407-36842-3

### AUTHOR

Professor Harald Geißler is a pioneer of online coaching. He has had many years of practical experience as an organisational consultant and management trainer as well as being a coach. He has developed his own online coach training concept, which he teaches at his institute OCL (online coaching learning): <https://www.online-coaching-lernen.de/>

Professor 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. She also owns the company Dr Rödel Consulting which focuses on business coaching and organisational consulting: <https://www.dr-roedel-consulting.com/>

### TARGET GROUP

Trainers, consultants, coaches, HR staff

### TYPE OF BOOK

Practical manual

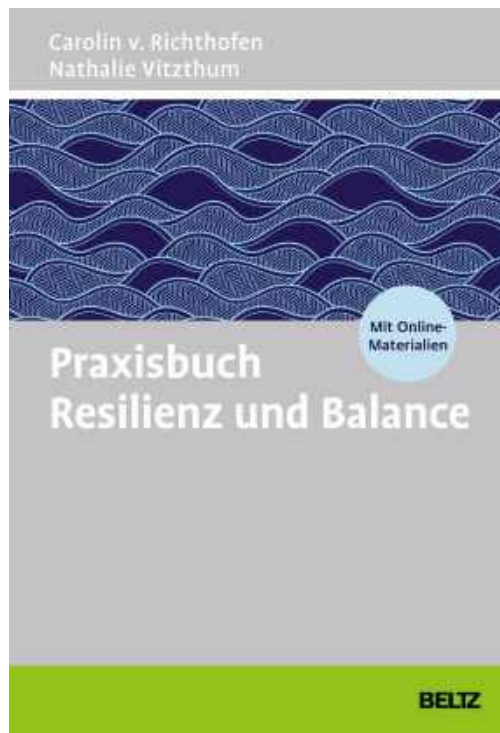
## Carolin von Richthofen, Nathalie Vitzthum Practice Book for Resilience and Balance

### CONTENT

Coaching is not just about achieving attractive goals and changes you would like. Coaches often help their clients to regain their confidence, overcome their inner hurdles and regain the strength to solve their problems. How can coaches support the people they are coaching? Which tools will help you draw up new energy and make yourself strong for upcoming challenges?

With this book on coaching competence, resilience and balance, you get an excellent overview of the topic and many standalone tools. You can then integrate these into your coaching so that they are suitable for the respective client. The selections which Carolin v. Richthofen and Nathalie Vitzthum have made, are all tried and tested. They can be put to use immediately and are tailored to important coaching topics: balance practices, resource orientation, new habits and routines.

- **Fresh tools to give you new power**
- **Inspiration for resilience building**
- **Strong methods with many practical examples**



Dezember 2022  
160 pages; 24,95 EUR  
978-3-407-36739-6

### AUTHOR

Caroline v. Richthofen gives consultations to individual clients and groups concerning their career development. Along with her enthusiasm for developing people's life paths, she incorporates her know-how as a qualified psychologist, systemic family therapist, business coach, social skills trainer. She works as a teaching coach for several training institutes.

Dr. Nathalie Vitzthum counsels her clients on developing profiles of their strengths, goals and priorities. The graduate psychologist is a systemic consultant (ISI), Coactive Coach (CPCC, cti) and has a master's degree in business administration. She brings all this knowledge and her well-founded experience to bear in her holistic counselling. She is an expert in psychological potential diagnostics and personality analysis and supervising decision-making processes.

### TARGET GROUP

Trainers, consultants, coaches

### TYPE OF BOOK

Practical manual

Bernd Ahrendt, Chista Keding

## Meaning and the Principle of Deep Understanding in Coaching and Consulting

### CONTENT

In times of personal and general crises and upheavals, people more than ever look for guidance. According to Viktor E. Frankl, the founder of logotherapy, people who align themselves with meaning and the values associated with it gain life affirmation, the ability to act and contentedness – all summed up in this book under the expression: life sovereignty.

Frankl asserts that people have at their disposal a 'sense organ' to detect meaning within a given situation and communicate to them what they feel. However, not everything that people feel provides a suitable guide for how to react in a meaningful way, so consequently the output from this sense-organ must be distinguished from other feelings that surround it. This is exactly one of the central concerns of the principle of deep understanding, which becomes the perfect partner for discovering, examining and refining this sense organ.

- **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**



July 2022

194 pages; 36,00 EUR

978-3-407-36838-6

### AUTHOR

Christa Keding is a general practitioner, with additional training in depth psychological psychotherapy. She has trained therapists in analytical and psychological kinesiology for over 20 years and has also been a group leader in supervision and self-development for many years.

Bernd Ahrendt is a professor of general business administration, in particular personnel management, at the Hanover FOM University of Applied Sciences for Economics and Management gGmbH. He also works as a coach with a logotherapeutic approach. Furthermore, he is trained as a systemic coach.

### TARGET GROUP

Coaches, trainers, consultants, professional guides

### TYPE OF BOOK

Practical manual

## Holger Nauheimer Practice Book for Hybrid Teams

### CONTENT

The question of hybrid working is more topical than ever. Many companies are making more flexible rules for when and where employees do their work. One thing is sure, working together in the future will be in hybrid teams. Still, the hybrid way of working is full of challenges. It is the bridge between digital and analogue collaboration and, consequently, is neither one thing nor the other. It needs a special set of tools.

Holger Nauheimer provides precisely the right know-how for this 'toolset'. He describes systematically the physical and digital working spaces, the changes in behaviour which are necessary, the new range of competencies, the altered set of basic beliefs and the transformations in team identity. He has written a practical guide to all aspects of hybrid teamwork. Using over a hundred key questions as a basis, he portrays all the essential aspects which external and internal consultants, coaches and facilitators need to know about for themselves and their clients.

- **Rules and structures for hybrid teamwork**
- **Top current topic that is changing the world of work**
- **Checklists, sample templates, questions and team agreements International quality guidelines for facilitation**



February 2022  
203 pages; 29,95 EUR  
978-3-407-36814-0

### AUTHOR

Holger Nauheimer has been working as an organisation consultant for both international companies and global non-governmental organisations for 30 years. Since the World Wide Web was introduced, he has been guided by the following principle: digital by default. He is one of the first consultants in the German-speaking world to highlight the importance of virtual collaboration for his work.

### TARGET GROUP

Coaches, HR staff, change managers, internal and external consultants

### TYPE OF BOOK

Practical manual

## Gudrun Jecht, Georg Pelz et al. **Transactional Analysis**

### CONTENT

The desire for goal-oriented cooperation between therapist and client on an equal footing is inherent in every counselling situation. This desire is also the starting point for transactional analysis. In this basic work on transactional analysis, Gudrun Jecht and Georg Pelz present the respective concepts of classic and modern transactional analysis. They do not restrict themselves to a purely theoretical level, but contribute numerous examples from counselling and therapy practice. The book is rounded off by referring to a deeper theoretical view and doing further studies, giving suggestions for self-awareness and self-supervision, as well as checklists for practical training. As a result, newcomers to the topic are getting a practice-oriented reference work while readers with more experience in transactional analysis are encouraged to engage with the subject in more depth and to discuss and clarify their own point of view.

- **The standard work for transactional analysis**
- **Structured, clear and easy to read**
- **Suitable as a quick reference work**



May 2022  
390 pages; 49,95 EUR  
978-3-407-36803-4

### AUTHOR

Dr. Gudrun Jecht is a paediatrician, doctor for psychosomatics and psychotherapy, psychotherapist, teaching therapist and teaching supervisor for the International, European and German Societies for Transactional Analysis (ITAA, EATA, DGTA) in the field of psychotherapy.

Dr. Georg Pelz is a graduate psychologist, psychological psychotherapist, teaching therapist and teaching supervisor for the International, European and German Societies for Transactional Analysis (ITAA, EATA, DGTA) in the field of psychotherapy.

### TARGET GROUP

Coaches, HR staff, consultants and psychotherapists

### TYPE OF BOOK

Practical manual

## Ivo Wüest

### Mini Manual for Didactic Reduction

#### CONTENT

Presenting complex specialist knowledge in a compact but clear way is the goal for everyone who works in the further education field. It is not only since the Corona pandemic that many trainers and coaches have been confronted with having to shift larger parts of their face-to-face material to online formats. However, now that ever increasing parts of the learning material have to be available upstream or downstream for the learning process via digital channels, the entire profession has had to focus on selecting, reducing and processing content.

In this mini manual, Ivo Wüest shows you how to identify key messages and how to deal with a wealth of material and complexity. This brings greater simplicity to your presentations and lessons and helps you gain confidence and clarity when you are teaching - both in digital training, on the go on various learning platforms and via social media, but also in face-to-face settings.

- **Concrete proposals and suggestions for didactic reduction**
- **Selection, reduction and transformation of essential content**
- **Methods to easily present your content online**



February 2022  
162 pages; 24,95 EUR  
978-3-407-36794-5

#### AUTHOR

Ivo Wüest is a trainer for didactic reduction and the owner of Didactic Reduction GmbH. Working in Switzerland, internationally and on his own online learning platform, he demonstrates what modern and didactically reduced adult education can look like today.

#### TARGET GROUP

Coaches, trainers, consultants, vocational trainers

#### TYPE OF BOOK

Manual

## 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>



Veronika Hermes

## Psychology for Work with People with Learning Disabilities

### CONTENT

Psychological knowledge provides teachers with important basic elements when they work with people who have learning difficulties (so-called mental disabilities), both for understanding them and supporting them. However, the question arises as to how this knowledge can be applied in everyday life. This book comes to the rescue: based on concrete case studies, psychological basic elements are clearly explained and made accessible for working with people who have learning difficulties. The book gives readers the opportunity to get involved with the psychological findings which relate to working with disabled people and consequently make their own approach more professional.



May 2022

168 pages; 19,95 EUR

978-3-7799-6345-5

### AUTHOR

Veronika Hermes is a qualified psychologist, systemic therapist for couples and families and systemic supervisor. In addition to her work as a psychological assistant in a centre for people with learning difficulties, she works as a supervisor, lecturer and specialist author.

### TYPE OF BOOK

Course book

Dietrun Lübeck

## Psychology for Work with Adults with Mental Health Problems

### CONTENT

This book provides psychological know-how for people who work in social professions with adults who are suffering mental breakdowns and/or have mental disorders and who are dependent on professional support, advice and therapy which needs to be well-founded in theory. Along with relevant practical examples, the explicit connection with psychological concepts, theories and methods leads to an in-depth understanding of each case. The focus is on the way people with psychosocial problems think, experience, behave and the role of social relationships. Recommended ways of working are presented with regard to their practicability in psychosocial work and considered in relation to practical cases.



September 2022  
198 pages; 20,00 EUR  
978-3-7799-6166-6

### AUTHOR

Dietrun Lübeck, born 1975, is a professor in the social work course at the Evangelische Hochschule Berlin. Her work focuses on introducing psychology for social workers, adults in special circumstances, social psychiatry and community psychiatric care.

### TYPE OF BOOK

Course book

## Tobias Meier, Leo Penta, Andreas Richter **Community Organising**

### CONTENT

Community Organising (CO) developed as an approach to the democratic system in the USA in the 1930s and has also been established in Germany since the 1990s. Against the background of people's serious disenchantment with politics these days and the tendencies towards division within society, it is worthwhile reacquainting ourselves with this democratic tradition and thinking about its current potential. To do this, the book brings together some basic texts, specialist articles and field reports on broad-based community organising and puts them in a modern overall context.



August 2022

310 pages; 34,00 EUR

978-3-7799-6804-7

### AUTHOR

Tobias Meier is a graduate engineer for urban and regional planning and lead organiser in North Rhine-Westphalia for the German Institute for Community Organising (DICO). In addition to his work as an organiser, he does research on urban politics and community work.

Professor Leo J. Penta, born in New York in 1952, is a theologian, scientist and community organiser. He has lived in Germany since 1996 and is an initiator for the development of citizen platforms based on the community organising model. He founded the DICO at the Catholic University of Applied Sciences Berlin and was head of it until March 2022.

Andreas Richter, M.A., born in 1977, studied education and musicology at the Freie Universität Berlin. Since 2013 he has been a community organiser at the DICO in Berlin, since 2019 part of the DICO institute management and the management of the DICO. Before that, he worked as a freelance consultant for organisational culture, change processes and personnel development with clients in industry and administration.

### TYPE OF BOOK

Foundational textbook

## Dietrich Benner

### Outline of General Science Education

#### CONTENT

General science education:

- Presents master lectures in science education from European conceptual history
- Develops basic general pedagogical, educational and scientific educational distinctions
- Examines fundamental connections between experience, knowledge, teaching, learning and education
- Explicates these connections using classical paradigms and forms of knowledge from the history of science
- Grapples with the scientific educational approaches of German pedagogy
- Presents building blocks for educational and competence-theoretical teaching and educational research
- Explains this taking examples from mathematics, physics, biology, ethics and politics classes
- And concludes with an outlook on university educational questions and concepts.

The book is aimed at students of education and educational sciences, at teachers and teachers in training along with anyone who deals with questions of general education, teaching methodology and scientific education.



July 2022  
330 pages; 38,00 EUR  
978-3-7799-6861-0

Rights sold to Poland.

#### AUTHOR

Professor Dietrich Benner, born 1941, (Prof. Dr. Phil. Dr. Hc. mult.), taught at the Universities of Bonn, Freiburg and Münster before accepting the call to the chair for general educational science at the Humboldt University in Berlin in 1991, to which he has belonged as an emeritus professor since 2009. He has been an honorary professor at ECNU Shanghai since 2004. From 2008 to 2014 he was full professor at UKSW Warsaw.

#### TYPE OF BOOK

Foundational textbook

## Samuel Salzborn Global Anti-Semitism

### CONTENT

Since the Islamist terrorist attacks of 9/11, anti-Semitism has spread and become more radical worldwide – beyond the old lines drawn between the political spectra. Anti-Semitism has become the global integrating ideology for Islamists, neo-Nazis, enemies of globalisation and anti-imperialists. Their main enemy stereotype today is Israel. Samuel Salzborn analyses this development, its historical and theoretical background and advocates a new universalism that can become the basis for successfully combating anti-Semitism worldwide.



June 2022  
267 pages; 29,95 EUR  
978-3-7799-7038-5

### AUTHOR

Samuel Salzborn, born in Hanover in 1977, is Adjunct Professor of Political Science at the Justus Liebig University in Giessen. He studied political science, sociology, psychology and law at the University of Hanover, has a doctorate (Cologne) and postdoc (Giessen) in political science. In August 2020 he was appointed the first commissioner for anti-Semitism for the state of Berlin.

### TYPE OF BOOK

Foundational textbook

## BACKLIST

### Education as Human Knowledge in the Anthropocene



The question how we view people and their education at the beginning of the Anthropocene is a historical and culturally new question, the answer to which will shape our future and the future of our planet.

978-3-7799-6182-6  
<https://bit.ly/2t8mlUy>

### The Education-Industrial Complex

School and lessons in the competitive state



Richard Münch casts a critical eye over the reform agenda which is trying to replace the educational establishment with an education-industrial complex in which international organisations, think tanks, consulting companies, billionaire missionary foundations and education reformers collaborate with the education industry and test industry to subject the educational process in schools to meticulous external control.

978-3-7799-3950-4  
<https://bit.ly/30qKSIM>

### Adolescent Phase of Life

An introduction to socio-scientific research into adolescence



13th edition of the standard work. 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. Contains sociological and psychological theories as well as aspects of educational science and health science. Comprehensive and interdisciplinary-oriented.

978-3-7799-2619-1  
<https://bit.ly/2S9fxOM>

### Crisis Discourse

Europe's immediate future



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

978-3-7799-3621-3  
<https://bit.ly/32v3lwC>

**Interpretive Social Sciences**

## An introduction



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.

978-3-7799-2614-6

[beltz\\_foreign\\_rights](http://beltz_foreign_rights.com)