Contents

Schöllner:
Transwoman? That’s right! .................................................. 1

Riemann:
Basic Forms of Anxiety ......................................................... 2

Riemann / Kleespies:
The Ability to Love, The Art of Ageing .................................. 3

Child and Adolescent Psychology

Dettenborn:
The Child’s Best Interest vs. The Child’s Desire ..................... 4

Feldmann / Noppenberger:
Perfectly FAS(D)! ...................................................................... 5

Kos / Biermann:
The Enchanted Family .......................................................... 6

Landerl / Vogel / Kaufmann:
Dyscalculia .............................................................................. 7

Lengning / Lüpschen:
Attachment ................................................................................ 8

Petri:
The Drama of Living without a Father .................................... 9

Preuss:
Sexual Dysphoria, Trans-Identity and Transsexuality in Children and Youngsters ......................................................... 10

Quaiser-Pohl / Rindermann:
Developmental Diagnostics .................................................... 11

Scholarly Books

Godde / Voelcker-Rehage / Olk:
Introduction to Gerontopsychology ........................................ 12

Berberich / Siedentopf:
Psychosomatic Urology and Gynecology .................................. 13

Böckler-Raettig:
Theory of Mind ........................................................................ 14

Fröhlich-Gildhoff / Rönnau-Böse:
Resilience .................................................................................. 15

Kasten:
Somatopsychology ................................................................... 16

Knoll / Scholz / Rieckmann:
Introduction to Health Psychology ........................................ 17

Lermer:
Positive Psychology .................................................................. 18

Lorenz:
Salutogenese ............................................................................ 19

Nußbeck:
Introduction to Counselling Psychology .................................. 20

Paulus:
Key Experiments in Developmental Psychology ..................... 21

Rockstroh:
Biological Psychology ............................................................... 22

Rockstroh:
Psychotropic Drugs .................................................................. 23

Schwarz / Singer:
Introduction to Psychosocial Oncology .................................. 24

Seikowski / Taube:
Introduction to Psychodermatology ....................................... 25

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Kind regards,

Alena Verrel
Foreign Rights & Public Relations
From boy to woman

- A thought-provoking testimonial
- Includes valuable tips for trans* individuals
- Authentic, honest and refreshing

Today, Ulrike Schöllner is a happy woman. Born and raised a boy, she struggled with her identity for many years, unable to understand why she felt so uncomfortable in her own body. Family, children, career - it all sounded so successful on paper. And yet she always had fundamental doubts about herself when living as a man. Many years passed before she realised the true nature of the impulses she had been fighting for so long.

In her testimonial, she not only describes her long journey to becoming a woman, but also gives other transgender individuals and their companions valuable advice.

Author information

Ulrika Schöllner. Dießen, Germany, was born a boy in 1959 and transitioned completely from 2015–2018. She now leads a full and happy life as a woman.
Fritz Riemann
Basic Forms of Anxiety
45th edition 2019
244 pages
(978-3-497-02422-3) pb
List price: € 17.90

The reader of this book cannot avoid noticing the great sensitivity and profound observation of Fritz Riemann’s approach to this subject. Because of its clear diction the book will appeal also to non-specialists, although the well-defined structure lends it the character of a standard reference work for students.

Riemann succeeds in convincingly presenting his thesis that anxiety is human. He gently, carefully leads the reader to recognize his/her own anxieties and one-sidedness. The confrontation with personal problems which can be raised onto the level of consciousness helps the reader to understand himself and his fellow human beings better.

This book is a source of encouragement and instruction in the art of perceiving and accepting one’s own anxieties, and if possible modifying them in a productive way.

Author information
Fritz Riemann (1902-1979), studied psychology, qualified psychoanalyst; co-founder of the Institute for Psychological and Psychotherapeutic Research, Munich, Germany (today: Academy for Psychoanalysis and Psychotherapy). He is also an honorary member of the American Academy of Psychoanalysis in New York. “Basic Forms of Anxiety” is Riemann’s most famous book.

Dr. med. Wolfgang Kleespies is a specialist in neurology, psychiatry, psychotherapeutic medicine and is also a psychoanalyst. He has worked for many years in his own practice and is lecturer and training analyst at the C. G. Jung Institute in Berlin, Germany.
The different kinds of love

The ability to love is not something to be taken for granted. Throughout our whole lifetime, we have to learn how. The love that we received from our mother and father exerts a great influence: experiencing loving care, security, and respect for our individuality helps us later to bring trust, affection, a feeling of responsibility and also tolerance into relationships with our partners. If there are elements lacking in parental love, the child will not learn certain aspects of the aptitude for love, and then the experience of sexuality, the ability to establish contact and independence within a relationship, can atrophy.

Fritz Riemann analyzes the various types of love: unconditional love, when needs are met selflessly; demanding love, that fights fear of loss by striving for power; whole love, that recognizes gender and gender roles; unattached love, that arises from lack of bonding and affection.

He shows how these forms of love can affect sexuality, choice of partner and how one lives with others.

Ageing gracefully

Going above and beyond the population explosion, pension negotiations and youth culture, this book deals with the personal aspects of ageing – with the questions, worries and hopes that occupy those coming to terms with their mortality:

• When will we be happy, and how – will it be different from our younger years?
• Will we be able to enjoy new freedom and to take advantage of our right to question roles, conventions and expectations?
• Will we be able to take advantage of new achievements in medicine and technology or will they become a burden?
• How will we experience the bodily, mental and social changes of old age – as crises or as opportunities?

This is a wise book which makes one - and not only older readers - think.
What is best for children?

- „The child’s best interest“ vs. „The child’s desire“
- Basic legal principles and psychological aspects included
- How can developmental psychology contribute to the discussion?

When a family breaks apart, children often become the bone of contention. It is decided in court, who is allowed to take custody of the child. Other forms of a child’s future upbringing are ruled in court, too: questions of visitation rights, adoption or the issue of taking children away from their parents are decided by judges and appointed experts. The central criteria on which the decision will be based are „the child’s best interest“ and „the child’s desire“. But is not the understanding of these terms diffuse and arbitrary? Does the judgement of the experts really do justice to the child’s interests?

Moreover, the professional receives practical advice for the diagnosis and for the further handling of the child’s desire. The example of the Parental Alienation Syndrome, meaning the alienation of a child from one parent, serves to illustrate how the child’s best interest and the child’s desire can be judged in a perceptive way.

Author information

Prof. Dr. Harry Dettenborn, Institute for Educational Psychology at Humboldt-University, Berlin, Germany, experienced expert in the field of legal psychology.
Perfectly FAS(D)!

- For those affected, friends, siblings to read aloud
- Easy to understand and empathetic
- Includes information on the medical condition

This illustrated book tells the story of little Mo. Mo is affected by Foetal Alcohol Spectrum Disorder (FAS(D)) and lives with a foster family. Mo tells readers about life with this disorder, and how he feels about the world around him. The book is designed to help raise awareness of FAS(D) as a medical condition. The story, written in a child-appropriate manner, describes everyday situations which children with FAS(D) experience in particular and sometimes challenging ways. Not only an excellent resource for foster parents, it is also an indispensable everyday tool for those working in psychosocial and therapeutic fields. The book includes important information aimed at adults: what is FAS(D)? How does the condition present in children affected? And which challenges do these children face?

Target readership
(Foster) parents of children affected, psychotherapists, psychologists, (social) education workers, educators, teachers, and therapists

Author information
Dr. rer. medic. Reinhold Feldmann, grad. psychologist, Münster, Germany, is a psychological psychotherapist who works at the FAS outpatient clinic in Walstedde, Germany. Anke Noppenberger works as an FASD coach mentoring foster parents, and is also active in the field of social educational family support.
A classic test book - reissued!

- Draw a window to the soul
- Reveal causes of childhood disorders
- Identify family dysfunctions

Children’s drawings are frequently indicative of the tensions they experience within their family context. Asking children to draw their families can help to identify family constellations, connections and dysfunctions.

Applied alongside findings in developmental psychology, „The Enchanted Family“ constitutes a projective test which can help to reveal the causes of childhood disorders. With this, it is an important element in the field of psychodiagnostics for children.

Target readership
Psychotherapists, psychologists, child and adolescent psychiatrists

Author information

Gerd Biermann (1914-2006), paediatrician and psychotherapist, was a pioneer of the psychoanalytic child psychotherapy.

Martha Kos (1919-1989) worked as a clinical psychologist, child therapist and training analyst.
Dyscalculia describes a poor, or incorrect, understanding of amounts, figures and mathematical operations. Countless school pupils of all ages are affected by this problem. These children frequently experience fear of failure and poor educational performance. The authors explain neurocognitive models of numerical reasoning and calculation, and elucidate diagnostic methods for dyscalculia. Intervention strategies and training programmes are critically examined and questioned for efficacy. The third edition is complemented by current findings on number processing, new diagnostic instruments, computer-based training programmes and neuronal stimulation.

**Target readership**
Students and teachers of psychology, educational science, teaching studies and medicine

**Author information**
Prof. Dr. Karin Landerl lectures on the subject of developmental psychology at the University of Graz, Austria.
Assistant Prof. Dr. Stephan Vogel is a research associate in the field of research on giftedness at the University of Graz, Austria.
Prof. Dr. Liane Kaufmann is a neuropsychologist at the district hospital in Hall, Austria.
Attachment – in a nutshell

• Core topic of psychology with a high work relevance
• State of the art: compact and understandable
• Hands-on and application-based

Human relationships can be understood more easily with the attachment theory. Knowledge in this subject is indispensable for psychological, social and pedagogical education subjects and fields of work. The book is a compact introduction into the attachment theory and research. It depicts methods of monitoring tactfulness and the quality of attachment and explains the connection between attachment and emotions. The book concludes with describing attachment disorders, how to treat them along with suitable prevention measures.

Target readership
Students of psychology, education, special education, social pedagogy and early childhood education, teaching degrees and medicine, as well as all who wish to know

Author information
Dr. Anke Lengning, degree in psychology, is a visiting professor for developmental psychology at the Technical University in Dortmund, Germany.
Nadine Lüpschen, educator, is scientific employee at the Technical University in Dortmund, Germany.
Growing up without a father

- Which impact does a fatherless childhood and adolescence have on personality development?
- How can one compensate
- What are the paths to healing

Children need both parents – but often the father is missing as a role model and example. What’s the special role the father has within the family? What are the psychological problems children and teenagers might develop when they grow up without a father? And: How can someone still compensate and handle these problems even as an adult? Horst Petri makes use of many case studies and insights from psychological research to show how crucial a father is for attachment behaviour, gender identity, finding one’s own role in society and the attitude towards partnership. He makes use of his comprehensive experience to open up ways to healing when father deprivation turns into a trauma.

Target readership
All who were brought up without a father or who wish to help children, teenagers and adults in a situation like this

Author information
Prof. Dr. med. Horst Petri is a neurologist, child and adolescent psychiatrist running his own practice in Berlin, Germany.
Aid youngsters’ development

- Dealing with sexual dysphoria in children and adolescents
- Helps to determine treatment plans
- How to support youngsters’ finding their identity

There are children and youngsters with the body of a boy, who feel like girls – and vice versa. They often suffer from their inconsistent gender characteristics, even when they are accepted by others in their peculiarity. During the stage of adolescence they are massively faced with that their physical development does not match their feelings. This is what’s called “sexual discomfort” or “sexual dysphoria”. For some youngsters, this psychological strain can only be eased with an adolescence impeding treatment followed by a counter-sexual hormone therapy.

This book shows how professionals can tell what sexual dysphoric youngsters need for their personality’s development. It explains how they can be therapeutically accompanied in finding their identity and how their advice seeking relatives can be supported.

Target readership
Psychotherapists and psychiatrists for children and adolescents, paediatricians and all other professionals supporting and accompanying children and youngsters in a therapeutic or educational way

Author information
Dr. med Wilhelm F. Preuss, medical specialist for psychiatry and psychotherapy and medical specialist for psychotherapeutic medicine, works at the “Institut für Sexualforschung und Forensische Psychiatrie” (Institute for Sexual Research and Forensic Psychiatry) of Hamburg Eppendorf University Hospital, Germany. Here, in 2006, he was co-founder of the “Interdisziplinäre Sprechstunde für Kinder und Jugendliche mit Problemen der Geschlechtsidentität” (Interdisciplinary Clinic for Children and Youngsters with Problems in Sexual Identity) and is member of the German work group establishing “Leitlinien zur Behandlung der Geschlechtsdysphorie” (Guidelines for Treatment of Sexual Dysphoria).
How does one determine whether children are developing appropriately for their age? Psychology offers numerous tests and screening procedures.

This textbook offers an overview of theoretical and methodical basics for tests as well as the most important instruments for developmental diagnosis. The authors introduce us to the usual screening procedures for babies and infants and present the most important general developmental tests for ensuing age groups. We are also introduced to intelligence diagnostics. Finally, tests for various areas of development are presented: motoricity, spatial-visual ability, speech, mathematical ability and social behaviour.

The book is rounded off with an overview of the application of diagnostic instruments in professional practice: recording scholastic ability and achievement, learning difficulties, extent of talents and family diagnostics.

Author information
Prof. Dr. Claudia Quaiser-Pohl, dipl. psych., teaches pedagogic psychology at the University of Siegen, Germany.
Dr. habil. Heiner Rindermann, dipl. psych., is deputy lecturer for educational science at the University Paderborn, Germany.
Gerontopsychology

- The basics and mechanisms of growing old explained
- All aspects of the aging process
- The social context of aging

This text book provides a comprehensible overview of the basics and mechanisms of growing old and identifies approaches for growing old in a successful and healthy way as defined in life-span psychology. Theories, empirical findings and real-life examples from various disciplines (psychology, neuro-sciences, exercise sciences, biology and others) take all aspects of the aging process into consideration. Pathological aging processes and age-related diseases are described as well as strategies of prevention and intervention. Additionally, the social context (work, family, society) of aging is taken into account.

Target readership

Students of psychology, gerontopsychology, psychogerontology, health and care sciences, rehabilitation, pedagogics, social work, sports sciences and medicine

Author information

Prof. Dr. Ben Godde, teaches Neurosciences and Cognitive Psychology at Jacobs University in Bremen, Germany.

Prof. Dr. Claudia Voelcker-Rehage, teaches Sports Psychology (Prevention and Rehabilitation) and Neuro-cognition at the Technical University in Chemnitz, Germany.

Prof. Dr. Bettina Olk, teaches Cognitive Psychology and Neuropsychology at HSD Döpfer College in Cologne, Germany, and is an active member of the gerontopsychiatrical department at St. Alexius / St. Josef Hospital in Neuss, Germany.
Body and mind

- Comprehensive overview of the psychosomatic aspects of both fields
- Written by experts of both fields

Gynecology and urology deal with diseases of our urogenital system – the part of our body that is responsible for production, reproduction and lust. Mental processes have a significant impact on its functionality and should always be considered in practical work.

This textbook conveys psychosomatic expert knowledge in an easy-to-understand manner from the fields of urology and gynecology. Apart from various urogynecological diseases, the authors also take a look at mental aspects of sexuality, pregnancy, the unfulfilled desire to have children and birth and show how even difficult interviews with patients can yield successful results.

Author information

Dr. med. Hermann J. Berberich, Frankfurt a. M., Germany, is a specialist for urology, andrology and psychotherapy, a psychotherapist and sexual therapist and also works as lecturer for various academies.

PD Dr. med. Friederike Siedentopf, Berlin, Germany, is a specialist for gynecology, obstetrics and psychotherapy, head of the breast centre at Martin Luther Hospital in Berlin and lecturer at various further education institutes focussing on gynecologic psychosomatics and psycho-oncology.
Humans are masters of social interaction: we communicate and cooperate with ease, and, together, create things which would be impossible to achieve alone. To this end, it is essential to be able to put ourselves in another’s place. What do our interlocutors think, know and want? The act of tapping into the mental states of other people is termed “Theory of Mind”. However, how does this ability develop from infancy to old age? Which psychological problems accompany an impairment of the Theory of Mind? Can this skill be trained, and do animals possess it too? This introductory work provides students with answers to these and other questions on this core concept of developmental psychology.
How to cope with stress

- Compact introduction to current topics
- Combines science and practice
- Suitable for exam preparation

Resilience – strengthening mental (and physical) resistance power – is getting more and more important in research and practice. The authors present concepts and current research findings in a clear and well-structured way. They introduce the reader into relevant topics such as prevention, risk and protection factor concepts as well as salutogenesis and describe programmes for daycare facilities for children and schools which can be used by specialists to strengthen the resilience of children.

Target readership
Students and teachers in psychology and pedagogics

Author information
Prof. Dr. Klaus Fröhlich-Gildhoff and Maike Rönnau-Böse
both teach at the Evangelische Fachhochschule im Breisgau, Germany.
The body influences the psyche

- Includes more than 400 physical triggers of mental disorders
- Cross-references to related diseases
- Medical knowledge for psychologists and psychotherapists

The fact that Morbus Basedow or PMS can cause mood swings is something also non-medical professionals from psychosocial fields know. Yet there are many more physical diseases which can cause mental disorders. Who knows that panic attacks can be triggered by a so-called pheochromocytoma (adrenal tumour)? Who knows that an increased calcium level can cause major depressions?

This book lists over 400 physical triggers of mental disorders in a vivid way. Unavoidable medical terms are explained. An indispensable compendium for all who wish to unravel the complex relations between physical and psychological symptoms.

Author information
Prof. Dr. Erich Kasten, certified psychologist, neuro-psychologist, Institute of Medical Psychology, University Hospital of Schleswig-Holstein in Lübeck, Germany.
Health psychology

- Which factors influence health
- How does risk-taking behaviour arise
- How to modify health-damaging behaviour

This textbook introduces readers to health psychological theories, models and research outcomes: which factors influence health (e.g. stress, resilience, social support)? How does risk behaviour arise (e.g. smoking, lack of sun protection)? How is it possible to alter behaviour patterns harmful to health (e.g. prevention, relapse prevention)? Ideal for novices wishing to familiarise themselves with the subject of health psychology!

Author information
Prof. Dr. phil. Nina Knoll, a graduate psychologist, is a lecturer and researcher at the Freie Universität Berlin’s Faculty of Health Psychology, Germany.

Prof. Dr. Urte Scholz, a graduate psychologist, is a lecturer and researcher at Faculty of Applied Social and Health Psychology of the University of Zurich, Switzerland.

PD Dr. phil. Nina Rieckmann, a graduate psychologist, is a lecturer and researcher at the Institute of Public Health at the Charité-Universitätsmedizin Teaching Hospital, Berlin, Germany.

Target readership
Psychologists, psychotherapists, health and nursing scientists, doctors, social workers, pedagogues in education and further education
What makes people happy?

- Broadening perspectives in the field of psychology
- An interdisciplinary approach
- Ideal for student and everyday life

This concise introductory work describes the fundamentals of positive psychology. Here, the focus is placed on constructs including resilience, gratitude and mindfulness, while the deficit-oriented perspective prevalent in classical psychology takes a back seat.

Not only do students learn which personality traits and ambient conditions are essential to a high level of well-being. They also discover how research outcomes within the field of positive psychology can be applied in a professional context.

This approach ensures that the book is an indispensable companion for university studies and beyond.

**Target readership**
Students of psychology and education, practitioners undergoing further training in the fields of psychotherapy, counselling and coaching

**Author information**
Prof. Dr. Eva Lermer is a psychologist and sociologist. She researches and teaches at the FOM University in Munich, Germany, and within the Chair of Social, Industrial, Organizational and Economic Psychology at the University of Regensburg, Germany.
Why do some people enjoy good health while others fall ill? Searching for the answer to this question, Anthony Antonovsky developed the concept of “salutogenesis”. For a long time, medicine has been occupied mainly with “pathogenesis”, that which causes illness. Antonovsky decided to investigate instead what it is that keeps people healthy even under the most adverse conditions – an idea with far-reaching implications for medical research and practice. Rüdiger-Felix Lorenz describes graphically the theoretical building blocks of the concept of salutogenesis and evaluates them critically. He presents an overview on the state of research and shows us what significance the concept has for other current areas of research (infant development research, developmental psychology, emotions management). Numerous examples illustrate how in psychotherapy one can apply the salutogenesis concept fruitfully, utilize resources and support self-healing mechanisms.

Author information
Rüdiger-Felix Lorenz is a gestalt analyst and psychotherapist. He has his own practice and is head of the Centre for the Promotion of Health in Hanover, Germany. He also lectures in adult education.
Counselling psychology

- Relevant basics in communication psychology
- Approaches of psychological schools (psychoanalysis, humanistic psychology, behavioural psychology, systematic approach)
- Counselling in practice: phases, settings, forms of intervention, relationship building

Counselling is a future career-development market: numerous graduates of psychosocial degrees become counsellors, from education counselling to addiction counselling. This book presents fundamental psychological knowledge on concepts and techniques, and, with practical examples, presents areas of application for psychosocial counselling.

The didactic layout is ideal for exam preparation and includes room for marginal notes, a glossary and study questions.

Target readership
Students and teachers of psychology and social and special pedagogy

Author information
Prof. Dr. rer. nat. Dipl.-Psych. Susanne Nußbeck teaches at the Special Pedagogic Faculty of the University of Cologne, Germany, in the field of special pedagogic psychology, diagnostics and development support. Her main emphasis in teaching and research is on counselling and expert opinion as well as developmental psychology.
Which significant studies in developmental psychology have revolutionised the subject and continue to influence its progression?

This book analyses key studies in the field of developmental psychology. In it, equal emphasis is placed on classic experiments such as the Strange Situation Test and on current research. Not only are the experiments described concisely and consistently, but they are also subject to critical assessment.

This approach provides students with practical insights into ethical questions, possible replications and the present-day significance of individual experiments for developmental psychology.

Author information author
Prof. Dr. Markus Paulus teaches developmental psychology and educational psychology at the Ludwig Maximilian University of Munich, Germany.
What are the processes behind our feelings, our thinking and acting? This book provides a compact introduction of the theory and research of neurobiological basics of human behaviour. The author digs deeper into learning and memory, attention, awareness, sleep and emotional behaviour. Disorders of these processes, e.g. dementia, schizophrenia, depression and the potency of psychotropic drugs are explained in relation to clinical practice.

Author information
Dr. Sybille Rockstroh is assistant lecturer at Freiburg i.Br. University, Germany, and at the Academy for Applied Psychology Olten, Switzerland.
When you study a psychosocial subject or train as a neuropsychologist or psychotherapists, you will need basic knowledge of psychotropic drugs in order to be able to competently and critically classify their effects and benefits.

Providing a concise and clear overview, this book offers the required basic knowledge: It introduces the terminology and general mechanisms of action. The individual compound classes are analysed in a systematic manner under the following categories: neurotransmitters involved, corresponding mental disorders, classification of agents, critical evaluation of effect and alternative therapies. Many tables can be used as learning boards, but also for looking up terms quickly.

**Author information**

Dr. **Sybille Rockstroh** is assistant lecturer at Freiburg i.Br. University, Germany, and at the Academy for Applied Psychology Olten, Switzerland.
Psychosocial oncology

- How can psychotherapy help cancer patients
- Psychosocial aspects of tumor genesis
- With numerous exercise questions

Is there a “cancer personality”? Which burdens do the patients and their families have to carry? How can psychotherapy help? Psychosocial oncology deals with questions such as these.

The book introduces us to the psychosocial aspects of tumor genesis, the course of the disease and ways of coping with it. It conveys the fundamentals of oncology, medical treatment and psychosocial care. Psychosocial intervention strategies are illustrated in an easily understandable way and then examined as to their efficacy.

Didactically prepared with marginal notes, numerous exercise questions and a glossary.

Target readership
Students and teachers of psychology, medicine, social pedagogy, social services, care and health sciences, nursing personnel, doctors, psycho-oncologists, social workers, administrators in hospital management

Author information
Prof. Dr. med. Reinhold Schwarz and Dr. Dipl. Psych. Susanne Singer, Department of Social Medicine and Psychosocial Counselling for Tumour Patients, member of the Medical Faculty at the University of Leipzig, Germany.
The skin as a mirror of the soul

- Compact text book on the psychosomatics of skin diseases
- Edited based on didactic methods
- Including exercise questions on the content

The connection between skin and psyche is a common assumption of the general public. In clinical everyday life, however, it is often not easy for patients, physicians, psychologists and psychotherapists to understand the nuanced connections completely.

This book gives a comprehensive insight into the psychosomatics of skin diseases: from psychosomatic anamnesis and consulting via psychological tests and questionnaires down to various psychotherapeutic approaches, relaxation methods and patient education.

Target readership
Students of psychology, medicine and social work as well as medical and psychological psychotherapists in training and further education

Author information
PD Dr. Kurt Seikowski, psychological psychotherapist, is a scientific assistant at the Clinic for Psychosomatic Medicine of Leipzig University, Germany.

Prof. Dr. Klaus-Michael Taube, teaches and conducts research at the University Hospital and Policlinic for Dermatology and Venereology Halle / Saale, Germany.