

Foreign Rights Catalog

2025/2026



Welcome to Our Book Selection

Dear Friends and Colleagues,

We are pleased to present a curated selection of our most successful and recent book publications from across our international programs – including English, German, Brazilian, Danish, and Italian titles. With more than 2,500 titles and around 150 new books each year, Hogrefe stands for scientifically grounded, practice-oriented knowledge in psychology and mental health.

For over 75 years, Hogrefe has combined tradition with innovation. What began in 1949 has evolved into a dynamic, internationally connected publishing group with 18 locations across Europe and the Americas. This broad presence enables us to respond to regional needs while fostering global exchange.

In addition to books, we offer psychological assessments, professional training programs, and expert consulting – all designed to support those working to improve mental health and well-being.

We welcome your interest and are happy to provide reading copies or discuss potential collaborations.

Explore our full program at: www.hogrefe.com

With best wishes

IP & Rights Team
Hogrefe Publishing Group

Hogrefe Verlag GmbH & Co. KG
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IP & Rights
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Germany

Contents

Psychology, Psychotherapy & Psychiatry

ICD-11 Personality Disorders	7
OPD-3 – Operationalized Psychodynamic Diagnostic	7
The AMDP System	8
Rorschach	8
Acceptance and Commitment Therapy (ACT)	9
Process-based Psychotherapy	9
Practical Manual of Cognitive Behavioral Therapies	10
Imaginative Techniques	10
Behavioral Experiments	11
Schema Therapy	11
Developing Anti-Racist Cultural Competence	12
Ethics for European Psychologists	12
The ABCs of CBASP	13
Affirmative Counseling for Transgender and Gender	13
Diverse Clients	14
Introduction to Integrative Body Psychotherapy IBP	14
Movies, Miniseries, and Multiculturalism	15
Diagnosis of Complex Post-traumatic Stress Disorder	15
EMDR	16
Narrative Exposure Therapy (NET)	16
Optimizing CBT for PTSD	17
Post-traumatic Stress Disorders	17
Embitterment, Post-traumatic Embitterment Disorder,	17
and Wisdom Therapy	18
Borderline Personality Disorder	18
Autism in Adulthood	19
Narcissistic Disorder	19
Obsessive-compulsive Disorder	20
Trauma Practice	20
Panic Disorder and Agoraphobia	21
Nightmares in Children and Adolescents	21
Obsessive-Compulsive Disorder in Adults	22
Social Anxiety Disorder	22
Adolescent Dating Violence	23
Attention-Deficit/Hyperactivity Disorder in Children	23
and Adolescents	24
Attention-Deficit/Hyperactivity Disorder in Adults	24
Identify and Change Negative Beliefs	26
Self-esteem Related Interventions	26
Sentence Completions for Children	27
Sentence Completions for Adolescents	27
Sentence Completions for Adults	28
100 Cards for Coaching with Resource Activation	28
Psychopathological Assessment and Documentation	29
System for Children and Adolescents (CASCAP-2)	29
Anorexia nervosa	30
Mental and Behavioral Disorders in Early Childhood	
Bullying and Peer Victimization	
The Silent Child is the Forgotten Child	

Interventions in Psychopedagogy	30
Integrating Digital Tools Into Children's Mental Health Care	31
Childhood Depression	31
Giftedness and Talent	32
Time-Out in Child Behavior Management	32
Suicide and Culture 2.0	33
Education in the 21 st Century	33
Strengths-Based Resilience	35
Strengths-Based Resilience Workbook	35
Mindfulness and Character Strengths	36
The Mindfulness and Character Strengths Workbook	36
Character Strengths Interventions	37
Character Strengths Intervention Cards	37
Biofeedback and Neurofeedback	38
Handbook of Aviation Neuropsychology	38
Clinical Handbook of Psychotropic Drugs for Children	
and Adolescents	39
Clinical Handbook of Psychotropic Drugs	39

Human Resources

Employee Onboarding	41
Employee Appraisals	41
The Dark Triad of Personality in Personnel Selection	42
Group Dynamics in Practice	42
Destructive Aggression in the Workplace	44
Managing Staff Turnover	44
Mentoring	45
Adaptive Decision-Making	45

Self-help & General Interest

Train your Sleep Successfully	47
Helping Children and Adolescents with Obsessive-	
Compulsive Disorders	47
Dealing with Depression	48
Dealing with Loneliness	48
Dealing with Narcissism	49
Dealing with Post-traumatic Stress Disorder	49
Dealing with Borderline Personality Disorder	52
Dealing with Borderline Personality Disorder	52
A Guide to Acceptance and Commitment Therapy (ACT)	53
A Guide to Schema Therapy	53
How to Deal with Substance Abuse in Adolescents	
and Children	55
How to Deal with Giftedness and Talents	55
How to Deal with Grief	56
How to Overcome Embitterment with Wisdom	56
Bread Is Just Bread Again	57

Chronic Pain - Living Well, Now More than Ever	
How Does a Relationship Work?	
Porn and Relationship	
Lipedema Life Balance!	
Finding New Paths	

Family Mental Health

Charlie, Are You Daydreaming Again?	
Jaron on the Quest for Happiness	
How About Giving It a Try?	
Yay, I'm Having a Baby Brother or Sister!	
You Can Always Come to Me	
Eek! Anxiety Has Arrived!	
Friends Like Us ... It Only Happens Once in the World!	
Mulle's Big Dare	
Elio Counted Wrong	
Joe and the Big Red Pen	
Charlie's Crazy New Beginning	
Raised Hand	
Where to, Little Eda?	
Fire Rock and Mirror Lake	
Where Has Your Light Gone?	
The Magic Box	
Fiordaliso, the Kitten Who Can't Decide	
Mio, the Brown Bear	
Trick Your Nightmares	
A Childhood with ADHD	
Studying Successfully with ADHD and ADD	
The Captain Nemo Stories	
Moths in the Mind	
Up and Down	
Smart Studying	

57	Textbook Ward Management	83
58	Communicating with Empathy	84
58	Suggestion, Empathy and Evidence in Medicine	84
59	Communication and Interaction in Care	86
59	Person-centred Nursing Practice	86
	Transitional Care	87
	Work & Care – The Path to Compatibility Competence	87
	Community and Family Health Care	88
	The Climate Impact Book	88
61	Public Health in Childhood and Adolescence	89
61	The Body That I Am	89
62	ICF in Nursing Practice	90
62	ICF-CY in Practice	90
63	Professional Identity and Pride in Nursing	91
63	Nursing Is...	91
64	Humanitarian Aid	92
64	Transcultural and Transcategorical Competence	92
65	Integration of Foreign Employees in Nursing	94
66	Talking about Health and Illness in Simple Terms	94
66	Caring for People with Obesity and Overweight	95
68	Audiology	95
68	General Pathology – Compact	96
69	Developing the Potential of Children with Special Needs	96
69	Practice Book Nursing and Psychotropic Drugs	97
70	Multiprofessional Treatment of Substance Use Disorders	97
70	Palliative Care for People with Dementia	98
71	Advise Relatives of People with Dementia	98
71	In the Dementia Maze	99
72	Challenge Accepted!	99

Nursing & Medicine

The ME/CFS Handbook	77
Integrative Interventions in Oncology	77
Nursing Science 1	78
Nursing Science 2	78
Nursing Education Manual	79
Nursing Competence	79
Concept Maps and Concept Mapping in Nursing	80
Scientific Work in Nursing Care	80
Evidence-based Nursing and Caring	81
Clinical Simulation Learning in Nursing	81
Digitalization in the Nursing and Healthcare Sector	82
Sexualised Violence and Trauma	82
The Anatomy of Time – Self-Management for Doctors	83

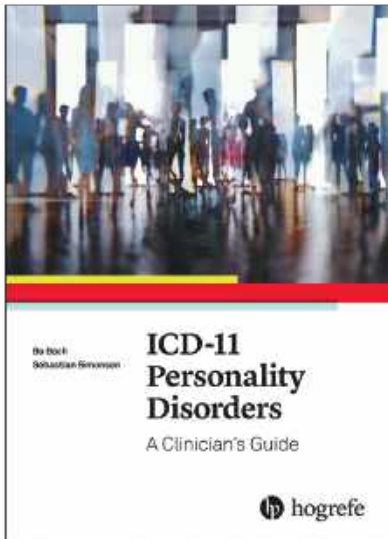


Psychology, Psychotherapy & Psychiatry

In this section you will find a selection of our most popular titles for professionals working in the fields of psychology, psychotherapy, and psychiatry.

It contains:

- treatment manuals for specific disorders
- handbooks on psychotropic drugs
- titles on psychological assessment
- titles on child and adolescent psychology



2025
VIII + 154 pages
€ 39.95
ISBN 978-0-88937-648-9

Original publication: Danish
“ICD-11 Personlighedsforstyrrelser:
En klinisk vejledning”
Rights sold: English, Croatian,
German, Italian, Norwegian

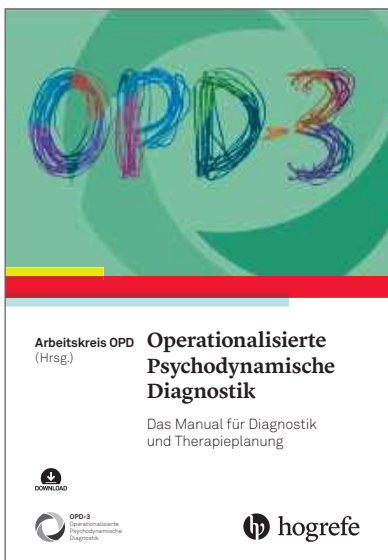
Bo Bach/Sebastian Simonsen

ICD-11 Personality Disorders

A Clinician's Guide

Personality disorders in ICD-11 are now understood as dimensional and trait-based. This book brings the new model to life with real-world clinical examples, showing how to assess severity and identify key trait domains. It supports professionals with guidance on diagnosis, treatment planning, and therapeutic strategies—tailored to different levels of personality dysfunction.

- Diagnostic guidance for all severity levels
- Trait combinations clearly illustrated
- Practical help for clinical decision-making



2nd edition 2024
392 pages + online materials
€ 75.00
ISBN 978-3-456-86348-1

Original publication: German
“OPD-3 – Operationalisierte
Psychodynamische Diagnostik”
Rights sold: English, Italian,
Simplified Chinese

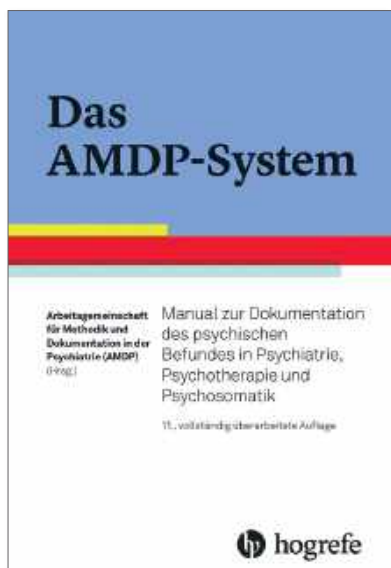
Arbeitskreis OPD (Ed.)

OPD-3 – Operationalized Psychodynamic Diagnostic

The Manual for Diagnostics and Therapy Planning

The Operationalized Psychodynamic Diagnostic (OPD) system offers a clear, structured approach to psychodynamic assessment. Widely used in clinical and research settings, it helps identify illness experience, relational patterns, conflicts, and structural functions—supported by case examples and working materials.

- Standard tool for psychodynamic diagnostics
- Multiaxial system with strong research backing
- Includes case examples and practical tools



11th edition 2023
252 pages
€ 29.95
ISBN 978-3-8017-3157-1

Original publication: German
“Das AMDP-System”

Rights sold: English, Croatian,
French, Greek, Portuguese, Turkish

Arbeitsgemeinschaft für Methodik und
Dokumentation in der Psychiatrie (AMDP)
(Eds.)

over
85,000
copies sold!

The AMDP System

Manual for Assessment and Documentation
of Psychopathology in Psychiatry

The AMDP System is a widely used tool for documenting psychiatric symptoms in clinical and research projects. It is not only an essential part of many internal clinical documentation systems, but it is also a valuable instrument for training the identification of psychopathological symptoms.

This clearly structured manual enables the standardized application of the system, making it an invaluable tool in the training of medicine and psychology students and an essential reference volume in the psychiatric field.



2nd edition 2021
264 pages
R\$ 83.00/€ 27.00
ISBN 978-85-85439-90-3

Original publication: Portuguese
“Rorschach”

Rights sold: All rights available

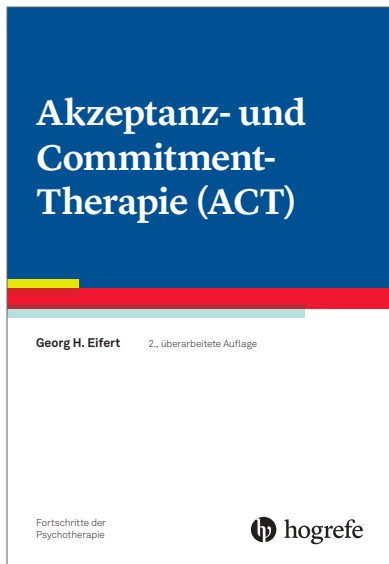
Terezinha A. de Carvalho Amaro / Carla L. Codani Hisatugo

Rorschach

The Rorschach Method:
Past, Present, and Future

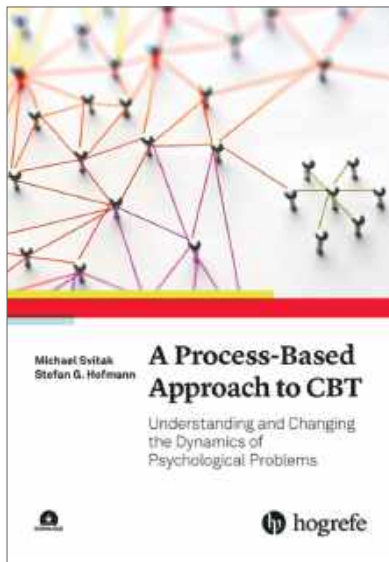
From Hermann Rorschach's origins to future perspectives, this book traces the evolution of the Rorschach method across clinical, legal, scientific, and organizational settings. With historical insight, real-world examples, and a detailed timeline, it offers essential knowledge for psychologists and psychology students.

- Rorschach use across diverse professional fields
- Key figures and milestones in method development
- Practical examples from personality assessment contexts



2nd edition 2022
VIII + 113 pages
€ 19.95
ISBN 978-3-8017-3045-1

Original publication: German
“Akzeptanz- und
Commitment-Therapie (ACT)”
Rights sold: Portuguese



2024
IV + 220 pages + online materials
€ 43.95
ISBN 978-0-88937-628-1

Original publication: German
“Prozessbasierte Psychotherapie”
Rights sold: English

Georg H. Eifert

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) helps people face inner struggles with openness and pursue what truly matters. This guide introduces ACT principles, showing how mindfulness, acceptance, and values-based action build psychological flexibility. With updated research and practical tools, it supports change across disorders.

- ACT strategies for emotional openness and change
- Tools for mindfulness, self-compassion, and values work
- Updated edition with latest research and examples

over
15,000
copies sold!

Michael Svitak / Stefan G. Hofmann

Process-based Psychotherapy

How to Understand and Change Individual Disturbance Dynamics

This book offers valuable suggestions for psychotherapeutic professionals who want to make therapy with their clients more individual and effective.

This book introduces the theory and practice of process-based therapy, showing how interlinked psychological processes can lead to distress – and how to change them. With practical guidance on diagnosing key patterns, building individual network models, and selecting interventions, it offers a flexible, personalized path to effective care.

- Clear introduction to process-based therapy
- Tools for modeling and targeting key processes
- Illustrated with case examples for real-world use



2024
480 pages
R\$ 266.00 / approx. € 40.00
ISBN 978-65-5072-049-0

Original publication: Portuguese
“Manual práctico de terapias
cognitivas comportamentais”
Rights sold: All rights available

Ilana Andretta / Margareth da Silva Oliveira

Practical Manual of Cognitive Behavioral Therapies

This book is a practical, research-based guide for therapists working with CBT. It revisits core theories, explores applications across contexts, and addresses diverse populations. Each chapter includes summaries and reflection questions to deepen understanding – making it a go-to resource for everyday practice.

- Comprehensive, evidence-based CBT overview
- Clinical tools for various contexts and client groups
- Ideal for students, researchers, and practitioners



2024
VI + 86 pages
€ 24.95
ISBN 978-3-8017-3073-4

Original publication: German
“Imaginative Techniken”
Rights sold: All rights available

Fritz Renner

Imaginative Techniques

This practical guide introduces core theories and models of imagery-based techniques in psychotherapy. It explains how to apply them step by step, integrate them into treatment plans, and combine them with other methods. Case examples and transcripts illustrate their use across diagnoses to foster emotional competence and transform negative emotions.

- Step-by-step use of imagery techniques
- Integration into broader therapeutic plans
- Case examples and clinical transcripts included



2023

VI + 145 pages

€ 24.95

ISBN 978-3-8017-3113-7

Original publication: German
“Verhaltensexperimente”

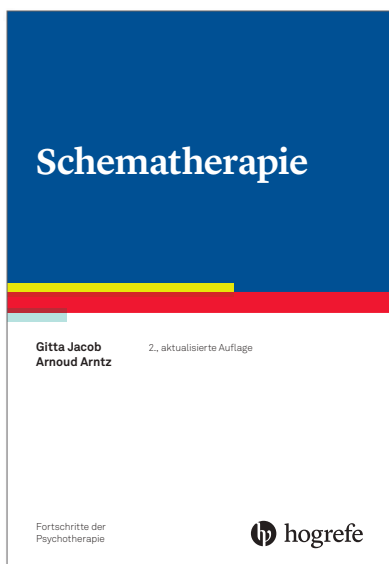
Rights sold: All rights available

Ulrich Stangier

Behavioral Experiments

Behavioral experiments are a central tool in cognitive therapy, helping clients test beliefs in real-life situations and shift rigid thinking. This concise guide shows how to plan, implement, and evaluate experiments effectively. With case vignettes and strategies to reduce bias, it offers practical support across a range of disorders.

- Step-by-step planning for behavioral experiments
- Techniques to challenge distorted beliefs
- Case vignettes for real-world application

2nd edition 2022

VI + 103 pages

€ 19.95

ISBN 978-3-8017-3125-0

Original publication: German
“Schematherapie”

Rights sold: All rights available

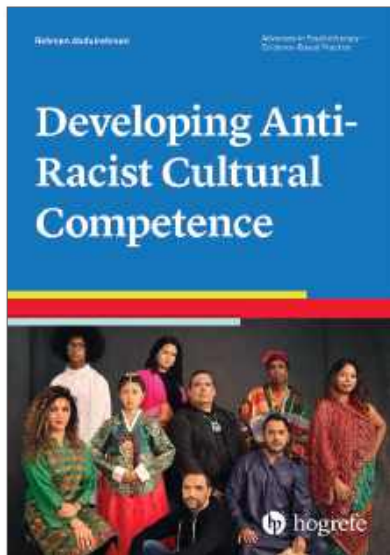
Gitta Jacob / Arnoud Arntz

Schema Therapy

Schema therapy expands CBT by focusing on deep emotional patterns and has proven especially effective for personality disorders. This updated guide presents mode-based treatment with practical tools, clear structure, and vivid case examples. It highlights emotion-focused techniques and the unique role of the therapeutic relationship.

- Practical guide to mode-based schema therapy
- Tools for diagnosis, treatment, and relationship work
- Includes chair work, imagery, and common pitfalls

over
9,000
copies sold!



2024
XVI + 106 pages
€ 24.95
ISBN 978-0-88937-515-4

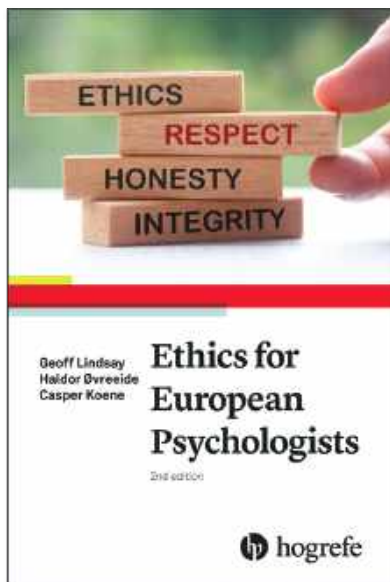
Original publication: English
Rights sold: All rights available

Rehman Abdulrehman

Developing Anti-Racist Cultural Competence

In a world where cultural awareness is crucial, this book re-frames anti-racist competence as a shared, collective journey. Moving beyond traditional outsider perspectives, it fosters true inclusion by emphasizing empathy, shared responsibility, and practical tools. With compassion and clarity, it helps professionals navigate sensitive issues without reinforcing divides.

- Teaches cultural humility
- Provides practical guidance
- Addresses internalized racism



2nd edition 2024
X + 254 pages
approx. € 29.39
ISBN 978-0-88937-637-3

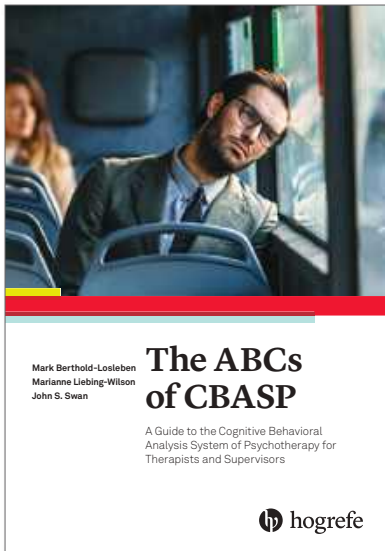
Original publication: English
Rights sold: Czech, Latvian

Geoff Lindsay / Haldor Øvreeide / Casper Koene

Ethics for European Psychologists

Ethical challenges are part of every psychologist's daily reality. This fully updated edition offers clear guidance rooted in the EFPA Meta-code of Ethics, helping professionals stay grounded in core values while navigating today's complex dilemmas. Packed with real-life examples, it empowers readers to uphold integrity and make confident, responsible decisions.

- New updated edition
- Based on EFPA's Meta-code of Ethics
- Full of practical examples



2023
VIII + 196 pages
€ 43.95
ISBN 978-0-88937-584-0

Original publication: English
Rights sold: All rights available

Mark Berthold-Losleben / Marianne Liebing-Wilson /
John S. Swan

The ABCs of CBASP

A Guide to the Cognitive Behavioral Analysis System of Psychotherapy for Therapists and Supervisors

Through immersive first-person narratives and therapist-client dialogue, this book brings the therapy process to life. Structured prompts, exercises, and printable tools guide clinicians through each phase of treatment and support understanding of core CBASP principles.

- Real-time insight into CBASP in action
- Session structure, prompts, and exercises
- Printable clinical tools included



2023
VI + 104 pages
€ 24.95
ISBN 978-0-88937-513-0

Original publication: English
Rights sold: All rights available

lore m. dickey / Jae A. Puckett

Affirmative Counseling for Transgender and Gender Diverse Clients

This essential guide equips clinicians to provide affirming, evidence-based mental health care for transgender and gender-diverse clients. It explores key topics such as supporting youth, addressing co-occurring conditions like autism, and navigating ongoing debates with sensitivity and clinical clarity. Practical tools and sample letters support inclusive practice in both therapeutic and medical settings.

- Evidence-based, inclusive strategies for care
- Guidance on youth and neurodiversity
- Printable tools and support letters included



2nd edition 2024
 344 pages
 € 45.00
 ISBN 978-3-456-86327-6

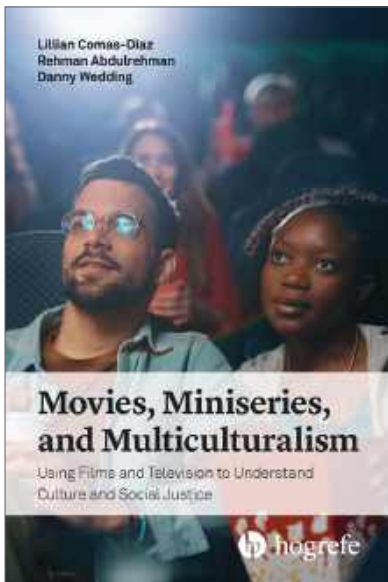
Original publication: German
 “Einführung in die Integrative
 Körperpsychotherapie IBP
 (Integrative Body Psychotherapy)“
Rights sold: All rights available

Eva Kaul / Markus Fischer (Eds.)

Introduction to Integrative Body Psychotherapy IBP

By integrating body, emotion, and cognition, Integrative Body Psychotherapy (IBP) offers a holistic approach rooted in humanistic psychology. This clear, process-oriented guide presents core principles and methods that enrich traditional psychotherapy and deepen therapeutic presence across all dimensions of experience.

- Unified focus on body, emotion, and cognition
- Rooted in humanistic, process-based practice
- Expands and deepens conventional psychotherapy



2025
 230 + X pages
 € 37.95
 ISBN 978-0-88937-494-2

Original publication: English
Rights sold: All rights available

Lillian Comas-Diaz / Rehman Abdulrehman / Danny Wedding

Movies, Miniseries, and Multiculturalism

Using Films and Television to Understand Culture and Social Justice

A powerful guide to understanding cultural identity and bias – through film and TV. This practical book uses compelling scenes to raise awareness for racism, patriarchy, and social justice while helping readers reflect on their own perspectives. With relatable examples and thoughtful prompts, it offers accessible insights into multicultural living and the emotional impact of media narratives.

- Uses movies and shows to teach cultural awareness
- Practical tools for reflection and growth
- Tackles identity, bias, and belonging



3rd edition 2025
384 pages
€ 65.00
ISBN 978-3-456-86342-9

Original publication: German
“Diagnostik von Traumafolgestörungen”

Rights sold: English

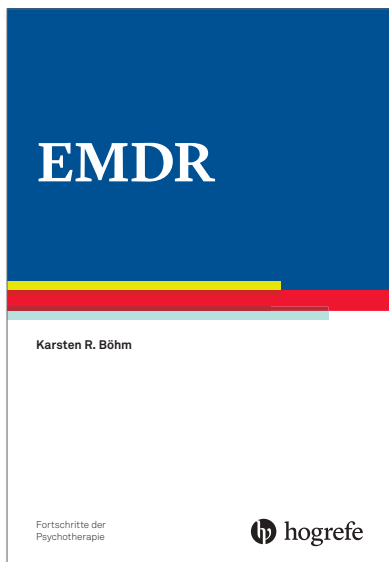
Jan Gysi

Diagnosis of Complex Post-traumatic Stress Disorder

Multiaxial Trauma Model of Dissociation according to ICD-11

This guide supports accurate diagnosis and effective treatment of complex PTSD, addressing issues like misdiagnosis, overlooked trauma, and unstable life circumstances. With clear checklists and structured overviews, it helps clinicians navigate diagnostic complexity and ensure safety, legal clarity, and therapeutic readiness.

- Clear tools for diagnosing complex PTSD
- Addresses safety, trauma history, and misdiagnosis
- Structured overviews for clinical decision-making



2024
VI + 86 pages
€ 19.95
ISBN 978-3-8017-3173-1

Original publication: German
“EMDR”

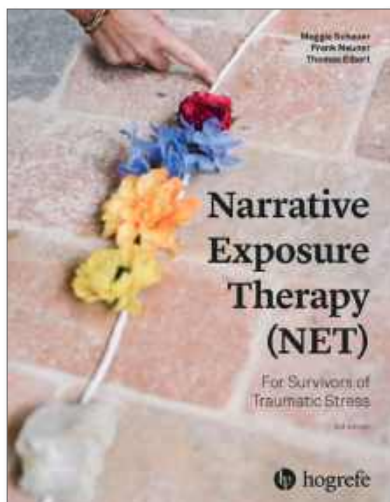
Rights sold: Portuguese

Karsten R. Böhm

EMDR

EMDR is a powerful, evidence-based method for treating trauma. This practice-oriented guide explains its eight-phase protocol and shows how to adapt treatment for PTSD and complex PTSD. Drawing on behavioral, psychodynamic, and cognitive elements, it uses bilateral stimulation to process traumatic memories and reduce emotional distress.

- Step-by-step guide to the EMDR protocol
- Focus on PTSD and complex PTSD treatment
- Case examples and detailed clinical procedures included



3rd edition 2024
 X + 220 pages
 € 64.95
 ISBN 978-0-88937-595-6

Original publication: English
Rights sold: French, German, Italian, Japanese, Norwegian, Persian, Portuguese, Slovak, Turkish

Maggie Schauer / Frank Neuner /
 Thomas Elbert

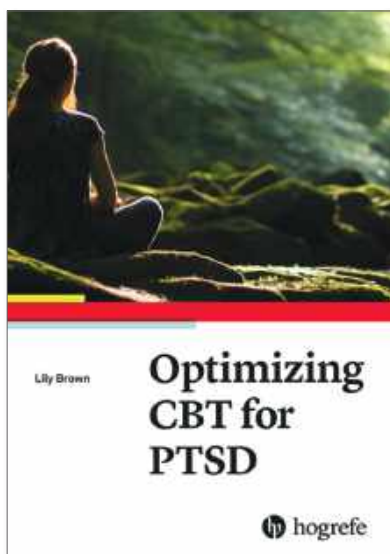
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 12,000
 copies sold!

Narrative Exposure Therapy (NET)

For Survivors of Traumatic Stress

This updated third edition of Narrative Exposure Therapy (NET) offers a structured, field-tested approach to treating trauma from war, violence, and abuse. With new illustrations, tools, and expanded guidance, it equips clinicians to help clients integrate traumatic memories into a coherent life story.

- Updated NET manual with new tools and visuals
- Structured approach for war, violence, and abuse trauma
- Practical guidance from the method's original creators



2025
 VIII + 136 pages
 approx. € 34.95
 ISBN 978-0-88937-669-4

Original publication: English
Rights sold: All rights available

Lily Brown

Optimizing CBT for PTSD

Maximize CBT with survivors of trauma. Helping clients heal from trauma – this evidence-based guide shows how to apply CBT effectively for PTSD. With step-by-step instructions for key techniques like exposure and cognitive processing, it also addresses broader support needs and therapist self-care to ensure sustainable, compassionate practice.

- CBT strategies for PTSD with clear guidance
- Tools for trauma recovery and clinical challenges
- Includes resources for clients and therapists alike



2nd edition 2025
 VII + 111 pages
 approx. € 19.95
 ISBN 978-3-8017-3041-3

Original publication: German
 “Posttraumatische Belastungs-
 störungen”

Rights sold: All rights available

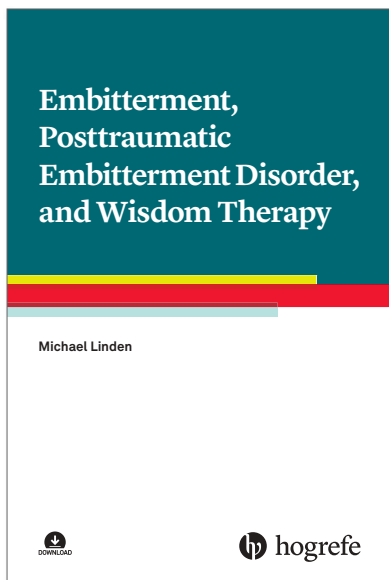
Anke Ehlers

Post-traumatic Stress Disorders

This updated guide presents cognitive therapy for PTSD based on ICD-11, with practical tools for diagnosis and treatment planning. It explains how to reduce intrusive re-experiencing and change dysfunctional behaviors linked to trauma. Numerous examples illustrate trauma-focused CBT techniques, including work with complex PTSD and trauma memory updating.

- Cognitive therapy based on ICD-11 criteria
- Tools for diagnosis, planning, and intervention
- Focus on trauma memory, triggers, and complex PTSD

over
15,000
copies sold!



2022
 106 pages + online materials
 € 25.95
 ISBN 978-0-88937-612-0

Original publication: German
 “Verbitterung und Posttrauma-
 tische Verbitterungsstörung”

Rights sold: English

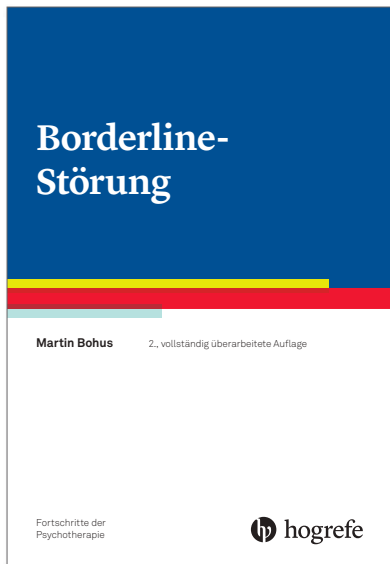
Michael Linden

Embitterment, Post-traumatic Embitterment Disorder, and Wisdom Therapy

Help clients overcome deep-seated feelings of embitterment with this practical, research-based guide. Drawing on wisdom therapy, the book offers hands-on techniques to process hurt, regain orientation, and move toward emotional reconciliation. Rich case vignettes and tips on legal, medical, and social contexts support clinicians in treating posttraumatic embitterment disorder (PTED).

- Evidence-based wisdom therapy techniques
- Skills to process and resolve embitterment
- Legal, social, and medical guidance included

over
8,000
copies sold!



2nd edition 2019
 VI + 122 pages
 € 19.95
 ISBN 978-3-8017-2853-3

Original publication: German
 “Borderline-Störung”
Rights sold: English, Portuguese

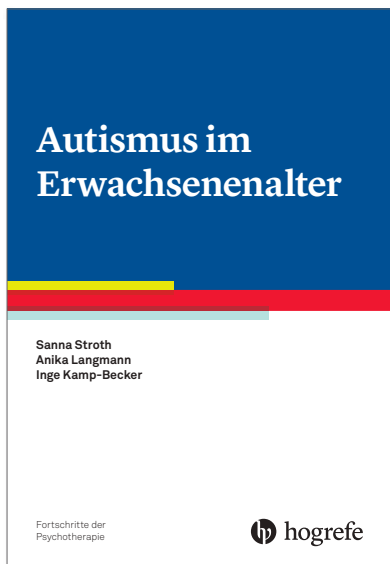
Martin Bohus

Borderline Personality Disorder

Borderline disorder often pushes emotional limits – for those affected and those around them. This concise guide, based on Marsha Linehan’s DBT, presents clear treatment principles, practical strategies, and structured tools for outpatient and inpatient care. It’s a valuable companion for managing complex therapeutic challenges.

- Grounded in dialectical behavior therapy (DBT)
- Tools for diagnosis, treatment planning, and structure
- Practice-based tips for complex clinical situations

over
30,000
copies sold!



2025
 VII + 111 pages
 € 19.95
 ISBN 978-3-8017-3174-8

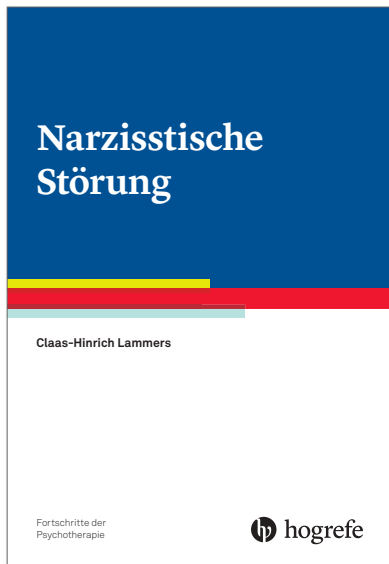
Original publication: German
 “Autismus im Erwachsenenalter”
Rights sold: All rights available

Sanna Stroth / Anika Langmann / Inge Kamp-Becker

Autism in Adulthood

This comprehensive guide explores the diverse presentations of autism in adulthood, covering classification, diagnosis, and therapy. It addresses symptom development, frequent comorbidities, and practical treatment strategies tailored to adults. Real-life case examples and structured methods offer valuable support for clinical practice.

- Autism in adulthood: symptoms and comorbidities
- Practical tools for tailored therapy
- Case-based insights for everyday practice



2023
VII + 94 pages
€ 19.95
ISBN 978-3-8017-3206-6

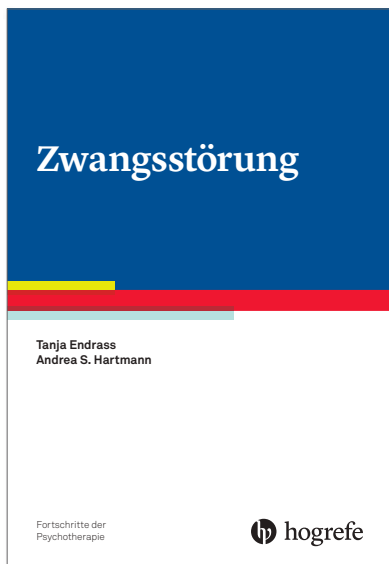
Original publication: German
“Narzisstische Störung”
Rights sold: All rights available

Claas-H. Lammers

Narcissistic Disorder

Working with narcissistic patients is often seen as challenging – but it can also be deeply rewarding. This practical guide outlines the specific dynamics of narcissistic personality disorder and provides effective techniques for managing therapeutic relationships, addressing self-worth regulation, and building motivation for change.

- Strategies for handling therapeutic challenges
- Techniques for empathy, conflict, and schema work
- Tools for strengthening engagement and meaning



2024
VII + 96 pages
€ 19.95
ISBN 978-3-8017-3132-8

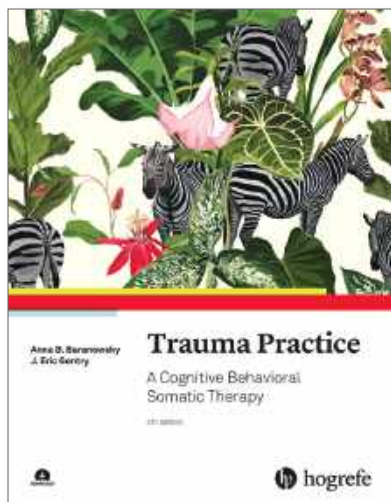
Original publication: German
“Zwangsstörung”
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Tanja Endrass / Andrea S. Hartmann

Obsessive-compulsive Disorder

This practical guide offers a comprehensive overview of OCD, from diagnosis to empirically proven CBT treatments. It covers symptom types, comorbidities, and key interventions like exposure with response prevention and cognitive techniques. Case examples and worksheets support effective, real-world application in therapy.

- Full diagnostic and treatment overview of OCD
- CBT tools including exposure and cognitive strategies
- Case examples and worksheets for clinical use



4th edition 2023
228 pages
€ 50.95
ISBN 978-0-88937-592-5

Original publication: English
Rights sold: Dutch, Korean,
Turkish

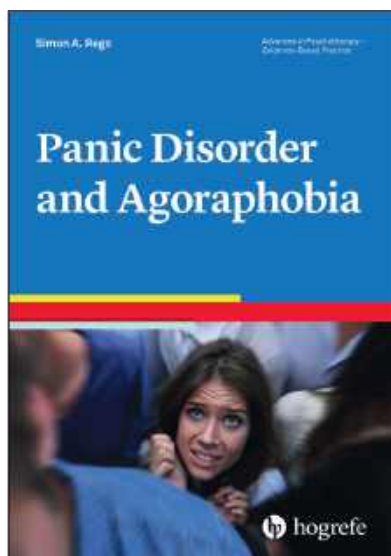
Anna B. Baranowsky / J. Eric Gentry

Trauma Practice

A Cognitive Behavioral Somatic Therapy

This expanded edition of a trusted trauma therapy toolkit equips clinicians with nearly 70 cognitive, behavioral, and somatic techniques. Featuring a structured 3-phase model plus a new therapist prep phase, it blends polyvagal-informed care, Forward-Facing® Trauma Therapy, and hands-on resources for lasting impact.

- 70+ CBST tools with videos and handouts
- Prep phase for therapist self-regulation
- Polyvagal theory and Forward-Facing® approaches included



2024
X + 108 pages
€ 24.95
ISBN 978-0-88937-405-8

Original publication: English
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Simon A. Rego

Panic Disorder and Agoraphobia

This concise and up-to-date guide equips professionals with everything needed to diagnose and treat panic disorder and agoraphobia using proven CBT methods. Clear models, structured guidance, and a full 12-session plan make it a practical tool for effective care across experience levels – backed by downloadable materials for immediate clinical use.

- Compact and current overview of science and practice
- Outline of a 12-session treatment
- Downloadable handouts for clinical practice



2024
138 pages
€ 39.95
ISBN 978-3-8017-3183-0

Original publication: German

“Alpträume bei Kindern und Jugendlichen”

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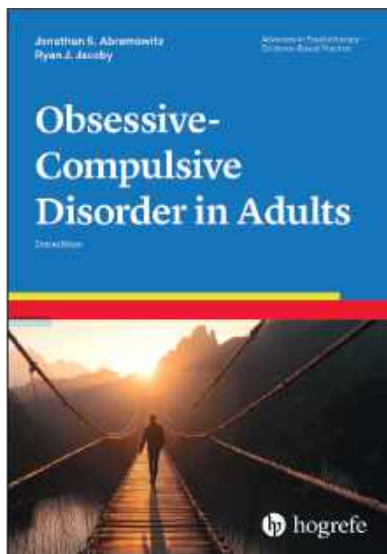
Johanna Thünker / Reinhard Pietrowsky

Nightmares in Children and Adolescents

A Therapy Manual

Recurring nightmares can be deeply distressing for children and teens. This manual presents a complete, evidence-based program using Imagery Rehearsal Therapy to reduce nightmare frequency and distress. With step-by-step guidance, case studies, and practical materials, it supports effective treatment – even alongside other therapies.

- Complete therapy program based on IRT
- For nightmares alone or with PTSD
- Includes case studies and online worksheets



2nd edition 2025
VIII + 100 pages
approx. € 24.95
ISBN 978-0-88937-607-6

Original publication: English

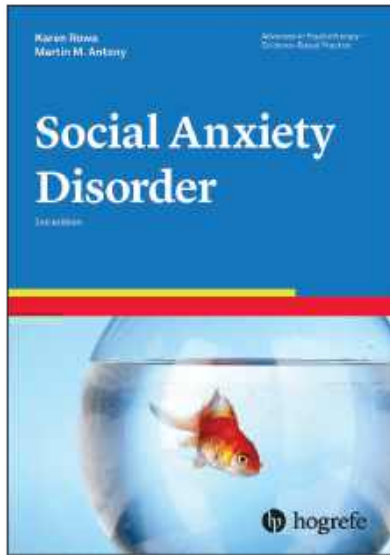
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Jonathan S. Abramowitz / Ryan J. Jacoby

Obsessive-Compulsive Disorder in Adults

This updated edition of the widely used guide to OCD offers clear, expert support for clinicians working with this complex condition. It delivers a compact yet thorough overview of current science, proven treatment strategies, and practical tools. Readers gain not only understanding but also concrete help for everyday clinical work.

- Compact and current overview of science and practice
- Details the best treatment approaches
- Includes downloadable tools for clinical use



2nd edition 2025
 XII + 96 pages
 approx. € 24.95
 ISBN 978-0-88937-602-1

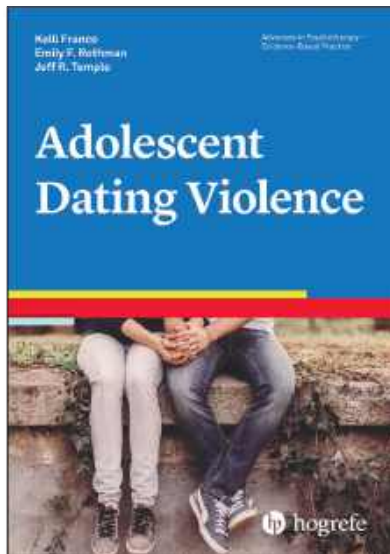
Original publication: English
Rights sold: All rights available

Karen Rowa / Martin M. Antony

Social Anxiety Disorder

Social anxiety disorder (SAD) remains one of the most common yet misunderstood psychological conditions. This updated guide distills cutting-edge research and evidence-based approaches into a practical manual for clinicians. It covers assessment, CBT treatment strategies, cultural considerations, and includes a vivid case example and useful clinical tools to support real-world practice.

- Latest insights into SAD and CBT techniques
- Cultural adaptations for diverse client needs
- Case study and clinical handouts included



2025
 VIII + 88 pages
 approx. € 24.95
 ISBN 978-0-88937-419-5

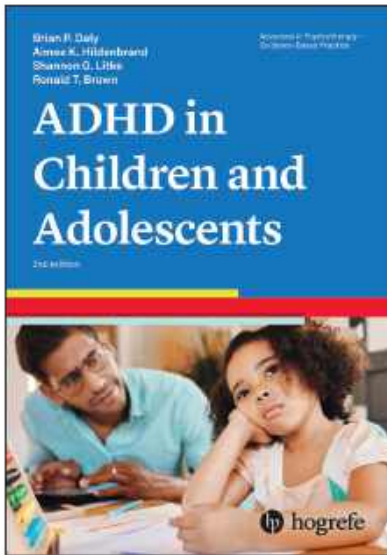
Original publication: English
Rights sold: All rights available

Kelli S. Franco / Emily F. Rothman / Jeff R. Temple

Adolescent Dating Violence

This essential guide empowers professionals to identify, prevent, and treat adolescent dating violence with sensitivity and skill. Grounded in the latest research, it offers evidence-based strategies for assessing and intervening with youth aged 10–24 in clinical, school, and correctional settings. A detailed case example illustrates the therapeutic process and practical follow-up measures.

- Science-based tools for assessment and treatment
- School and justice system interventions
- Gender-inclusive, intersectional approach



2nd edition, 2024
VIII + 92 pages
€ 24.95
ISBN 978-0-88937-600-7

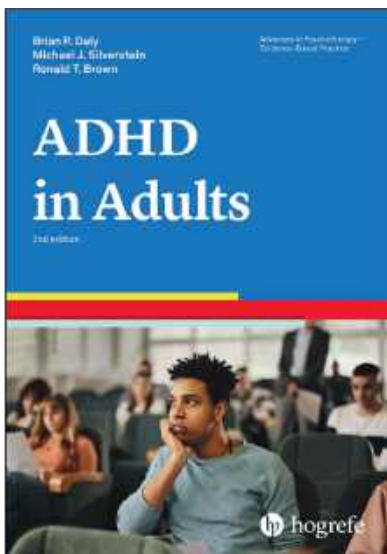
Original publication: English
Rights sold: Danish

Brian P. Daly / Aimee K. Hildenbrand / Shannon G. Litke /
Ronald T. Brown

Attention-Deficit/ Hyperactivity Disorder in Children and Adolescents

This updated guide offers clear, research-based strategies for assessing and treating children and teens with ADHD. Covering multimodal care, diversity considerations, and practical tools, it supports clinicians in improving focus, behavior, and long-term outcomes. Includes downloadable handouts for use in practice.

- Updated edition with latest ADHD research
- Multimodal strategies and diversity insights
- Downloadable tools for clinical use included



2nd edition 2024
VIII + 90 pages
€ 24.95
ISBN 978-0-8893-599-4

Original publication: English
Rights sold: Korean, Ukrainian

Brian P. Daly / Michael J. Silverstein / Ronald T. Brown

Attention-Deficit/ Hyperactivity Disorder in Adults

This fully updated edition offers evidence-based guidance on diagnosing and treating ADHD in adults. It covers the latest research, multimodal strategies, and the unique ways symptoms present in adulthood. A practical resource for improving focus, function, and quality of life in adult clients.

- Updated edition with latest adult ADHD research
- Multimodal approaches for lasting impact
- Clear guidance for diagnosis and treatment planning



2025
120 cards + booklet
€ 36.95
ISBN 978-3-8017-3236-3

Original publication: German
“Negative Glaubenssätze
aufspüren und verändern”
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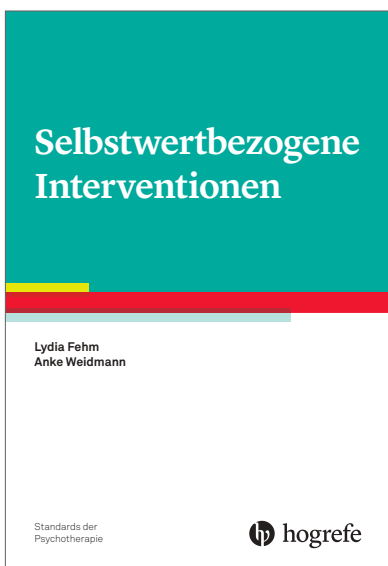
Annelen Collatz / Karin Gudat

Identify and Change Negative Beliefs

120 Cards for Counselling, Coaching and Therapy

This card set helps uncover and reframe negative beliefs that influence emotions and behavior. Based on six core social motives, it offers playful yet effective tools for use in coaching, therapy, or counseling. The included booklet provides practical exercises to support change and foster healthier patterns of thinking and relating.

- Identify and transform negative core beliefs
- Based on six key social motives
- Practical tools for therapy, coaching, and counseling



2023
VIII + 141 pages
€ 24.95
ISBN 978-3-8017-3061-1

Original publication: German
“Selbstwertbezogene
Interventionen”
Rights sold: All rights available

Lydia Fehm / Anke Weidmann

Self-esteem Related Interventions

Low self-esteem is a key factor in many mental disorders. This practical guide explores its role across diagnoses and presents evidence-based interventions—from CBT and mindfulness to Fennell's model and COMET training. It also includes tips for psychoeducation, diagnostics, and group therapy formats.

- Self-esteem tools for depression, EDs, and more
- Includes CBT, mindfulness, and COMET approaches
- Practical use in both individual and group therapy





2024

160 cards + 44 pages booklet

approx. € 36.95

ISBN 978-3-8017-3274-5

Original publication: German

“Satzergänzungen für Kinder”

Rights sold: All rights available

2024

180 cards + 44 pages booklet

approx. € 39.95

ISBN 978-3-8017-3275-2

Original publication: German

“Satzergänzungen für Jugendliche”

Rights sold: All rights available

Melanie Gräßer / Eike Hovermann

Sentence Completions for Children

160 Cards with Sentence Starters to Use in Therapeutic Settings

Unlock what younger children often can't put into words: This card set offers 160 sentence starters for ages 5–13 that open a window into their fears, hopes, and emotional world. With 16 everyday themes and flexible use in therapy or school, it supports both diagnostics and deeper therapeutic insight.

- 160 sentence starters for ages 5–13
- Ideal for diagnostics and playful self-expression
- Includes booklet and extensive online materials

Melanie Gräßer / Eike Hovermann

Sentence Completions for Adolescents

180 Cards with Sentence Starters to Use in Therapeutic Settings

Teens open up when words feel safe. This card set with 180 sentence starters invites adolescents aged 12–18 to reflect on identity, values, relationships, and struggles. It's a trusted tool for therapy, helping deepen conversations in one-on-one or group settings – at school, home, or in practice.

- 180 sentence starters for ages 12–18
- Supports reflection, identity work, and dialogue
- Booklet and online materials for versatile use



2024
180 cards + 46 pages booklet
€ 39.95
ISBN 978-3-8017-3276-9

Original publication: German
“Satzergänzungen für Erwachsene”
Rights sold: All rights available



2nd edition 2024
100 cards + 42 pages booklet
€ 34.95
ISBN 978-3-8017-3161-8

Original publication: German
“100 Karten für das Coaching mit Ressourcenaktivierung”
Rights sold: Hungarian



Melanie Gräßer / Eike Hovermann

Sentence Completions for Adults

180 Cards with Sentence Starters to Use in Therapeutic Settings

Explore what adults rarely share elsewhere: This set of 180 sentence completions offers unique insight into emotional patterns, relationship dynamics, and hidden beliefs. Ideal for therapy, coaching, and supervision, it helps uncover key themes efficiently – often faster than traditional dialogue.

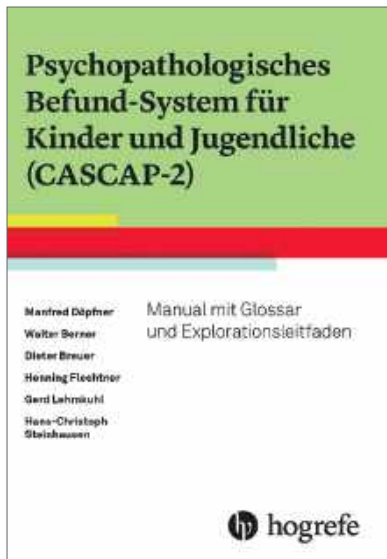
- 180 sentence starters for use with adults
- Reveals deeper insights across life domains
- Includes professional booklet and digital tools

Uta Deppe-Schmitz / Miriam Deubner-Böhme

100 Cards for Coaching with Resource Activation

Creative and easy to use, this card set helps activate inner strengths in coaching, counseling, and therapy. With 70 picture cards, resource-oriented questions, and group-ready exercises, it supports reflection, motivation, and insight. The booklet includes theory, case examples, and step-by-step instructions for individual or group settings.

- 70 image cards plus resource-focused prompts
- Exercises for coaching, counseling, and therapy
- Includes booklet with group formats and case studies



2023
217 pages
€ 29.95
ISBN 978-3-8017-3199-1

Original publication: German
“Psychopathologisches Befund-
system für Kinder und Jugendliche
(CASCAP-2)”

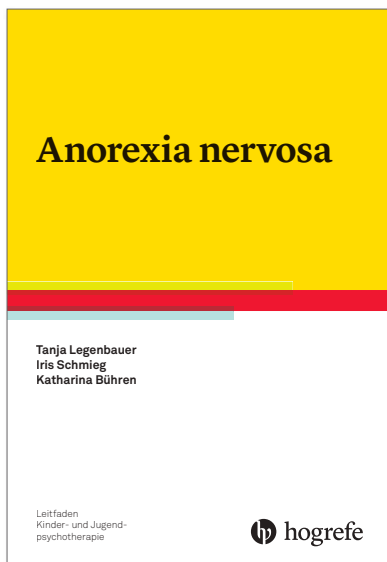
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Manfred Döpfner et al.

Psychopathological Assessment and Documentation System for Children and Adolescents (CASCAP-2)

CASCAP-2 is a practical tool for assessing over 100 psychopathological features in children and adolescents. Combining clinical interviews, caregiver input, and direct observation, it offers a structured approach to symptom-level evaluation. With a findings sheet, glossary, and exploration guide, CASCAP-2 supports nuanced, phenomenological diagnostics in everyday clinical practice.

- Assesses 100+ psychological symptoms
- Combines observation, interview, and caregiver input
- Easy integration into routine clinical workflows



2024
VIII + 183 pages
€ 26.95
ISBN 978-3-8017-2633-1

Original publication: German
“Anorexia Nervosa”

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Tanja Legenbauer / Iris Schmieg / Katharina Bühren

Anorexia nervosa

Focused on early detection and intervention, this resource delivers evidence-based guidance on diagnosing and treating anorexia nervosa in children and adolescents. It covers current research, outlines therapeutic strategies, and provides ready-to-use materials, case examples, and structured tools to support clinical work and long-term recovery.

- Evidence-based treatment for youth with anorexia
- Tools for diagnosis, therapy, and progress tracking
- Clinical examples and practical resources included



2023
400 pages
€ 70.00
ISBN 978-3-456-86039-8

Original publication: German
“Psychische Störungen und
Verhaltensauffälligkeiten
in den ersten Lebensjahren”
Rights sold: All rights available

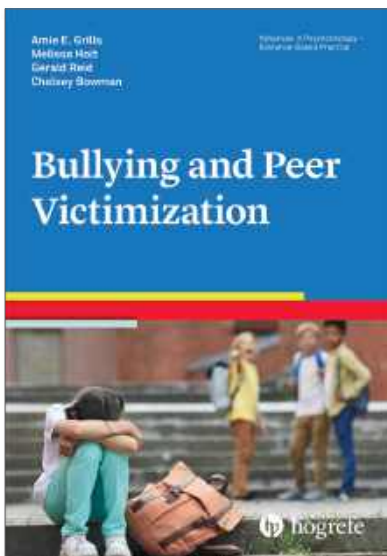
Rüdiger Kißgen / Kathrin Sevecke (Eds.)

Mental and Behavioral Disorders in Early Childhood

Textbook on Basics, Clinic and Therapy

Early mental health care matters: one in five young children shows signs of emotional or behavioral challenges. This textbook provides clear, structured guidance on diagnosing and treating mental disorders in children under six – covering development, prevalence, and evidence-based interventions across a wide range of conditions.

- Mental health care in early childhood
- Covers all key disorders in ages 0–6
- Includes diagnostic tools and treatment strategies



2023
VIII + 72 pages
€ 24.95
ISBN 978-0-88937-408-9

Original publication: English
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Amie E. Grills / Melissa Holt / Gerald Reid / Chelsey Bowman

Bullying and Peer Victimization

This evidence-based guide helps clinicians understand, assess, and address bullying and peer victimization. It explains how bullying develops, highlights differences between in-person and cyberbullying, and presents proven prevention strategies. A clinical vignette and additional tools offer practical support for work in school settings.

- Tools to assess and treat bullying behavior
- Insights on cyberbullying vs. in-person harm
- School-based prevention programs included



2024
264 pages
€ 35.00
ISBN 978-3-456-86321-4

Original publication: German

“Das stille Kind ist das vergessene Kind”

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Franziska Florineth-Baatsch / Nitza Katz-Bernstein /
Andrea Muchenberger-Gebauer

The Silent Child is the Forgotten Child

Overcoming Selective Mutism in an Interdisciplinary Way

Blending clinical innovation with lived experience, this book offers fresh, interdisciplinary approaches to treating selective mutism. Grounded in research and real-world surveys, it presents practical methods—including group therapy and online coaching—while highlighting school-based challenges, multilingual settings, and the voices of affected families.

- Innovative therapy models for selective mutism
- Insights from families, schools, and practitioners
- Practical tools for diverse, interdisciplinary care



2023
216 pages
R\$ 120.00 / approx. € 21.20
ISBN 978-65-89092-68-1

Original publication: Portuguese

“Intervenções em psicopedagogia”

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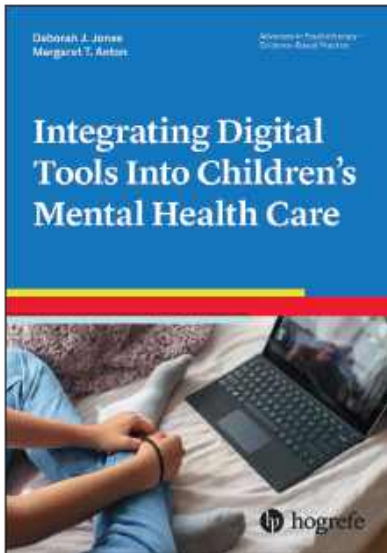
Carolina Toledo Piza / Tais Morosi L. Campos /
Elizeu C. de Macedo (Eds.)

Interventions in Psychopedagogy

Theory and Practice Based on Clinical Reports

Blending theory with hands-on insight, this compact guide offers a contemporary take on psychopedagogy. From foundational concepts to real-world applications, it supports professionals at all stages—from students to seasoned clinicians—in navigating assessment and intervention across diverse clinical settings.

- Combines theory with clinical application
- For both new and experienced professionals
- Covers assessment and intervention contexts



2024
XII + 82 pages
€ 24.95
ISBN 978-0-88937-601-6

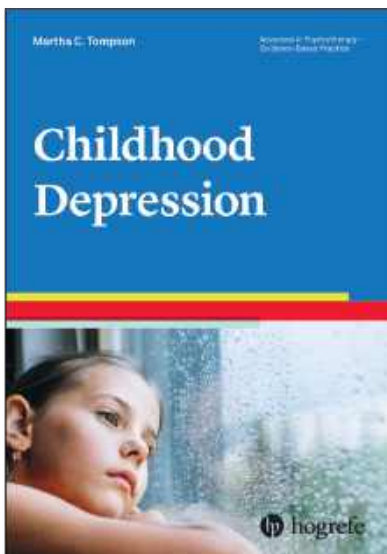
Original publication: English
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Deborah J. Jones / Margaret T. Anton

Integrating Digital Tools Into Children's Mental Health Care

This practical guide empowers clinicians to confidently integrate digital tools into children's mental healthcare. Grounded in the latest research, it offers clear strategies, practical exercises, and expert insights to support evidence-based use of telemental health and digital interventions in everyday practice.

- Expert authors examine the evidence base
- Provides hands-on exercises for selecting digital tools
- Includes downloadable handouts and forms



2024
VIII + 116 pages
€ 24.95
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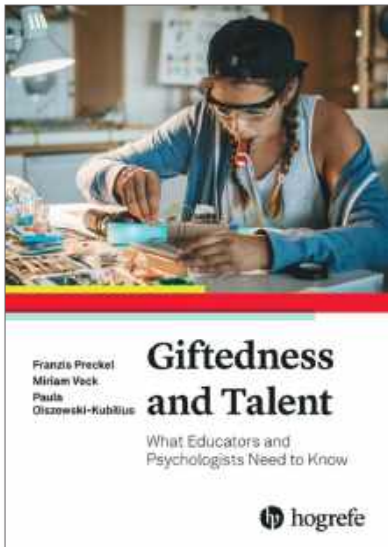
Original publication: English
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Martha C. Tompson

Childhood Depression

This essential volume offers a clear, evidence-based roadmap for treating childhood depression through a family-centered lens. Covering key diagnoses and underlying factors, it guides clinicians step by step through FFT-CD – a powerful blend of CBT and family therapy. Practical, structured, and grounded in the latest science.

- Up-to-date overview of the evidence base
- Step-by-step guidance of a family-focused treatment
- Downloadable handouts for clinical practice



2024
X + 242 pages
€ 49.95
ISBN 978-0-88937-627-4

Original publication: German
“Hochbegabung”
Rights sold: English, Danish

Franzis Preckel / Miriam Vock / Paula Olszewski-Kubilius

Giftedness and Talent

What Educators and Psychologists
Need to Know

What makes a child gifted – and how can we support them? This expert guide offers clear, evidence-based answers to key questions about talent development, diagnostics, and support strategies. It bridges theory and practice to help professionals better understand and nurture gifted children and adolescents.

- Traits and needs of gifted youth explained
- Evidence-based tools for support and diagnosis
- Ideal for training, teaching, and self-study



2023
X + 116 pages
€ 24.95
ISBN 978-0-88937-509-5

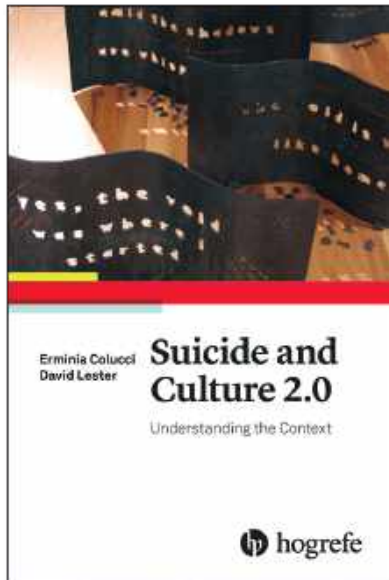
Original publication: English
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Corey C. Lieneman / Cheryl B. McNeil

Time-Out in Child Behavior Management

This practical guide offers clear, evidence-based strategies for using time-out effectively and safely in child behavior management. It explains when and how time-out works, addresses cultural and developmental considerations, and reviews its role in parent training programs. Tools and expert insights help clinicians apply techniques with confidence and care.

- Research-backed time-out strategies
- Guidance for diverse families and settings
- Tools for training and clinical practice



2025
X + 270 pages
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ISBN 978-0-88937-644-1

Original publication: English
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Erminia Colucci / David Lester

Suicide and Culture 2.0

Understanding the Context

To prevent suicide effectively, we must understand the powerful influence of culture. This groundbreaking volume challenges narrow biomedical views and emphasizes the urgent need for culturally informed research and prevention strategies—showing how honoring diverse perspectives can truly save lives.

- Written by leading suicide researchers
- Explores suicide in different cultural contexts
- Highlights how to conduct culturally sensitive studies.



2024
416 pages
R\$ 180.00 / approx. € 27.00
ISBN 978-65-5072-052-0

Original publication: Portuguese
"Educação no século XXI"
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Ricardo Primi / Tatiana Nakan / Kevin McGrew /
Joel Schneider

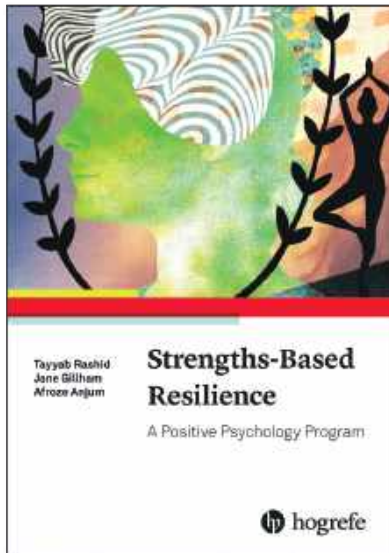
Education in the 21st Century

Intelligence, Critical Thinking, and Creativity

This book examines intelligence, creativity, and critical thinking as vital skills for today. It combines insights from psychometrics, neuropsychology, and genetics to explore how these abilities can be developed. With a focus on education, it presents practical strategies to assess and foster these skills in schools.

- Bridging science and classroom practice
- Future-ready competencies for education





2025
XVI + 286 pages
€ 43.95
ISBN 978-0-88937-564-2

Original publication: English
Rights sold: Korean, Persian,
Portuguese

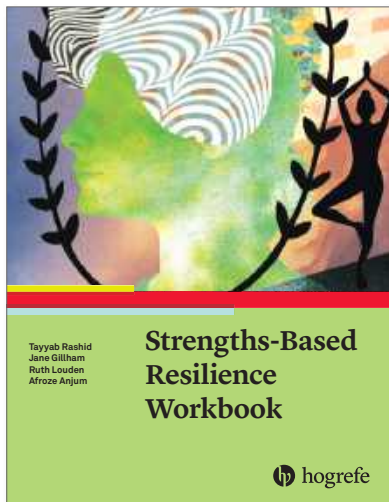
Tayyab Rashid / Jane Gillham / Afroze Anjum

Strengths-Based Resilience

A Practitioner's Manual for the SBR Program

Grounded in positive psychology, CBT, and mindfulness, this structured manual guides clients through the Strengths-Based Resilience (SBR) program. Its 14 modules teach practical skills for building resilience in the face of academic, work, or personal challenges. With step-by-step instructions and vivid illustrations, it empowers lasting, strength-driven growth.

- 14 modules for cultivating resilience
- Evidence-based tools from CBT and mindfulness
- Practical guidance for everyday self-care and meaning



2025
X + 172 Seiten
€ 25.95
ISBN 978-0-88937-582-6

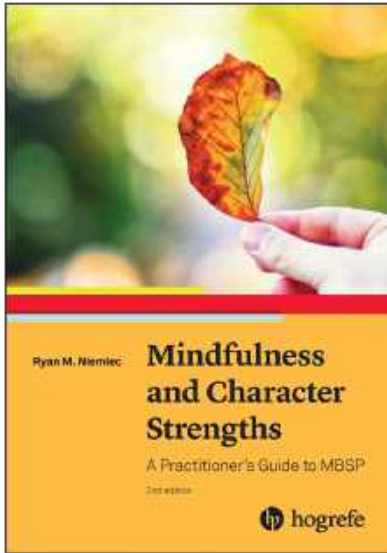
Original publication: English
Rights sold: Korean, Portuguese

Tayyab Rashid / Jane Gillham / Ruth Loudon / Afroze Anjum

Strengths-Based Resilience Workbook

This proven 14-module program helps you build resilience by developing and using your personal strengths. Based on positive psychology, it offers step-by-step tools to foster mindfulness, flexible thinking, and meaningful self-care. Clear instructions and practical exercises make it easy to integrate these skills into everyday life.

- Strengths-based tools for lasting resilience
- Mindfulness, gratitude, and flexible thinking
- Practical tips for daily integration and growth



2nd edition 2024
 XXIV + 384 pages
 € 50.95
 ISBN 978-0-88937-590-1

Original publication: English
Rights sold: German, Korean,
 Portuguese, Simplified Chinese,
 Spanish, Turkish, Vietnamese

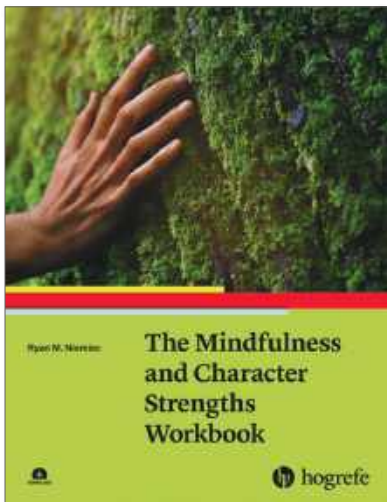
Ryan M. Niemiec

Mindfulness and Character Strengths

A Practitioner's Guide to MBSP

This updated guide to the evidence-based Mindfulness-Based Strengths Practice (MBSP) program blends mindfulness and character strengths to foster well-being and personal growth. With step-by-step session plans, scripts, and practical tips, it equips practitioners to deliver the full 8-session program with confidence. A companion client workbook is also available.

- Full 8-session MBSP program with scripts
- Integrates mindfulness and character strengths
- Practical tools, stories, and ready-to-use resources



2024
 XII + 156 pages + downloadable
 materials: audio tracks, handouts,
 worksheets
 € 21.95
 ISBN 978-0-88937-638-0

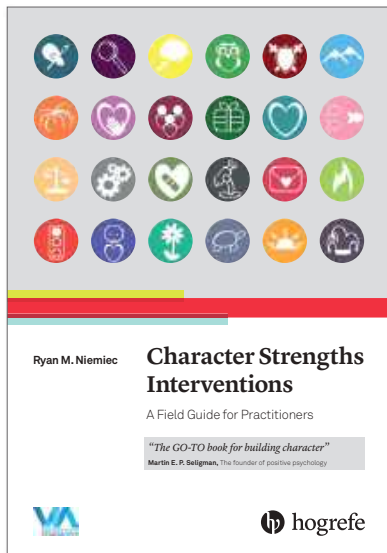
Original publication: English
Rights sold: German, Greek,
 Portuguese, Vietnamese

Ryan M. Niemiec

The Mindfulness and Character Strengths Workbook

Do we really have all we need within us to be happier, healthier, less stressed, or anxious in life? This book shows you how that can be true – people who apply this book's practices in their life have been shown to experience these benefits. You will learn how you can build your happiness and manage your stress at the same time. Use proven mindfulness techniques with your strengths to flourish in life!

- Proven to be superior to the world's most popular mindfulness program
- Helps people simultaneously build well-being and manage stress
- Packed with stories, practices, tips, and insightful research findings



2018
XX + 300 pages
€ 46.95
ISBN 978-0-88937-492-8

Original publication: English
Rights sold: Arabic, Danish,
German, Japanese, Korean,
Portuguese, Spanish

Ryan M. Niemiec

Character Strengths Interventions

A Field Guide for Practitioners

This expert guide blends practical tools with the science of positive psychology to help practitioners apply a strengths-based approach with confidence. From core concepts to advanced topics like strengths overuse and moral tension, it offers actionable tips, 24 summary sheets, and 70 handouts to support resilience, goal-setting, and meaningful living.

- Tools for beginner to advanced practitioners
- 70 step-by-step handouts for client use
- Focus on resilience, goals, and meaning



2020
50 cards + booklet
€ 27.95
ISBN 978-0-88937-566-6

Original publication: English
Rights sold: All rights available

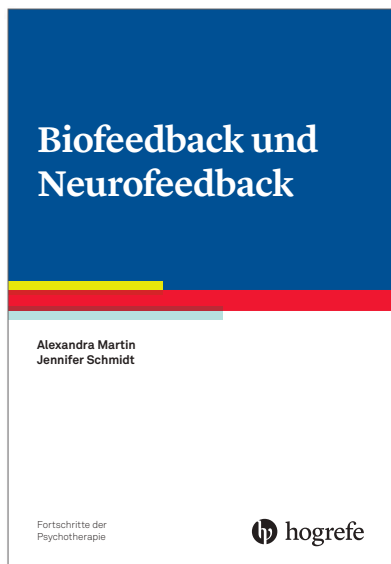
Matthijs Steeneveld / Anouk van den Berg

Character Strengths Intervention Cards

50 cards with instruction booklet

Help clients discover and apply their unique character strengths with this vibrant card set based on VIA's science-backed model. Featuring 50 full-color cards and a 16-page booklet, this tool fosters self-awareness, well-being, and resilience through practical, strengths-based interventions for coaching or therapy.

- 50 cards on strengths and virtues
- 16 interventions for client growth
- Includes booklet with practice tips



2023
VI + 95 pages
€ 19.95
ISBN 978-3-8017-2229-6

Original publication: German
"Biofeedback und Neurofeedback"

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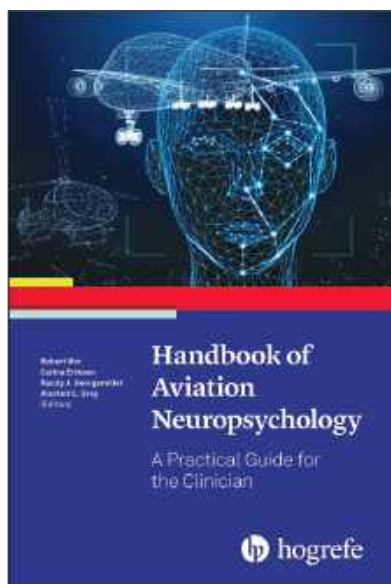
Alexandra Martin / Jennifer Schmidt

Biofeedback and Neurofeedback

Biofeedback describes a technology-based behavioral therapy method in which objectively measurable biological signals are recorded and reported back to patients to enable them to self-regulate symptoms of illness. The method can be used for various somatic and psychological disorders, e.g. to reduce muscular tension in pain disorders, to constrict blood vessels in migraine, to increase brain activity associated with attention in ADHD or to improve the general ability to relax.

This book

- describes the scientific and psychophysiological background of biofeedback and the specific variant of neurofeedback
- presents the typical structure of biofeedback sessions
- illustrates the procedure by means of case studies of various disorders
- provides a detailed overview of the current evidence for biofeedback.



2025
X + 528 pages
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Original publication: English

Rights sold: All rights available

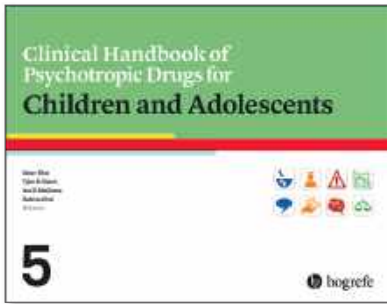
Robert Bor / Carina Eriksen / Randy J. Georgemiller /
Alastair L. Gray

Handbook of Aviation Neuropsychology

A Practical Guide for the Clinician

How do pilots think, react, and stay safe under pressure? This expert handbook offers a comprehensive overview of aviation neuropsychology – blending academic insight with industry practice to improve performance and safety in flight. A must-read for professionals in aerospace, psychology, and human factors.

- A comprehensive overview of aviation neuropsychology
- Written by leading experts from academia and industry
- Focus on performance, safety, and applied research



5th edition 2023
 IV + 438 pages + 29 printable PDF
 patient and caregiver information
 sheets
 € 84.95
 ISBN 978-0-88937-625-0

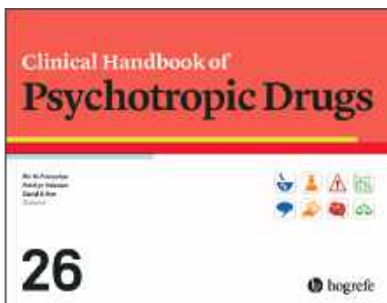
Original publication: English
Rights sold: German, Turkish

Dean Elbe/Tyler R. Black/Ian R. McGrane/Sabina Choi (Eds.)

Clinical Handbook of Psychotropic Drugs for Children and Adolescents

This fully updated handbook delivers fast, reliable guidance on psychotropic medications for children and adolescents. Featuring color-coded icons, comparison charts, and concise summaries, it supports safe and effective treatment decisions. Ideal for busy professionals, it includes essential data on dosing, side effects, and caregiver communication.

- At-a-glance charts for pediatric medication use
- Covers dosing, interactions, and safety info
- Downloadable sheets for patients and caregivers



26th edition 2025
 IV + 492 pages + 39 printable PDF
 patient information sheets
 € 84.95
 ISBN 978-0-88937-668-7

Original publication: English
Rights sold: German, Italian,
 Romanian, Simplified Chinese

Ric M. Procyshyn/Katelyn Halpape/
 David D. Kim

26th
 edition!

Clinical Handbook of Psychotropic Drugs

Quick and comprehensive information on psychotropic drugs for adults. This trusted handbook offers fast, comprehensive insight into psychotropic medications for adults. With clear charts, icons, and concise summaries, it supports quick decision-making on dosages, side effects, interactions, and more. Ideal for all mental health professionals, it delivers unbiased, up-to-date guidance in a practical, full-color format.

- Easy-to-read charts and comparisons
- Covers all major drug classes and indications
- Downloadable patient info sheets included



Human Resources

This section features titles of interest to HR professionals and managers, offering scientifically backed and relevant insights on various aspects of human resources management. These resources are presented in an accessible manner, ensuring practical knowledge for efficient and effective workforce strategies.

It contains:

- employee management
- team dynamics



2nd edition 2024
 VI + 155 pages
 € 26.95
 ISBN 978-3-8017-3224-0

Original publication: German

“Onboarding”

Rights sold: All rights available

Klaus Moser / Roman Souček / Nathalie Galais / Colin Roth

Employee Onboarding

Integrating New Employees Successfully

Successful onboarding boosts performance, safety, and team spirit. This guide shows how integration starts as early as recruitment and must be tailored to different target groups. With practical tools, case studies, and updated insights on migration and social media, it's an essential resource for HR and leadership.

- Onboarding strategies from recruitment to retention
- Includes evaluation results and real-world case studies
- Updated content on migration and digital communication



3rd edition 2024
 VII + 178 pages
 € 26.95
 ISBN 978-3-8017-3238-7

Original publication: German

“Mitarbeitergespräche”

Rights sold: All rights available

Rüdiger Hossiep / Wolfram Berndt /
 Jennifer Zens

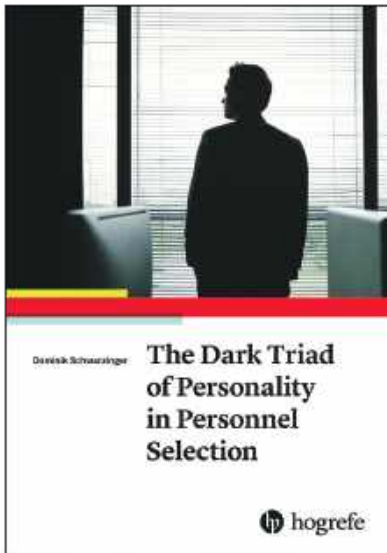
over
 8,000
 copies sold!

Employee Appraisals

Motivating, Effective, Sustainable

Appraisal meetings remain a cornerstone of leadership—especially in agile, digital work environments. This updated guide provides managers and employees with essential strategies for successful conversations, including tips for remote settings, variable pay, and new work models. With tools, checklists, and examples for practical use.

- Essentials of effective appraisal conversations
- Updated for remote leadership and agile work
- Tools, phrasing tips, and checklists included



2023
VIII + 192 pages
€ 34.95
ISBN 978-0-88937-618-2

Original publication: German
“Die Dunkle Triade der Persönlichkeit in der Personalauswahl”
Rights sold: English, Italian

Dominik Schwarzingger

The Dark Triad of Personality in Personnel Selection

How to use the dark triad in personnel selection

- Presents the latest research and theories
- Highlights the gains and risks of these traits
- Concrete recommendations for use in selection process
- Summarizes legal and professional guidelines

Learn how individuals high in narcissism, Machiavellianism, and subclinical psychopathy can achieve career success and adaptive performance – while also posing serious risks through abusive leadership and counterproductive behavior. This practical book outlines legal and professional guidelines for assessing dark traits in applicants, reviews available tools, and offers recommendations for practice and research.



10th edition 2019
484 pages + CD-ROM
€ 39.95
ISBN 978-3-8017-2781-9

Original publication: German
“Praxis der Gruppendynamik”
Rights sold: Hungarian

Klaus Antons / Heidi Ehrensperger / Rita Milesi

over
25,000
copies sold!

Group Dynamics in Practice

Exercises and Models

From team building to conflict resolution, this trusted guide offers group leaders a wide range of exercises and models for every stage of group dynamics. Covering topics from communication to decision-making, it includes ready-to-use materials and practical tools for effective group work across professional fields.

- 10 chapters with exercises for every group phase
- Covers feedback, cooperation, conflict, and more
- Includes printable materials for immediate use





2024
224 pages
€ 22.00
ISBN 979-12-81075-05-4

Original publication: Italian
“L'aggressività distruttiva nel mondo del lavoro”

Rights sold: All rights available

Andrea Castiello d'Antonio

Destructive Aggression in the Workplace

Bullying and Other Forms of Organizational Violence

This book frames bullying within the organizational psychopathology of management and leadership, and the counterproductive behaviors of bosses and collaborators, using a clinical and psychodynamic perspective (not just social and work-related), combining group psychology with personality psychology.

- Insights on distortions of leadership and followership
- Extensive coverage of counterproductive work behaviors
- Original and in many ways unique in its approach to the topic



2022
VI + 171 pages
€ 26.95
ISBN 978-3-8017-2667-6

Original publication: German
“Fluktuationsmanagement”

Rights sold: All rights available

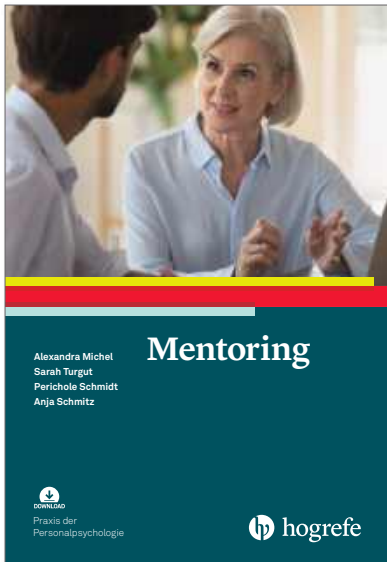
Alexander Häfner / Christina Truschel

Managing Staff Turnover

How to Retain Your Employees

This research-based guide offers practical strategies to retain top performers and reduce costly staff turnover. It provides tools to analyze why employees leave, conduct effective retention interviews, and design career paths that boost loyalty. With real-world case studies, it empowers leaders and HR teams to take targeted, proactive action.

- Tools to analyze and reduce staff turnover
- Retention strategies for leaders and HR teams
- Case studies from diverse industries



2025
VIII + 136 pages
€ 26.95
ISBN 978-3-8017-3202-8

Original publication: German

“Mentoring”

Rights sold: All rights available

Alexandra Michel / Sarah Turgut / Perichole Schmidt /
Anja Schmitz

Mentoring

Mentoring remains a powerful tool for talent development—even in the age of New Work. This book presents research-backed success factors and offers hands-on guidance for designing effective mentoring programs in diverse organizational settings. With checklists, templates, and real-life case examples, it bridges strategy and everyday practice.

- Evidence-based mentoring for modern workplaces
- Tools and templates for practical implementation
- Case studies from a variety of organizations



2024
160 pages
R\$ 190.00 / approx. € 35.00
ISBN 978-65-89092-78-0

Original publication: Portuguese

“Decisões Adaptativas”

Rights sold: All rights available

Keitiline R. Viacava

Adaptive Decision-Making

Cognitive Competencies for Senior Leadership

How do leaders make smart decisions in an unpredictable world? This book blends neuroscience, psychology, and management to explore adaptive decision-making in complex, fast-changing environments. With theory, practical tools, and real-world insights, it's an essential guide for professionals seeking cognitive agility.

- Develop adaptive decision-making skills
- Tools from neuroscience and behavioral science
- For leaders, educators, and decision-makers alike



Self-help & General Interest

This section lists titles of interest to the general public, including self-help titles that provide scientifically sound and up-to-date advice and information on a variety of different topics in a manner that is easy to understand.

This section includes:

- dealing with mental illnesses in children and adolescents
- eating habits and eating behaviour
- how to cope with mental illness in oneself or in relatives
- wellbeing and health



4th edition 2024
199 pages
€ 16.95
ISBN 978-3-8017-3253-0

Original publication: German
“Schlaf erfolgreich trainieren”
Rights sold: All rights available

Tilmann Müller / Beate Paterok

Train your Sleep Successfully

A Self-help Guide

Chronic sleep problems can drain your energy and well-being. This guide introduces the proven method of sleep compression to help you rebuild restful sleep step by step. With an 8-week training plan, practical tips, and clear exercises, it empowers you to improve your sleep – on your own terms.

- 8-week self-guided sleep training
- Based on the proven method of sleep compression
- Tips to structure daily routines for better rest

over
22,000
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3rd edition 2021
181 pages
€ 16.95
ISBN 978-3-8017-3070-3

Original publication: German
“Zwänge bei Kindern und Jugendlichen”
Rights sold: All rights available

Sigrun Schmidt-Traub

Helping Children and Adolescents with Obsessive-Compulsive Disorders

A Guidebook for Children and Adolescents, Parents and Therapists

When obsessive thoughts and compulsive behaviors take over everyday life, they cause serious distress – especially for young people. This guide explains what OCD is, how it develops, and what helps. With real-life examples and a section just for kids and teens, it offers clarity, support, and proven strategies for change.

- Two parts: one for adults, one for young readers
- Real cases show how OCD can be understood and treated
- With self-help tips for families, teachers, and kids

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10,000
copies sold!



3rd edition 2022
77 pages
€ 9.95
ISBN 978-3-8017-3168-7

Original publication: German
“Ratgeber Depression”

Rights sold: Korean, Portuguese

Martin Hautzinger

Dealing with Depression

Information for Those Affected and Their Relatives

Feeling low is normal—but depression goes deeper and lasts longer. This guide explains symptoms, causes, and treatment options for depression, while offering practical self-help tips. It's a supportive resource for those affected and their families, and a helpful companion alongside professional care.

- Clear overview of depression and its impact
- Treatment options and self-help strategies
- Ideal for use alongside ongoing therapy

over
50,000
copies sold!



2025
approx. 90 pages
approx. € 9.95
ISBN 978-3-8017-3249-3

Original publication: German
“Ratgeber Einsamkeit”

Rights sold: All rights available

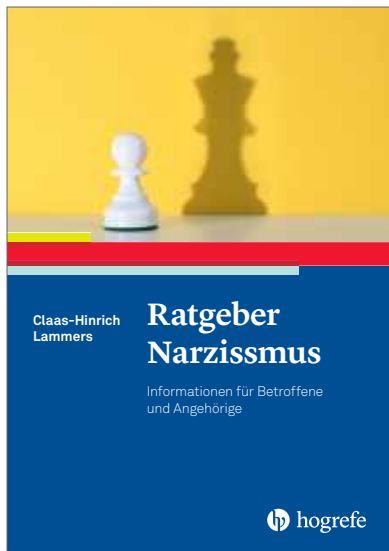
Noëmi Seewer / Tobias Krieger

Dealing with Loneliness

Information for Those Affected and Their Relatives

Loneliness can affect anyone—and when it lingers, it weighs heavily on mental and physical well-being. This guide explores its causes and consequences, offering practical exercises and strategies to help readers understand their emotions and reconnect with others. A thoughtful resource for anyone seeking new ways to cope.

- Understand and address chronic loneliness
- Reflective exercises for emotional insight
- Practical tools to build meaningful connection



2024
63 pages
€ 9.95
ISBN 978-3-8017-3302-5

Original publication: German

“Ratgeber Narzissmus”

Rights sold: All rights available

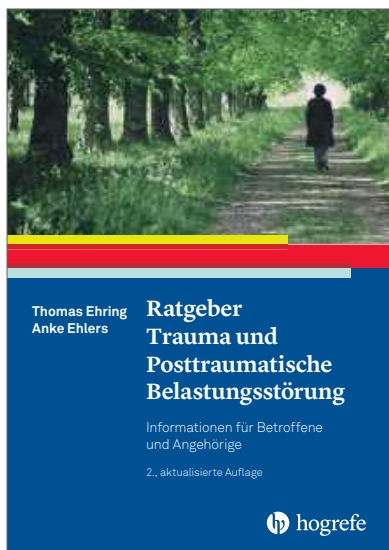
Claas-H. Lammers

Dealing with Narcissism

Information for Those Affected and Their Relatives

This guide helps readers distinguish between healthy and problematic narcissism, offering insight, therapeutic goals, and practical self-help strategies. It supports those affected – whether personally or as relatives or colleagues – in better understanding narcissistic traits and improving relationship dynamics in both private and professional life.

- Differentiates healthy vs. pathological narcissism
- Self-help and therapy strategies for affected individuals
- Practical guidance for relatives and professionals



2nd edition 2019
74 pages
€ 8.95
ISBN 978-3-8017-2949-3

Original publication: German

“Ratgeber Trauma und Posttraumatische Belastungsstörung”

Rights sold: Portuguese

Thomas Ehring / Anke Ehlers

Dealing with Post-traumatic Stress Disorder

Information for Those Affected and Their Relatives

Trauma affects both body and mind. This guide helps those suffering from PTSD – and their loved ones – understand common reactions to traumatic events. With clear explanations, it normalizes the emotional aftermath and offers support in navigating the healing process together.

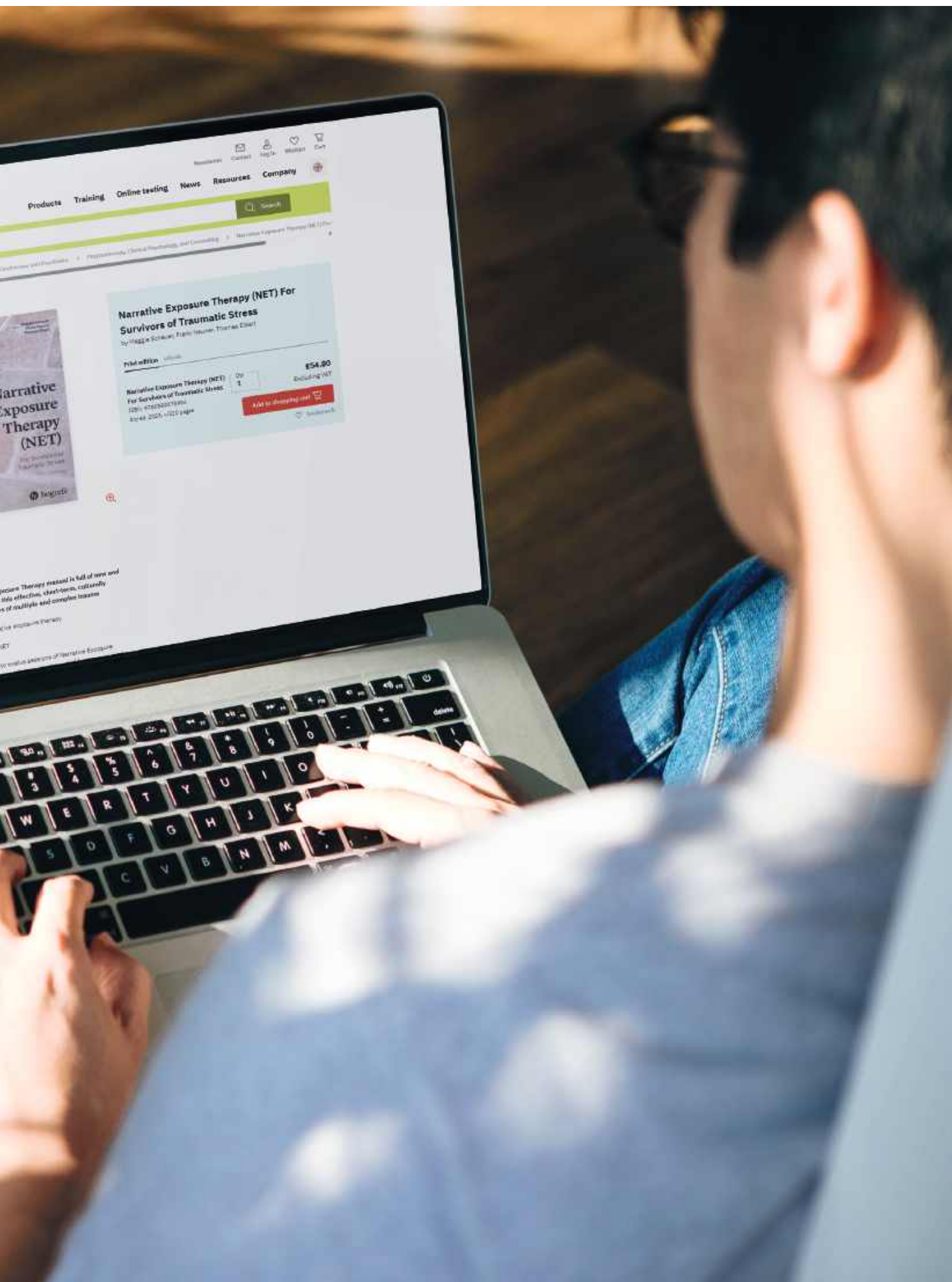
- Understand typical trauma responses
- Reassurance for those affected and their families
- Supports healing through shared understanding

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Narrative Exposure Therapy (NET) For Survivors of Traumatic Stress

by Peggy A. Schauer, Philip Neuner, Thomas Elbert

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2nd edition 2020
138 pages
€ 14.95
ISBN 978-3-8017-2974-5

Original publication: German
“Ratgeber Borderline-Störung”
Rights sold: Portuguese

Martin Bohus / Markus Reicherzer

over
25,000
copies sold!

Dealing with Borderline Personality Disorder

Information for Those Affected and Their Relatives

This guide offers compassionate insight into borderline personality disorder, explaining its emotional extremes, relational struggles, and deep sense of isolation. It introduces Dialectical Behavior Therapy (DBT) as an effective treatment and encourages those affected to seek help. The book includes self-help tips and support for relatives.

- Clear overview of BPD symptoms and causes
- Introduction to DBT as proven treatment
- Guidance for self-help and loved ones included



2022
66 pages
€ 9.95
ISBN 978-3-8017-2776-5

Original publication: German
“Ratgeber Borderline-Persönlichkeitsstörung”
Rights sold: Portuguese

Anne K. von Auer / Michael Kaess

Dealing with Borderline Personality Disorder

Information for Parents and other Caregivers

This supportive guide helps parents of adolescents with borderline symptoms navigate intense emotions and crises. It offers evidence-based family skills to strengthen emotional resilience, improve communication, and ease self-blame. With practical tools and treatment insights, it empowers caregivers to care for themselves while staying connected to their child.

- Family skills to manage emotional stress
- Tools to strengthen parent-child connection
- Guidance on treatment and self-care for caregivers



2024
126 pages
€ 14.95
ISBN 978-3-8017-3216-5

Original publication: German

“Ratgeber Akzeptanz- und Commitment-Therapie (ACT)”

Rights sold: All rights available

Jan P. Klein / Ronald Burian

A Guide to Acceptance and Commitment Therapy (ACT)

Paths to a Meaningful and Vibrant Life

What truly matters to you – and how can you live by it, even in difficult times? This guide to Acceptance and Commitment Therapy (ACT) helps you reconnect with your values and act with purpose. Through practical exercises, illustrations, and audio tracks, it supports both self-reflection and real-life change.

- ACT tools to build meaning and resilience
- Exercises, audio, and illustrations included
- For personal use or as a therapy companion



2nd edition 2024
85 pages
€ 9.95
ISBN 978-3-8017-3230-1

Original publication: German

“Ratgeber Schematherapie”

Rights sold: All rights available

Gitta Jacob / Frauke Melchers

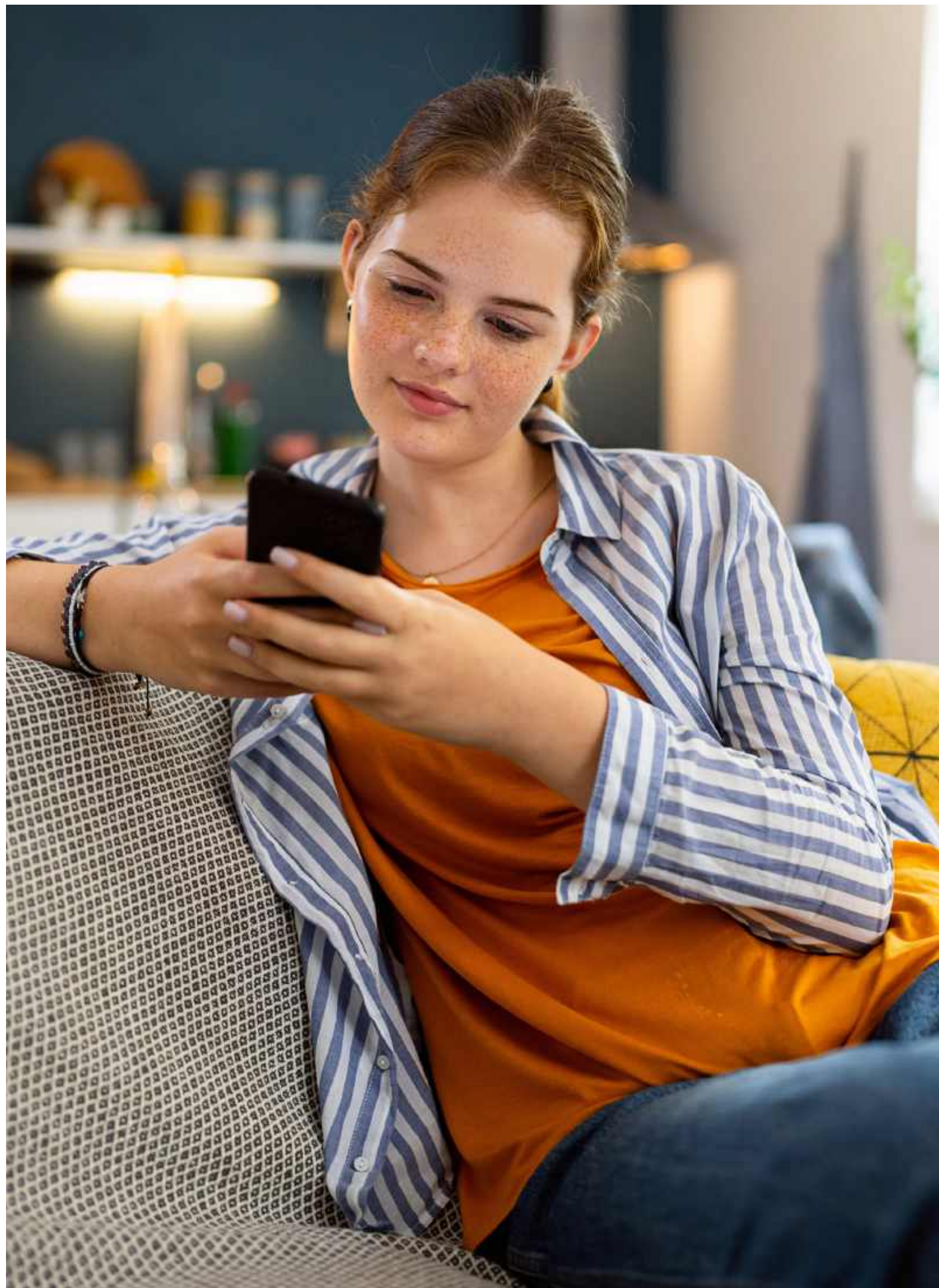
A Guide to Schema Therapy

Understanding and Changing Behavioral Patterns

Why do we react the way we do? This guide introduces “schema modes” – inner states that shape how we feel, think, and act. Based on schema therapy, it explains how these patterns develop, how to recognize and manage them, and how to strengthen the helpful ones. Includes case examples and practical exercises.

- Understand and work with schema modes
- Tools to manage emotional patterns
- Includes exercises and real-life examples

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2024
108 pages
R\$ 75.00 / € 20.00
ISBN 978-65-89092-57-5

Original publication: Portuguese
“Como lidar com a dependência química em adolescentes”

Rights sold: All rights available

Anne Fonseca Meira Britol / Cynthia Cybulski /
Jackeline Giusti

How to Deal with Substance Abuse in Adolescents and Children

Practical Guide for Family Members,
Educators, and Healthcare Professionals

Drug use often begins as early as age 13 and affects all genders equally. By 17–18, nearly half of adolescents have experimented with illicit substances. This guide supports families and professionals with vital knowledge about adolescent vulnerability, warning signs, and evidence-based strategies for prevention and care.

- Supportive tools for families and educators
- Neuroscience-informed approach to youth care



2024
94 pages
R\$ 72.00 / € 20.00
ISBN 978-65-89092-54-4

Original publication: Portuguese
“Como lidar com altas habilidades-superdotacao”

Rights sold: All rights available

Patricia Rzezak / Claudia Hakim / Marina Halpern-Chalom

How to Deal with Giftedness and Talents

Practical Guide for Interested Readers,
Professionals in Education and Health care,
and Family Members

You’ve likely met a gifted person – without knowing it. Giftedness isn’t always Einstein-level genius or Steve Jobs-like creativity. Based on research and experience, this book explains who gifted people are, how to recognize and support them, and how they can better understand themselves. With clear language and practical tips for families, schools, and professionals, it’s an essential guide.

- Tips for home, school, and therapy
- Clear, research-based guidance



2024
232 pages
R\$ 72.00 / € 20.00
ISBN 978-65-5072-050-6

Original publication: Portuguese
“Como lidar com o luto”
Rights sold: All rights available

Elaine Gomes dos Reis Alves

How to Deal with Grief

Practical Guide for Family Members,
Educators, and Healthcare Professionals

Grief is a deeply painful yet natural response to loss. This guide offers clear insights and reflections on death and mourning – making the topic approachable for all. Aimed at demystifying grief and ending taboos, it invites readers to see death not as an end, but as a mirror for life and its meaning.

- For personal reflection and professional use
- Encourages open conversations about loss
- Makes grief and mourning easier to understand



2023
VIII + 72 pages + online materials
€ 14.95
ISBN 978-0-88937-613-7

Original publication: German
“Ratgeber Verbitterung”
Rights sold: English

Christopher P. Arnold / Michael Linden

How to Overcome Embitterment with Wisdom

Embitterment can arise after injustice or betrayal – and when it lingers, it causes deep suffering. This guide helps you understand these painful emotions and offers wisdom-based tools to move forward. Learn to reframe hurtful experiences, solve problems constructively, and shift your focus back to the future.

- Understand how these difficult feelings come about
- Learn problem-solving skills to reorientate to the future
- Also ideal for those supporting embittered individuals



2024
208 pages
€ 30.00
ISBN 978-3-456-86310-8

Original publication: German
“Das Stück Brot ist wieder ein Stück Brot”

Rights sold: All rights available

Sandra Steiner Roth

Bread Is Just Bread Again

Ways out of the Eating Disorder

Eating disorders always have a variety of causes. The aim is to track down dysfunctional thoughts, beliefs and inner attitudes. The book offers help for sufferers and their families, which has emerged from the author's many years of therapeutic work with women and men with eating problems.

The author's aim is to show ways in which those affected can find a new way of dealing with food and gradually find their way back to healthy eating behavior.



2023
224 pages
€ 30.00
ISBN 978-3-456-86297-2

Original publication: German
“Chronische Schmerzen – ein gutes Leben jetzt erst recht”

Rights sold: All rights available

Renate Döbrich / Franziska Wanger

Chronic Pain - Living Well, Now More than Ever

Instructions and Help to Break
New Ground Independently

Living with chronic pain is challenging – but life doesn't have to lose its color. This guide offers encouraging insights and practical ideas for managing pain in a way that supports well-being and personal growth. With expertise and empathy, it helps readers rediscover joy and agency – despite the pain.

- Empowering ideas for life with chronic pain
- Blends expert advice with lived experience
- Supports self-discovery and health-focused living



2025
120 pages
€ 23.00
ISBN 978-3-456-86355-9

Original publication: German
“Wie geht Beziehung?”
Rights sold: All rights available

Ursina Donatsch

How Does a Relationship Work?

63 Answers to Questions About Love and Partnership

From dating dilemmas to long-term love, this Q&A-style guide offers clear, practical answers to real relationship questions. Grounded in therapy and daily life, it helps readers navigate common challenges, strengthen connection, and build lasting relational skills – one insightful question at a time.

- Real-life answers from a seasoned couples therapist
- Practical tools for every phase of a relationship
- Easy to dip into – no cover-to-cover reading required



2024
192 pages
€ 25.00
ISBN 978-3-456-86323-8

Original publication: German
“Pornos und Partnerschaft”
Rights sold: All rights available

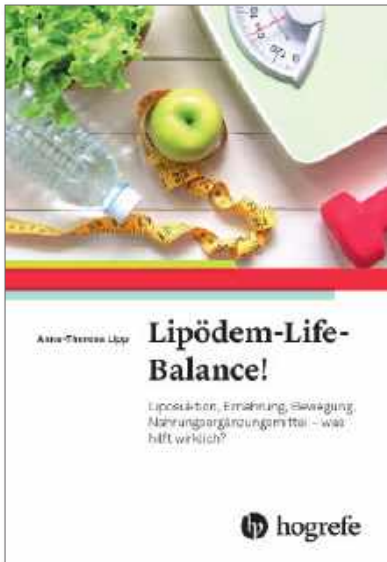
Ursina Donatsch

Porn and Relationship

Pleasure or Burden?

Is porn a problem – or a possibility? This evidence-based guide explores how porn use affects relationships and offers practical strategies for honest, respectful communication. Drawing on clinical insight and current research, it helps individuals and couples find clarity, set boundaries, and navigate desire without shame.

- Porn use in relationships – risks and opportunities
- When to seek help and how to talk about it
- Evidence-based advice from clinical practice



2025
256 pages
€ 35.00
ISBN 978-3-456-86099-2

Original publication: German

“Lipödem-Life-Balance!”

Rights sold: All rights available

Anna-Theresa Lipp

Lipedema Life Balance!

Liposuction, Diet, Exercise & Supplements:
What Actually Helps?

Living with lipedema affects more than appearance – it impacts the whole person. Written by a physician who is also affected, this guide explains medical options, lifestyle strategies, and mindset shifts that can ease symptoms and support long-term well-being. Real stories, practical tips, and recipes offer empowering, holistic support.

- Medical facts and treatment options explained clearly
- Real-life insights and everyday coping strategies
- Lifestyle tools for long-term relief and self-care



2025
136 pages
€ 25.00
ISBN 978-3-456-86357-3

Original publication: German

“Neue Wege gehen”

Rights sold: All rights available

Michael Waadt / Jan Nachtigall

Finding New Paths

With ACT and PEP to a Self-determined
and Fulfilling Life

Find clarity and direction – even when thoughts and emotions feel overwhelming. This empowering guide combines Acceptance and Commitment Therapy (ACT) with Process- and Embodiment-Focused Psychology (PEP). Using mindfulness, tapping techniques, and the Choice Point model, it helps readers overcome inner blocks and live with greater purpose and autonomy.

- ACT and PEP for emotional resilience
- Mindfulness and tapping to shift patterns
- Tools for values-based decision-making

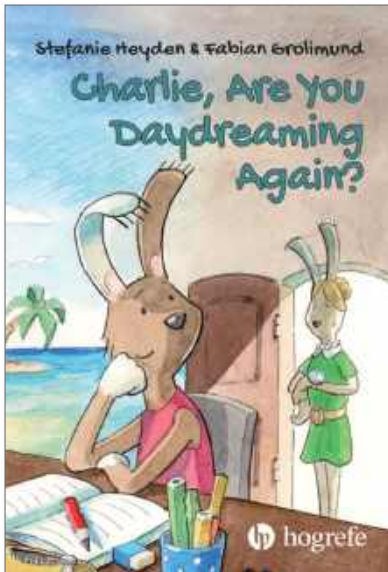


Family Mental Health

This section offers a diverse selection of books addressing family mental health. From children's literature to practical parent guides, it covers a range of topics aimed at strengthening emotional and psychological well-being within the family.

Subjects include:

- psychological reading books for children
- guidebooks for parents
- workbooks



2024
240 pages
€ 21.95
ISBN 978-0-88937-635-9

Original publication: German
"Lotte, träumst du schon wieder?"
Rights sold: English, Simplified
Chinese, Complex Chinese, Dutch

Stefanie Heyden / Fabian Grolimund

Charlie, Are You Daydreaming Again?

A Book for Dreamy Children and Their Parents

Meet Charlie, a 10-year-old rabbit girl with ADHD who tackles school challenges through imaginative pirate adventures. This beautifully illustrated storybook offers children and parents support, practical tips, and conversations about focus, strengths, and memory—all wrapped in an engaging tale.

- Story-based support for children with ADHD
- Tips on focus, organization, and strengths
- Encourages parent-child conversations through story

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2022
384 pages
€ 30.00
ISBN 978-3-456-86178-4

Original publication: German
"Jaron auf den Spuren des Glücks"
Rights sold: All rights available

Fabian Grolimund / Stefanie Rietzler

Jaron on the Quest for Happiness

Jaron the young fox feels misunderstood and left out – until bold hare Lotte invites him on a journey to discover what truly brings happiness. This heartwarming story encourages kids to stay true to themselves, face challenges with courage, and embrace the power of friendship.

- A story about self-discovery and courage
- Highlights emotional resilience and belonging
- Empowers children to explore what makes them happy

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23,000
copies sold!





2024
56 pages
€ 15.00
ISBN 978-3-456-86360-3

Original publication: German

“Willst du nicht wenigstens mal probieren?”

Rights sold: All rights available

Fabian Grolimund / Stefanie Rietzler

How About Giving It a Try?

“Yuck!” says the little dung beetle, turning away. With playful rhymes and colorful animal antics, this picture book tackles picky eating with humor and heart. Perfect for easing mealtime stress, it also includes a science-based guide for caregivers with practical tips to foster curiosity – without pressure.

- Fun rhyming story about picky eaters
- Lighthearted support for family mealtimes
- Expert-backed advice for caregivers included



2024
48 pages
€ 15.00
ISBN 978-3-456-86335-1

Original publication: German

“Juhu, ich bekomme ein Geschwisterchen!”

Rights sold: All rights available

Stefanie Rietzler / Fabian Grolimund

Yay, I’m Having a Baby Brother or Sister!

Merle the duck is becoming a big sister – to eight new siblings! This warm, read-aloud story gently explores the joys and challenges of welcoming new babies into the family. With love, laughter, and reassurance, it helps young children embrace their new role while feeling sure that their place in their parents’ hearts hasn’t changed.

- Encourages bonding with new siblings
- Reassures children about their place in the family
- A loving story about growing up together



2023
32 pages
€ 15.00
ISBN 978-3-456-86283-5

Original publication: German
"Du kannst immer zu mir kommen"
Rights sold: All rights available



Stefanie Rietzler / Fabian Grolimund

You Can Always Come to Me

Whether frustrated, scared, or angry, the little bear always feels one thing: "My parents are here for me." This gentle story shows how everyday moments of care and support build a child's sense of security. A loving book about trust, connection, and the foundation of emotional resilience.

- Strengthens parent-child attachment through story
- Shows how everyday care builds trust and self-esteem
- Encourages emotional support in daily situations

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2021
160 pages
€ 20.00
ISBN 978-3-456-86119-7

Original publication: German
"Huch, die Angst ist da!"
Rights sold: All rights available



Ulrike Lége / Fabian Grolimund

Eek! Anxiety Has Arrived!

How Children and Parents Can Reconcile with Their Fear Monster

Are you repeatedly visited by anxiety? Are you afraid of the dark, dogs, performances, or tests? Do you sometimes worry that other people won't like you or might be disappointed by you?

You're not alone! Almost everyone has fears. But you can learn to accept your fear and take small steps to becoming braver. A big, crippling monster of anxiety can therefore become a small, friendly worry that helps you look after yourself.

A non-fiction activity book for children aged around 6 to 11 and their parents. With practical exercises for children and background knowledge for parents.

over
24,000
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2023
32 pages
€ 15.00
ISBN 978-3-456-86319-1

Original publication: German
“Freunde wie wir – das gibt’s nur einmal auf der Welt”

Rights sold: All rights available

Fabian Grolimund / Stefanie Rietzler

Friends Like Us ... It Only Happens Once in the World!

“Do you think there are any good friends like us anywhere in the world?”, asks the duck. Hare and Bear are certain: “Friends like us only exist once in the world!”

What makes a real friend? In this heartwarming picture book, hare, duck, and bear show children how friendship grows – through play, laughter, sharing, and support. A gentle story about kindness, trust, and the joy of being there for one another.

- Celebrates the magic of friendship
- Teaches empathy, sharing, and support
- A loving story with expressive illustrations



2025
72 pages
€ 25.00
ISBN 978-3-456-86367-2

Original publication: German
“Mutprobe für Mulle”

Rights sold: All rights available

Anna Buchwald / Kirsten Dornseifer /
Celia M. Stupp (Authors) / Ted Soares (Illustrator)

Mulle's Big Dare

A Book for Children Starting School

Mulle the meerkat is nervous – today's his first solo walk to school. Along the way, he meets other animals who share his fears. This warm story reassures children that they're not alone with their worries. With practical exercises and tips for caregivers, it gently supports a positive start to school life.

- Story-based support for school anxieties
- Exercises for children to build confidence
- Tips for parents and teachers included



2025
80 pages
€ 25.00
ISBN 978-3-456-86369-6

Original publication: German
“Nur weil ich nicht fliegen kann...”
Rights sold: All rights available

Nathalie Aoun / Seline Kwasny / Liv Trine Sallander (Authors) /
Anika Schönwetter (Illustrator)

Just Because I Can't Fly...

A Story About Bullying and Finding
Your Own Strengths

When Pablo the penguin is mocked for not flying, he feels small – until a new friend helps him discover his unique strengths. This heartfelt story gently addresses bullying and self-worth, offering children tools to build confidence and resilience through practical exercises and emotional support.

- Story-based support for bullying situations
- Encourages self-worth and inner strength
- Includes exercises for children and caregivers



2025
80 pages
€ 25.00
ISBN 978-3-456-86361-0

Original publication: German
“Elio hat sich erzählt”
Rights sold: Spanish

Lisa Köppchen / Lea Nadler / Chris Pankerl /
Emma Reingruber (Authors) / Elena Najdoska (Illustrator)

Elio Counted Wrong

An Encouraging Story About Everyday
Life with an Arithmetic Disorder

Elio keeps getting the numbers wrong – whether it's counting, paying, or reading the clock. While others don't understand why, he feels overwhelmed and anxious. This touching story helps children with dyscalculia feel seen and supported. It includes exercises and guidance for families and professionals.

- Story-based insight into dyscalculia
- Encourages understanding and self-confidence
- With tips and exercises for home and therapy



2025
72 pages
€ 25.00
ISBN 978-3-456-86368-9

Original publication: German
“Joe und der große rote Stift”
Rights sold: All rights available

Victoria Hercher / Isabella Rauh / Johanna Schröer /
Charlotte Weimar (Authors) / Elisa Iacono (Illustrator)

Joe and the Big Red Pen

A Story About Everyday Life with
a Reading and Spelling Disorder

“Not another spelling test,” Joe groans as his stomach tightens. Reading and writing feel impossible – until he learns what’s behind his struggles. This encouraging story helps children with dyslexia feel understood and shows that support is out there. Includes exercises and tips for families and professionals.

- Story-based support for children with dyslexia
- Helps reduce school-related fear and stress
- With guidance and activities for home and therapy



2025
80 pages
€ 25.00
ISBN 978-3-456-86370-2

Original publication: German
“Charlies verrückter neuer Schultag”
Rights sold: All rights available

Jasmin Lohoff / Lea Mohr / Mathilda Ziemer (Authors)
Teresa Eckstein (Illustrator)

Charlie's Crazy New Beginning

Mastering the Transition to Secondary School

Charlie's first day at her new school is total chaos – but she finds her way through it! This lively story helps children face the big step to secondary school with less fear and more confidence. With exercises and tips, it supports kids in understanding and managing their worries about change.

- Eases fears about switching schools
- Encourages confidence through storytelling
- Includes exercises for kids and professionals





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2024
80 pages
€ 25.00
ISBN 978-3-456-86345-0

Original publication: German
“Die Hand erhoben”

Rights sold: All rights available

Mike Loos/Theresa Bartelworth/Sona Rothert

Raised Hand

Physical Violence Against Children

When home isn't safe, children need support, answers, and hope. This powerful story follows Maris, who finds herself in a care home after experiencing violence. Through friendship and curiosity, she explores difficult questions – why harm happens, what justice means, and how healing begins. With gentle storytelling and vivid characters, this book encourages children to speak up and helps adults guide them toward safety and strength.

- For children who experienced physical violence
- Encourages trust and seeking help
- Includes therapeutic guidance and child-friendly exercises



2024
76 pages
€ 25.00
ISBN 978-3-456-86344-3

Original publication: German
“Wohin, kleine Eda?”

Rights sold: All rights available

Aneta Olkowska/Stefanie Ewald/Jule Kemmer/
Laura M. Röder

Where to, Little Eda?

Understanding Neglect Through a Child's Eyes

What happens when parents aren't there? In this moving tale, dragon girl Eda feels lonely and invisible – until a bumblebee leads her on an adventure of discovery, courage, and connection. Along the way, Eda learns new skills, meets kind creatures, and finds strength she never knew she had. A gentle, hopeful story for children who feel neglected, showing that help is out there and no one has to face their worries alone.

- For children experiencing emotional neglect
- A story of courage, growth, and self-worth
- With guided exercises and supportive tools



2023

80 pages

€ 25.00

ISBN 978-3-456-86314-6

Original publication: German
 “Feuerfelsen und Spiegelsee”

Rights sold: All rights available

Sara Tavangar / Franka Niebeling / Mona Rauschkolb /
 Paul Schweizer

Fire Rock and Mirror Lake

A Story of Courage and Self-Worth for Children
 with Obesity

Nami feels excluded and ashamed of her weight – until a strange encounter takes her on a journey that reveals her inner strengths. Set on the planet Sayaris, this beautifully illustrated story helps children understand and cope with the emotional impact of obesity. With supportive exercises and insights, it encourages self-acceptance and opens new paths for change.

- Story-based support for kids with obesity
- Encourages emotional resilience and self-worth
- With practical tools and exercises for families and therapists



2023

76 pages

€ 25.00

ISBN 978-3-456-86316-0

Original publication: German
 “Wo ist denn dein Leuchten hin?”

Rights sold: All rights available

Ge Guo / Gloria Oppermann / Madita Scheunemann /
 Verena Simo

Where Has Your Light Gone?

A Gentle Story for Children Experiencing
 Emotional Abuse

Tiaki feels confused, scared, and deeply hurt – his mother yells, says cruel things, and shuts him off from his best friend. With the help of his inner friend Ti, he discovers that emotional abuse leaves no bruises, but it still hurts – and that he is not powerless. This sensitive book empowers children to recognize hurtful behavior and seek support to feel safe again.

- Story about emotional abuse and recovery
- Supports self-awareness and confidence
- Includes resources and child-friendly exercises



2025
72 pages
€ 22.00
ISBN 979-12-81075-06-1

Original publication: Italian
“La scatola magica”
Rights sold: All rights available

Fabio Celi

The Magic Box

A very unsettling character has arrived in the village. He is a piper, coming from the distant Hamelin, and he carries a black box to give to every child... The fable tells, through this metaphor, the drama of addiction to new technologies and smartphones in particular, with the hope that it can help raise awareness of the problem and seek solutions that do not involve punishments and prohibitions.

- A fairy tale to help children who are too absorbed in new technologies
- Full colour illustrations
- For parents, psychologists, teachers



2025
72 pages
€ 22.00
ISBN 979-12-81075-07-8

Original publication: Italian
“Fiordaliso, il gattino indeciso”
Rights sold: All rights available

Lucia D'Errico

Fiordaliso, the Kitten Who Can't Decide

Fiordaliso, the son of the king and queen of the kingdom of Zampettopoli, is a kitten who can never make a decision and always says “I don't know” in front of every choice. Decision-making ability is one of the skills that is important to acquire in order to face the challenges of daily life.

- To help children, students, and young patients improve their decision-making skills
- Full colour illustrations
- For parents, psychologists, teachers



2022

60 pages + online materials

€ 25.00

ISBN 978-3-456-86261-3

Original publication: German
“Mio, der Braunbär”

Rights sold: All rights available

Isabell Müller / Hannah Schmiedel / Noah Willmann /
Simon Zerth

Mio, the Brown Bear

Child-Friendly Education About Sexual Violence

When Mio the bear sees his uncle, something inside feels off, but he doesn't quite understand why. With the help of his friend Rami, Mio learns to trust his gut and speak up. This sensitive story empowers children to recognize boundaries, seek help, and talk about sexualized violence.

- Encourages body awareness and boundary setting
- Supports children in speaking up and seeking help
- With exercises and guidance for families and professionals



2024

112 pages

€ 25.00

ISBN 978-3-456-86288-0

Original publication: German
“Albträume austricksen”

Rights sold: All rights available

Janos Frisch / Jeannine Wolf

Trick Your Nightmares

An Interactive Workbook to Beat Bad Dreams

When little bear Alba is haunted by nightmares after moving dens, she seeks help from her forest friends – each one offering a unique, playful trick to overcome bad dreams. This interactive story empowers children with proven techniques, while the second part provides adults with expert background and guidance. A fun, comforting tool for families and professionals alike.

- Engaging story with effective dream-busting tools
- With interactive exercises for children
- Expert section for parents and professionals included



2022
84 pages
€ 20.00
ISBN 978-3-456-86193-7

Original publication: German
“Eine Kindheit mit ADHS”
Rights sold: All rights available

Daniela Chirici

A Childhood with ADHD

Living with Attention Deficit Syndrome

“What’s wrong with your parenting?” – many parents of children with ADHD have heard it all. In this honest and heartfelt account, Daniela Chirici shares her family’s journey with ADHD, offering insight, encouragement, and a voice for those navigating daily challenges, doubts, and judgment from others.

- A parent’s real-life story of raising a child with ADHD
- Honest reflections on stigma, doubt, and resilience
- Encouragement for families facing similar challenges



2nd edition 2023
304 pages
€ 28.00
ISBN 978-3-456-86284-2

Original publication: German
“Erfolgreich lernen mit ADHS und ADS”
Rights sold: Czech, Slovak, Simplified Chinese

Stefanie Rietzler / Fabian Grolimund

Studying Successfully with ADHD and ADD

A Practical Guide for Parents

Homework chaos, emotional outbursts, endless stalling – many families with children affected by ADHD know the struggle. This practical guide helps parents create calmer, more motivating learning routines and strengthen their child’s confidence with proven, effective strategies developed from real family experiences.

- Tools to reduce stress around homework
- Boosts focus, motivation, and self-esteem
- Practical tips for parents of kids with ADHD

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93,000
copies sold!





22nd edition 2024
113 pages
€ 12.95
ISBN 978-3-8017-3286-8

Original publication: German
“Die Kapitän-Nemo-Geschichten”
Rights sold: Portuguese

Ulrike Petermann

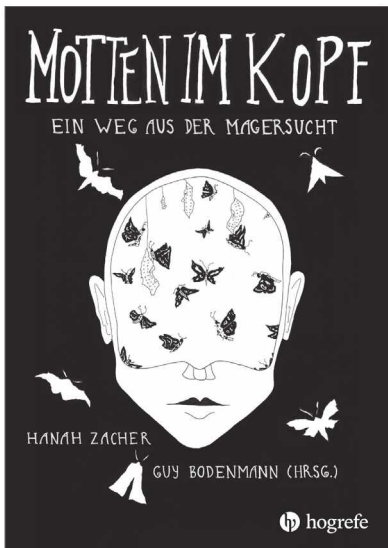
22nd
edition!

The Captain Nemo Stories

Stories Against Anxiety and Stress

Captain Nemo invites children on imaginative underwater journeys that gently teach relaxation and self-soothing skills. These beloved stories help reduce anxiety and restlessness in kids aged 5–12 through playful exploration and calming techniques – perfect for reading aloud or alone.

- Trusted relaxation stories for 5–12-year-olds
- Helps reduce stress, anxiety, and restlessness
- Playful way to learn self-soothing skills



2025
80 pages
€ 23.00
ISBN 978-3-456-86354-2

Original publication: German
“Motten im Kopf”
Rights sold: All rights available

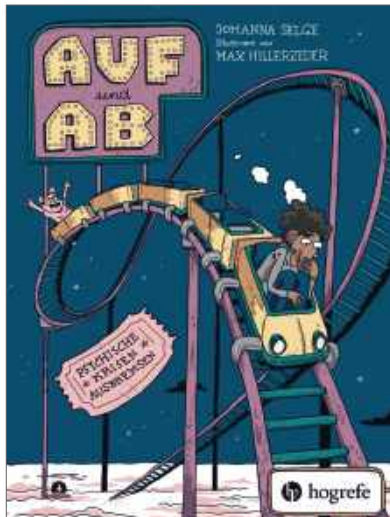
Hanah Zacher

Moths in the Mind

A Way out of Anorexia

“Negative thoughts swarm like moths in my mind.” Linn’s story shows how anorexia can silently take hold – long before it’s recognized. This powerful graphic novel explores body image, belonging, and self-worth with raw honesty. An expert section by psychologist Guy Bodenmann offers accessible guidance on eating disorders.

- Poignant graphic novel on anorexia’s slow onset
- Honest insights into self-doubt and identity
- Expert info on eating disorders included



2024
120 pages
€ 25.00
ISBN 978-3-456-86304-7

Original publication: German
“Auf und Ab”

Rights sold: All rights available

Johanna Selge (Author) / Max Hillerzeder (Illustrator)

Up and Down

A Workbook to Navigate Emotional Highs and Lows

Emotional ups and downs are part of growing up – but many teens face deeper struggles with depression and anxiety. This expressive graphic novel follows 16-year-old Noah through the maze of mental health challenges, offering relatable insights, proven coping strategies, and guidance for teens and their support networks. A powerful tool to build resilience and spark conversations.

- Honest story teens can identify with
- Clear strategies for mental health and resilience
- With extra info and materials for families and schools



2nd edition 2024
240 pages
€ 25.00
ISBN 978-3-456-86343-6

Original publication: German
“Clever lernen”

Rights sold: Simplified Chinese

Stefanie Rietzler / Fabian Grolimund

Smart Studying

Learning smarter – not harder – makes school less stressful and life more fun. This guide teaches young readers how to boost focus, motivation, and memory while saving time. With brain-friendly tips and effective strategies, it helps students study better and enjoy their free time without guilt.

- Smarter learning with less effort
- Boosts memory, focus, and motivation
- Time-saving strategies for school success

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Nursing & Medicine

In this section you will find titles geared towards professionals working in healthcare that can simplify their everyday work as well as help improve their performance and therefore patients' care.

Subjects include:

- nursing education
- professional issues and trends in nursing
- reference titles



2025
344 pages
€ 45.00
ISBN 978-3-456-86282-8

Original publication: German

“Das Handbuch ME/CFS”

Rights sold: All rights available

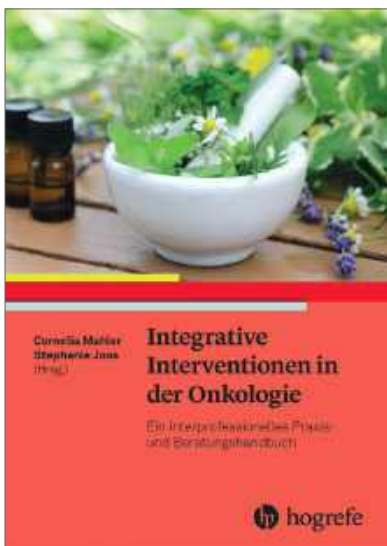
Lotte Habermann-Morstmeier

The ME/CFS Handbook

Patient-centred Care and Interprofessional Recommendations for Action

This comprehensive handbook offers medical professionals and caregivers a clear, research-based understanding of ME/CFS and how to ensure patient-centered care. Covering diagnosis, symptom management, and interdisciplinary approaches, it also gives voice to patient experiences and highlights supportive care strategies.

- Evidence-based care for ME/CFS patients
- Guidance on diagnosis, comorbidities, and treatment
- Interdisciplinary support and patient perspectives



2025
220 pages
€ 38.00
ISBN 978-3-456-86340-5

Original publication: German

“Integrative Interventionen
in der Onkologie”

Rights sold: All rights available

Cornelia Mahler / Stefanie Joos (Eds.)

Integrative Interventions in Oncology

An Interprofessional Practice and
Counselling Manual

Relief for body and mind – this handbook brings together proven, non-pharmacological interventions to support people living with cancer. From phytotherapy to compresses and lifestyle advice, it offers evidence-based tools for managing 21 symptoms and includes 88 illustrated “Infozepte” to guide patient care and communication.

- Integrative treatments from acupressure to herbal teas
- Practical support for 21 cancer-related symptoms
- 88 illustrated guides for patient counseling and care



4th edition 2021
 400 pages
 € 40.00
 ISBN 978-3-456-86086-2

Original publication: German

“Pflegewissenschaft 1”

Rights sold: All rights available

Hermann Brandenburg / Stephan Dorschner (Eds.)

Nursing Science 1

Textbook and Workbook Introducing Scientific Thinking and Theories in Nursing

This widely used textbook provides a clear and comprehensive overview of nursing science and theory – essential for students in nursing education, leadership, and research. With structured chapters, study aids, and updated resources, it promotes critical thinking and self-directed learning in nursing practice.

- Core theories and methods in nursing science
- With exercises, review questions, and reading tips
- Ideal for nursing students in all areas of study



4th edition 2023
 488 pages
 € 50.00
 ISBN 978-3-456-86225-5

Original publication: German

“Pflegewissenschaft 2”

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Herrmann Brandenburg / Eva-M. Panfil / Berta Schrems / Herbert Mayer (Eds.)

Nursing Science 2

Textbook and Workbook for the Introduction to Nursing Research Methods

This textbook offers a clear introduction to nursing research, covering its purpose, key concepts, and phases of the research process. With tools for both quantitative and qualitative methods, it supports students and professionals in developing solid research skills grounded in scientific theory.

- Overview of nursing research and theory of science
- Covers research phases and practical tools
- Includes quantitative and qualitative approaches



2023
336 pages
€ 49.95
ISBN 978-3-456-86122-7

Original publication: German

“Handbuch Pflegebildung”

Rights sold: All rights available

Maria A. Marchwacka (Ed.)

Nursing Education Manual

Theory - Empiricism - Practice

This handbook explores key theories and practical models in nursing education. With insights from research and examples from vocational training, it covers topics like interdisciplinary learning, competence orientation, simulation, and inclusion – making it a valuable guide for educators and trainers in nursing.

- Theoretical and empirical foundations of nursing education
- Practical examples from vocational training
- Topics include simulation, inclusion, and professionalism



4th edition 2023
400 pages
€ 45.00
ISBN 978-3-456-86244-6

Original publication: German

“Pflegekompetenz”

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Christa Olbrich

Nursing Competence

What defines real nursing competence? This clear and practical guide explores how skills and knowledge appear in everyday care, what nursing practice demands, and which factors support or hinder professional growth. A must-read for reflecting on and strengthening nursing expertise.

- Defines core nursing competencies in daily practice
- Links knowledge, skill, and professional identity
- Supports reflection and professional development



2023
200 pages
€ 45.00
ISBN 978-3-456-85702-2

Original publication: German
“Concept Maps und Concept Mapping in der Pflege”
Rights sold: All rights available

Dave Zanon-Di Nardo / Claudia Leoni-Scheiber

Concept Maps and Concept Mapping in Nursing

How to Record and Structure Complex Care Situations

Concept maps offer a powerful way to visualize complex nursing situations, making patient needs and care priorities clearer. This hands-on guide shows how to use them to assess, diagnose, and plan care more effectively. A practical toolbox for anyone involved in nursing education or clinical training.

- Visualizes complex care situations clearly
- Links diagnoses, goals, and interventions
- Ideal for teaching, training, and studying nursing



4th edition 2022
424 pages
€ 45.00
ISBN 978-3-456-86170-8

Original publication: German
“Wissenschaftliches Arbeiten in der Pflege”
Rights sold: All rights available

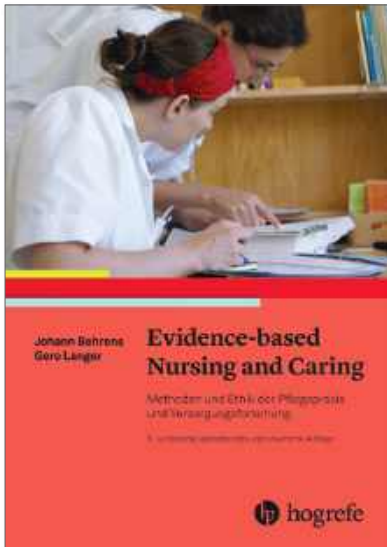
Eva-Maria Panfil (Ed.)

Scientific Work in Nursing Care

Textbook and Workbook for Nurses

This trusted textbook equips nursing students with the skills to master academic work – from research and writing to presenting and publishing. Clear, structured, and practical, it guides learners through every step, helping them think critically and communicate effectively in academic contexts.

- Covers key academic skills for nurses
- Guides writing, presenting, and publishing
- Practical tips for effective academic work



5th edition 2021
 411 pages
 € 40.00
 ISBN 978-3-456-86074-9

Original publication: German

“Evidence-based Nursing and Caring”

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Johann Behrens / Gero Langer

Evidence-based Nursing and Caring

Methods and Ethics of Nursing Practice and Health Services Research

This hands-on guide shows how to bring evidence-based knowledge into everyday nursing practice – balancing scientific findings with the unique needs of patients and their caregivers. With clear methods and practical tools, it empowers nurses to make informed, respectful, and effective care decisions.

- Bridges research and real-world nursing
- Methods for applying evidence-based knowledge
- Supports individualized, respectful care



2023
 272 pages
 € 45.00
 ISBN 978-3-456-86226-2

Original publication: German

“Klinisches Simulationslernen in der Pflege”

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Astrid Herold-Majumdar (Ed.)

Clinical Simulation Learning in Nursing

The Skills Lab Method

High-quality nursing care relies on well-practiced clinical competencies – best nurtured in realistic, guided learning environments. This practical manual provides a solid foundation for simulation-based training, featuring research-backed scenarios, structured guidance, and all essential resources for effective nursing education.

- Strengthens practical skills through simulation
- Research-backed scenarios and clear guidance
- Complete toolkit for nursing instruction



2023
318 pages
€ 50.00
ISBN 978-3-456-86182-1

Original publication: German
“Digitalisierung im Pflege- und Gesundheitswesen”

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Michael Klösch

Digitalization in the Nursing and Healthcare Sector

Basics, Experiences and Practical Examples

This reference work maps out key areas of digitalization in healthcare, combining global insights with practical care examples. With its interdisciplinary approach, it highlights how digital tools enhance collaboration and outlines strategies to boost acceptance and integration of technology in care settings.

- Global insights meet practical care examples
- Interdisciplinary view on digital transformation
- Strategies to increase tech acceptance in healthcare



2024
160 pages
€ 30.00
ISBN 978-3-456-86324-5

Original publication: German
“Suggestion, Empathie und Evidenz in der Medizin”

Rights sold: All rights available

Werner Tschan

Sexualised Violence and Trauma

Practical Handbook for Care, Health and Social Professions

This hands-on handbook sheds light on the psychological and physical impact on those affected. It encourages shared learning, fosters essential skills, and inspires a culture of awareness and deeper understanding – empowering professionals to respond with empathy and competence.

- Highlights mental and physical consequences
- Fosters shared learning and skill-building
- Promotes a culture of attentiveness



2021
152 pages
€ 30.00
ISBN 978-3-456-86148-7

Original publication: German
“Die Anatomie der Zeit –
Selbstmanagement für Ärzte”
Rights sold: All rights available

Alexander Ghanem

The Anatomy of Time – Self-Management for Doctors

A Guide to Effectively Prepare Time Slots

This holistic guide supports physicians in managing professional demands while maintaining personal well-being. It offers tools for time and self-management to prevent burnout, regain meaning, and stay resilient. With practical strategies for reflection and balance, it helps doctors thrive – both at work and in life.

- Self-management tailored to physicians' needs
- Tools to prevent burnout and restore meaning
- Strategies for balance, reflection, and resilience



2nd edition 2023
592 pages
€ 80.00
ISBN 978-3-456-86167-8

Original publication: German
“Lehrbuch Stationsleitung”
Rights sold: All rights available

Märle Poser / Markus Fecke (Eds.)

Textbook Ward Management

Nursing Management for
Middle Management in Hospitals

This empowering textbook equips nursing leaders with tools to strengthen practice through theory-based care, ethical decision-making, and structured patient guidance. It also highlights how to support, inspire, and appreciate teams – creating a foundation for confident, compassionate leadership.

- Applies theory to daily nursing leadership
- Tools for ethics, education, and discharge planning
- Empowers leaders to support and value teams



2nd edition 2025
240 pages
€ 38.00
ISBN 978-3-456-86331-3

Original publication: German
“Einfühlsam Gespräche führen”

Rights sold: All rights available

Uwe Schirmer

Communicating with Empathy

Appreciative and Empathetic Dialogue in the Practice of Health, Education, Nursing and Social Professions

Empathy transforms how we connect with others—especially in care professions. This hands-on guide introduces the principles and techniques of compassionate dialogue across health, education, and social fields. With real-world examples and updated concepts, it helps professionals build trust and navigate emotionally complex situations.

- Practical tools for caring, effective communication
- For nursing, therapy, education, and social work
- Updated edition with new insights and real-life examples



2023
176 pages
€ 30.00
ISBN 978-3-456-86239-2

Original publication: German
“Suggestion, Empathie und Evidenz in der Medizin”

Rights sold: All rights available

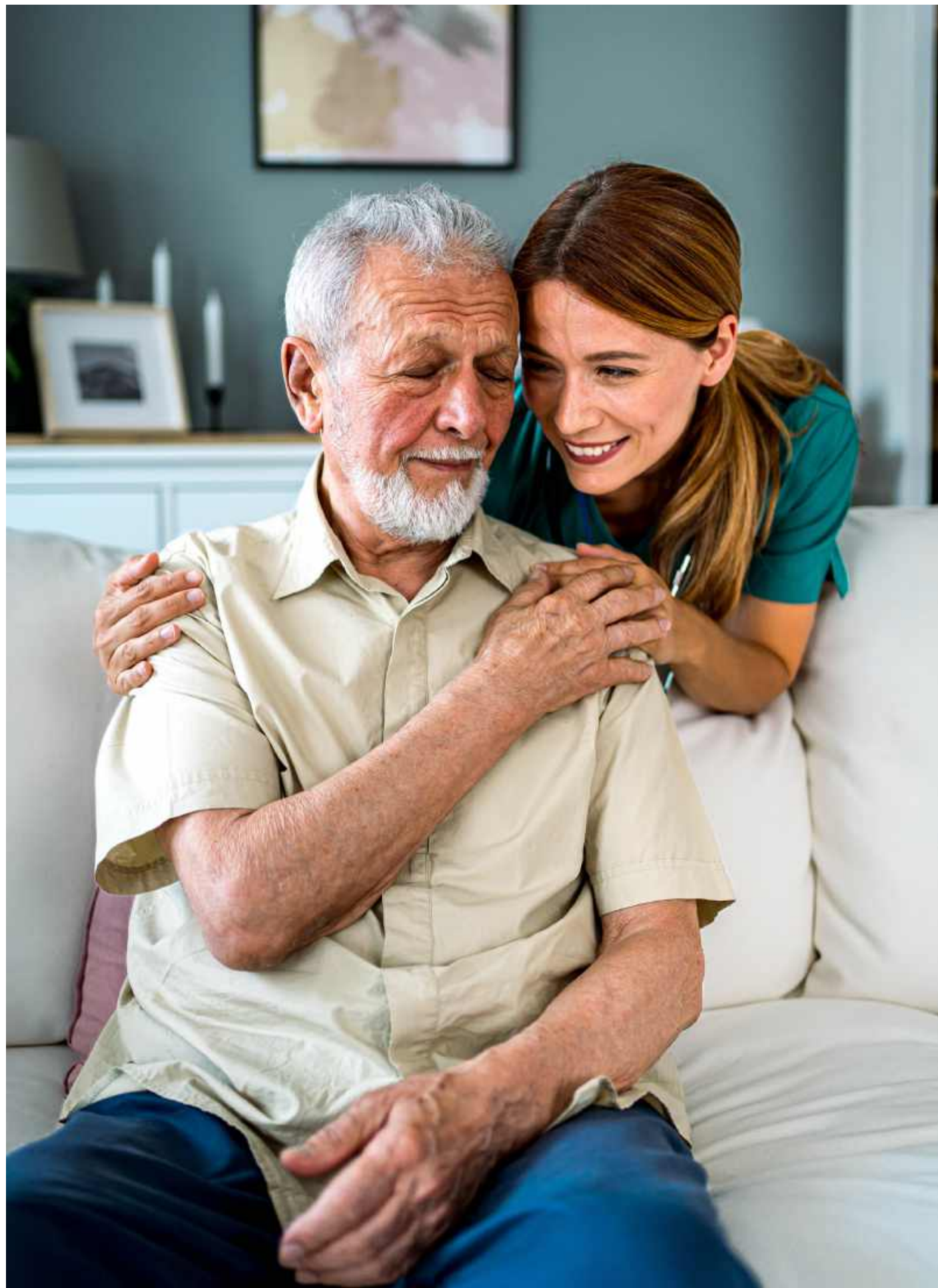
Johannes Jörg

Suggestion, Empathy and Evidence in Medicine

Take Opportunities, Recognize Limits

Empathy and suggestion can activate self-healing—and shape medical outcomes. This book explores how patient expectations, personality, and vulnerability influence therapeutic effects. It shows how doctors can use suggestion ethically to strengthen the doctor–patient bond while warning against its misuse.

- Empathy and suggestion in medical practice
- Boosts therapeutic impact through patient connection
- Highlights both healing potential and ethical limits





2024
160 pages
€ 25.00
ISBN 978-3-456-86336-8

Original publication: German
“Kommunikation und Interaktion
in der Pflege”

Rights sold: All rights available

Heinz-J. Bükér / Margret Schumacher

Communication and Interaction in Care

Short Textbook for Training and Practice

Strong communication is at the heart of quality nursing care. This compact textbook introduces essential skills like empathy and active listening, giving learners a solid foundation for professional, compassionate interactions in everyday practice.

- Core communication skills for nurses
- Focus on empathy and active listening
- Clear, practical introduction for training and practice



2024
272 pages
€ 60.00
ISBN 978-3-456-86123-4

Original publication: German
“Personzentrierte Pflegepraxis”

Rights sold: All rights available

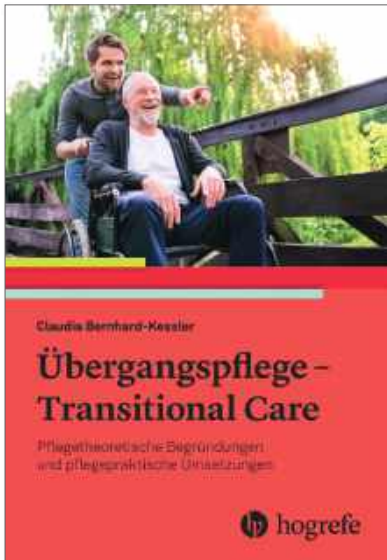
Christoph von Dach / Hanna Mayer (Eds.)

Person-centred Nursing Practice

Basics for Practice Development, Research and Teaching

This reference book offers a comprehensive guide to shaping person-centered nursing in healthcare settings. Grounded in clear principles and a practical model, it explores how to develop, implement, and evaluate care cultures that truly focus on individual needs – across practice, teaching, and research.

- Framework for person-centered nursing
- Roles and strategies for culture development
- Practical examples for implementation and teaching



2023
232 pages
€ 35.00
ISBN 978-3-456-86259-0

Original publication: German
“Übergangspflege – Transitional Care”

Rights sold: All rights available

Claudia Bernhard-Kessler

Transitional Care

Nursing Theoretical Justifications and Practical Nursing Implementations

Smooth care transitions are essential for patient well-being – this practical manual shows how to achieve them. It introduces the concept of transitional care, explains its theoretical and ethical foundations, and offers concrete strategies to manage transitions in diverse settings and populations, from chronic illness to long-COVID.

- Prevents care gaps during transitions
- Ethical, theory-based care planning
- Practical cases for diverse patient groups



2023
312 pages
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ISBN 978-3-456-86262-0

Original publication: German
“work & care – Der Weg zur Vereinbarkeitskompetenz”

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Iren Bischofberger

Work & Care – The Path to Compatibility Competence

Reconciling Work and Caring for Family Members

Balancing work and caregiving is a growing challenge. This book examines the pressures on those who care for loved ones while employed, and explores what this means for nursing science, employers, and policy. It offers strategies for compatibility, support, and empowerment across personal and organizational levels.

- Focus on combining employment and caregiving
- Strategies for balance, coordination, and regeneration
- Actionable insights for nursing, organizations, and policy



2023
416 pages
€ 52.95
ISBN 978-3-456-86098-5

Original publication: German
“Gemeinde- und Familien-
gesundheitspflege”
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Daniela Händler-Schuster / Helmut Budroni (Eds.)

Community and Family Health Care

Textbook for Ambulatory Care

Nursing in community settings demands adaptability, empathy, and vision. This textbook explores the evolving roles of nurses in diverse care environments, offering guidance on self-care, supporting vulnerable populations, and implementing innovative concepts like caring communities and disaster response.

- Practical guidance for community-based roles
- Integrates self-care and existential support
- Covers disaster nursing and local health counseling



2024
424 pages
€ 50.00
ISBN 978-3-456-86332-0

Original publication: German
“Das Klimafolgen-Buch”
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Thomas Hax-Schoppenhorst (Ed.)

The Climate Impact Book

How Nursing and Healthcare Professions Can Tackle the Climate and Biodiversity Crisis

As climate and biodiversity crises escalate, their impact on global health grows. This interdisciplinary book combines scientific analysis with hands-on solutions, empowering healthcare professionals to act. It highlights the role of nursing, planetary health, and practical changes in daily practice to protect both people and the planet.

- Health-focused strategies for climate resilience
- Tools for sustainable care and green practice
- Empowering guidance for action and prevention



2025
432 pages
€ 45.00
ISBN 978-3-456-86294-1

Original publication: German

“Public Health im Kindes- und Jugendalter”

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Julia Dratva / Agnes von Wyl / Davin Lätsch / Marc Höglinger

Public Health in Childhood and Adolescence

Key Concepts, Methods and Implementation Strategies

Children and adolescents aren't just “small adults” – and public health must reflect that. This comprehensive, interdisciplinary textbook offers a unique overview of public health for younger populations. With core concepts, practical methods, and future challenges, it bridges theory and practice across the German-speaking world.

- Public health foundations for children and youth
- Covers prevention, inequality, rights, and resilience
- Ideal for study, reference, and interdisciplinary training



2023
280 pages
€ 40.00
ISBN 978-3-456-86257-6

Original publication: German

“Der Körper, der ich bin”

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Adrian Mühlebach

The Body That I Am

What to Learn from Our Body Awareness

We live in our bodies – yet often barely notice them. This interdisciplinary book explores body perception as a deeply subjective, constantly evolving process. Drawing on philosophy, psychology, and physiology, it reflects on how bodily awareness shapes our well-being, behavior, and ability to face modern challenges.

- Explores the science and meaning of body perception
- Interdisciplinary view from philosophy to psychology
- Highlights the body's role in resilience and daily life



2023
128 pages
€ 35.00
ISBN 978-3-456-86256-9

Original publication: German

“ICF in der Pflege”

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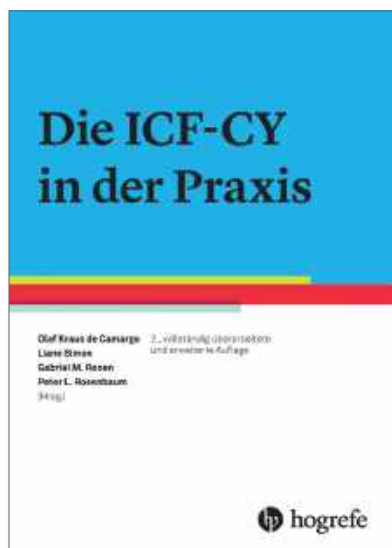
Manuela Malek / Ingrid Nickel / Andreas Seidel

ICF in Nursing Practice

Practical Handbook on the International Classification of Functioning, Disability and Health (ICF) for Nursing Professionals

Understanding functioning holistically – this handbook introduces the ICF model and shows how it can be applied in nursing practice. With clear explanations, real-life case examples, and documentation tips, it equips nurses to integrate the ICF into care planning and strengthens inter-professional collaboration.

- ICF principles made practical for nursing
- Case examples and documentation guidance
- Supports training, practice, and collaboration



2nd edition 2021
232 pages
€ 30.00
ISBN 978-3-456-85764-0

Original publication: German

“Die ICF-CY in der Praxis”

Rights sold: English, Simplified Chinese

Olaf Kraus de Camargo / Liane Simon / Gabriel M. Ronen / Peter L. Rosenbaum (Eds.)

ICF-CY in Practice

The ICF-CY offers a holistic view of health and development for children with chronic illnesses or disabilities. This guide introduces the WHO's biopsychosocial model and shows how to use it for interdisciplinary planning, assessment, and support – complementing medical diagnoses with a focus on participation and resources.

- Introduction to the ICF-CY for child-centered care
- Supports interdisciplinary assessment and planning
- Focus on participation, function, and environment



3rd edition 2025
376 pages
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ISBN 978-3-456-86364-1

Original publication: German
“Berufsstolz in der Pflege”
Rights sold: Simplified Chinese

German Quernheim / Angelika Zegelin (Eds.)

Professional Identity and Pride in Nursing

The Book of Encouragement

Proud to be a nurse! This inspiring guide shows how care-givers can build professional pride, stand together, and reclaim joy in their work. Through real-life portraits, strategies, and hands-on tools, it empowers nurses at all levels to strengthen identity, motivation, and self-worth – even in challenging times.

- Practical tools to foster professional pride
- Role models and success stories from the field
- Updated edition with new topics and resources



2025
128 pages
€ 20.00
ISBN 978-3-456-86405-1

Original publication: German
“Pflege ist...”
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André Fringer / Cla Gleiser

Nursing Is...

52 Highlights of the Most Beautiful Profession in the World

What is nursing? This illustrated book answers with 52 vivid cartoons and texts that celebrate the depth, diversity, and beauty of the profession. From observation to advocacy, humor to humility, it offers insight and inspiration – perfect for those entering the field or rediscovering their passion for care.

- 52 illustrated glimpses into everyday nursing
- Encourages pride, curiosity, and reflection
- Ideal for students, trainees, and educators



2022
112 pages
€ 20.00
ISBN 978-3-456-86228-6

Original publication: German

“Humanitäre Hilfe”

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Joachim Gardemann

Humanitarian Aid

Encounters with People in Need

Pediatrician Joachim Gardemann shares moving stories from his humanitarian missions with the Red Cross. From war zones to natural disasters, he meets people in their most vulnerable moments—in Rwanda, Kosovo, Haiti, Syria, and beyond. A powerful tribute to human suffering, resilience, and those who care amid crisis.

- Firsthand accounts from global crisis zones
- Portraits of survival, loss, and humanitarian care
- Tribute to victims and frontline health workers



3rd edition 2021
752 pages + online materials
€ 90.00
ISBN 978-3-456-85753-4

Original publication: German

“Transkulturelle und transkategoriale Kompetenz”

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Dagmar Domenig (Ed.)

Transcultural and Transcategorical Competence

This textbook rethinks diversity in nursing: Building on transcultural competence, it introduces a broader, transcategorical perspective for dealing with difference in healthcare. With real-world cases and reflective exercises, it offers practical tools to strengthen inclusive care and communication across social categories.

- From transcultural to transcategorical care
- Covers stigma, migration, identity, and human rights
- Case studies and exercises for inclusive nursing practice





2023

296 pages + online materials

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ISBN 978-3-456-86157-9

Original publication: German“Integration ausländischer
Mitarbeiter in die Pflege”**Rights sold:** All rights available

Michael Bossle / Horst Kunhardt (Eds.)

Integration of Foreign Employees in Nursing

Theories, Concepts as Well as Pedagogical Experiences and Framework Recommendations for Practice

The nursing shortage is growing – and urgent action is needed. This book explores key solutions: better working conditions, investment in training, fair pay, and greater responsibility for nursing staff. It also highlights the role of international recruitment in securing future healthcare delivery.

- Strategies to address the nursing workforce crisis
- Focus on training, pay, and professional empowerment
- Includes insights on international recruitment and integration

2nd edition 2025

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Original publication: German“Einfach sprechen über
Gesundheit und Krankheit”**Rights sold:** All rights available

Tanja Sappok / Reinhard Burtcher / Anja Grimmer (Eds.)

Talking about Health and Illness in Simple Terms

Medical Information Sheets in Plain Language

What happens at the doctor's office or in the hospital – and why? This book explains it clearly with images, METACOM symbols, and easy-to-read language. With around 100 illustrated info sheets, it helps people with intellectual disabilities understand medical care and supports professionals and families in informed, respectful communication.

- 100 health topics in easy-to-understand language
- With METACOM symbols for better accessibility
- Supports informed care and patient participation



2025
240 pages
€ 45.00
ISBN 978-3-456-86315-3

Original publication: German

“Pflege von Menschen mit Adipositas und Übergewicht”

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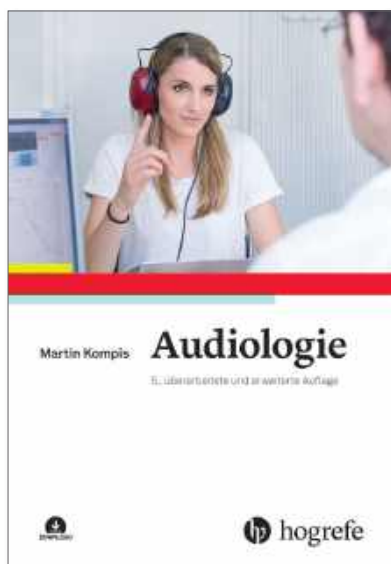
Ruth C. Ahrens / Simone Rohr (Eds.)

Caring for People with Obesity and Overweight

Practical Handbook for Nursing and Healthcare Professions

Providing competent, stigma-free care for people with obesity – this handbook equips nurses and health professionals with practical tools for assessment, counseling, and support. Covering causes, interventions, and bariatric care, it fosters holistic understanding and empowers respectful, goal-oriented care across all settings.

- Nursing process for obesity: assessment to intervention
- Strategies for counseling, lifestyle change, and stigma reduction
- Bariatric surgery and postoperative care clearly explained



5th edition 2022
264 pages
€ 38.00
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Original publication: German

“Audiologie”

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Martin Kompis

Audiology

Now in its 5th edition, this concise and richly illustrated textbook offers a hands-on introduction to audiology as an interdisciplinary field. Updated chapters on speech audiometry, cochlear implants, and implantable devices make it ideal for study and practice. Includes access to audio samples, slides, and training tools.

- Compact, accessible introduction to audiology
- Updated content on implants and diagnostics
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12th edition 2022
120 pages
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ISBN 978-3-456-86101-2

Original publication: German
“Allgemeine Krankheitslehre kompakt”

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Rudolf Meyer (Ed.)

General Pathology – Compact

This bestselling textbook makes general pathology clear and accessible for healthcare and nursing professionals. With concise explanations and vivid examples, it helps readers understand how diseases develop and present – supporting accurate assessment and confident action in clinical practice.

- Compact introduction to general pathology
- Clear explanations of disease development and symptoms
- Ideal for training and everyday clinical decision-making



2023
208 pages
€ 40.00
ISBN 978-3-456-86299-6

Original publication: German
“Potenzialentfaltung bei Kindern mit besonderem Förderbedarf”

Rights sold: Korean

Jeremy Krauss

Developing the Potential of Children with Special Needs

A Skill-based Perspective on Early Childhood Movement Development

Developed by longtime Feldenkrais practitioner Jeremy Krauss, the Jeremy Krauss Approach (JKA) offers skill-based support for children with developmental challenges. Grounded in neuroplasticity and motor learning, this inter-professional method uses close movement observation to promote individual progress. Rich case studies illustrate its impact.

- Support for developmental delays through movement
- Focus on neuroplasticity and motor learning
- Case studies from decades of clinical experience



2023
248 pages
€ 32.95
ISBN 978-3-456-86164-7

Original publication: German

“Praxisbuch Pflege und Psychopharmaka”

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Hilde Schädle-Deininger / Christoph Müller (Eds.)

Practice Book Nursing and Psychotropic Drugs

This practical manual shares real-world insights into the use of psychotropic drugs in psychiatric care—from clinical, nursing, and lived-experience perspectives. It offers a multi-voiced view on treatment realities, challenges, and collaboration between professionals, patients, and families.

- Psychotropic drug use in psychiatric practice
- Perspectives from medicine, nursing, and lived experience
- Supports shared understanding and collaboration



2021
368 pages
€ 40.00
ISBN 978-3-456-86077-0

Original publication: German
“Multiprofessionelle Behandlung von Suchterkrankungen”

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Melanie Wolff / Winfried Looser /
Gabriela Cvetanovska-Pllashniku (Eds.)

Multiprofessional Treatment of Substance Use Disorders

A Practical Guide for Nursing and Health Professionals

From substance use to behavioral addictions, this practical handbook offers a comprehensive view of interdisciplinary addiction care. It covers diagnostic tools, treatment models, and real-world case examples from medicine, nursing, and social work—providing clear strategies for collaborative support.

- Covers medical, nursing, and social work perspectives
- Includes substance-related and behavioral addictions
- With case examples, tools, and future-focused insights



3rd edition 2023
304 pages
€ 35.00
ISBN 978-3-456-86264-4

Original publication: German
“Palliative Pflege von Menschen mit Demenz”

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Stephan Kostrzewa

Palliative Care for People with Dementia

How can we care for people with dementia at the end of life—with presence, compassion, and clarity? This practical guide sensitively explores what it means to live “in a permanent moment” and supports caregivers in navigating symptom relief, communication, and spiritual care with professional confidence.

- Palliative care tailored to dementia
- Tools for communication and symptom management
- Includes case examples, standards, and practical aids



2023
272 pages
€ 40.00
ISBN 978-3-456-86008-4

Original publication: German
“Angehörige von Menschen mit Demenz beraten”

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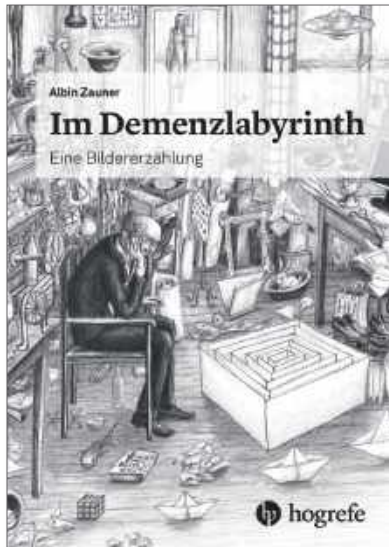
Samuel Vögeli / Nina Wolf

Advise Relatives of People with Dementia

Family-centered Counseling, Information and Accompaniment

Supporting a loved one with dementia is demanding—this guide offers clarity and guidance for counseling family caregivers. It covers key concepts, counseling steps, and practical tools for stress reduction, communication, and emotional support—empowering caregivers and those who counsel them.

- Counseling process from contact to evaluation
- Techniques for stress relief and adapted communication
- Supports caregivers of people with dementia



2022
112 pages
€ 25.00
ISBN 978-3-456-86260-6

Original publication: German
“Im Demenzlabyrinth”
Rights sold: English

Albin Zauner

In the Dementia Maze

A Graphic Novel

How does dementia feel from the inside? This powerful graphic novel tells the story through 84 symbolic drawings that capture the inner world of a man living with dementia. Rather than focusing on symptoms, it offers an emotional, artistic portrayal of memory loss, disorientation, and identity.

- One of the first graphic novels on dementia
- 84 symbolic drawings depicting lived experience
- A moving, non-clinical view into dementia's inner world



2021
184 pages + online materials
€ 23.00
ISBN 978-3-456-86166-1

Original publication: German
“Herausforderung angenommen!”
Rights sold: All rights available

Peter Wißmann / Leo B. Steinauer / Rolf Könemann

Challenge Accepted!

Our New Life with Dementia

“Challenge Accepted!” shares the honest, touching story of Beni, who has dementia, and his husband Rolf. Told in their own words, the book shows how love, humor, and dignity remain central despite the challenges. With interviews and info boxes, it offers insight into living openly and creatively with dementia.

- A true story of love and life with dementia
- Includes interviews, quotes, and personal reflections
- With info on care, creativity, identity, and resilience

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