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Alena Verrel
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Sand therapy - the original

Pleasure in free expression and the sensual perception experienced during sand play both effects and influences the player. Dora M. Kalff uses empathetically recounted examples drawn from her therapeutic career to demonstrate how feelings and self-perception, problem solving and self-discovery are expressed in sand play, exemplified by numerous illustrations of these fascinating pictures in sand. Designed originally as a means of working with children in a Jungian framework, sandplay soon came into favour with adults. The non-verbal, symbolic nature of the method moves directly to the unconscious and avoids the overly rational components of typical Western culture. The writings of Dora M. Kalff are few. In Sandplay Dora M. Kalff shares an intimate experience of her remarkable work. Newly edited, this seminal account of sandplay provides the reader an exceptional insight into the teachings of this renowned sandplay master.

Trees as symbols of life

As a test the drawing of a tree provides the benefits of great simplicity and naturalness. The task is a simple one: “Draw a tree.” Yet, working with the tree test requires the diagnostician to have special skills and honesty. Goal of this book is to show the human being with all his or her many possible statements reflected in the tree through viewing and interpreting tree drawings.
“The Riemann” – the bestseller about anxiety!

- More than a million copies sold
- Translated into 19 languages
- Rights sold: Chinese (simple & complex), Czech, Japanese, Korean, and Polish

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.
To grieve is part of living

- Practical therapeutic strategies
- Person-centred, respectful and empathetic

What happens when grieving individuals are unable to find the strength to learn to live with their altered situations? Counselling or therapy can help them to cope. Carl Rogers' person-centred approach, which is based on respect and empathetic understanding of the person grieving, is particularly suitable.

The author provides an introduction to the fundamental principles of grief research and demonstrates how the person-centred approach is applied in grief counselling. Various reactions by grieving individuals and empathetic, helpful interventions are clearly described on the basis of numerous case studies.

This unique method allows grief counsellors to support the bereaved on their personal journeys through the crisis.

Author information
Ulrike Backhaus, Siegburg, Germany, is a graduate social education worker with further training in person-centred psychotherapy. She has been providing seriously ill, dying and grieving individuals with support in hospitals and hospices for many years, including at her own practice since 2004. She runs training courses and advanced courses in the fields of palliative care and bereavement counselling.
Coda of life

- Improving patients’ quality of life of with music
- Accompanying seriously ill and dying patients with music therapy
- Many case studies from practical experience

Terminally ill patients at a hospice or at a palliative care facility often suffer from the fact that the last days of their lives are characterised by medical technology and by maintaining the most important physical functions. In this stressful situation music can be soothing and music therapy is able to significantly improve the quality of life.

The authors talk about many case studies from their rich practical experience and how to deploy music therapy in hospice and palliative care facilities in an atmospheric way for the good of the patients. They give hints how to negotiate obstacles in clinical everyday life and how to get doctors, nursing staff and relatives involved. They also show how to pick up and deal with the need for spirituality and meaningful experiences of all parties involved and how to convey comfort in a musical way.

Target readership
Music therapists, psychologists, doctors, nursing staff and honorary helpers in hospice and palliative care facilities

Author information
Graduate music therapist Martina Baumann, Heidelberg, Germany, Hypnotherapist (M.E.I.), works at hospice and palliative care facilities, at further education facilities and as a visiting lecturer at Heidelberg University.
Graduate psych., graduate gerontol. Dorothea Büнемann, Heidelberg, Germany, runs her own practice as a music therapist, gestalt therapist (DVG) and psychotherapist (HP) and works at further education facilities.
Dancing into new life stages

- Easy-to-understand introduction into dance and systemic therapy
- “How to” for therapists

In systemic dance therapy clients learn how to act in a self-determined way and how to cope with life crises. The systemic line-up starts shifting around, the choreography of the systems can be rearranged. While dancing a new physical feeling evolves, new life steps are tested.

The author connects crucial theory elements from dance and systemic therapy with each other and shows us how these can be deployed during therapy sessions. The role of the therapist is essential who responds to the systemic context, individual resources and the clients’ personality in a sensitive way. Behaviours and interventions leading to success during the therapeutic process are vividly described.

Target readership
Psychotherapists in training and practice, especially in dance therapy, systemic therapy, family and couple therapy, exercise therapy, expressive therapy, bodyorientated psychotherapy

Author information
Susanne Bender, dance therapist, M.A., instructor, teaching therapist, supervisor BTD (Association of Professional Dance Therapists in Germany), special pedagogue, family and couple therapist and currently chairwoman of the BTD, runs a private practice. She manages the European Center for Dance Therapy EZETHERA with extra occupational education in Systemic Therapy.
A good film captivates us from the very first moment, taking us on a journey to another world. Virtually everyone has a favourite film which has touched or moved them in some way. But what makes films so fascinating? Why do they affect us at all? And, above all, how can films help people to heal?

The book provides comprehensive insights into the ways in which films can be used as therapeutic tools. Practical experiences drawn from day-to-day work in the field of psychotherapy demonstrate the various behavioural patterns which may be triggered by specific screenplays. Selected examples from the world of moving images highlight the diverse possibilities which arise from the use of films in psychotherapy.

**Author information**

Dr. Brigitte Fellinger, Retz, Austria, is a psychotherapist in private practice specialising in existential analysis and logotherapy, and also works in an inpatient setting at a psychosomatic clinic. In addition, she offers further training on the subject of film therapy.
Understanding and being understood

- Systematic basic guide
- Modern disorder-related teaching
- Step-by-step sample dialogues

This textbook provides an introduction to person-centred personality theory and to general and specialist mental disorder theory, and expands on the ideas of Carl Rogers within the context of current psychotherapy (research). Various relationship concepts are described, and serve as the basis for a sophisticated therapeutic approach. This is illustrated in a practice-oriented manner using case studies on the more frequent types of disorder (anxiety, depressive, somatoform, eating and personality disorders). This results in a vivid picture of the clients “inner worlds”.

A step-by-step orientation to “key topics” is provided in the form of sample dialogues. The comprehensive textbook is complemented by sections on working with existential questions and dreams, as well as the techniques of focusing, group, couple and family therapy. Anyone wishing to take a person-centred approach to counselling and psychotherapy will find this book an invaluable resource!

Author information
Dr. med. Jobst Finke, Essen, Germany, a consultant in the fields of psychosomatic medicine and psychotherapy and psychiatric neurology, is active in the fields of private practice and clinical supervision and also works as an instructor for subjects including client-centred psychotherapy (GwG, ÄGG).
Using the past to face the future

- Everyday examples for practical application
- Suitable for various schools of therapy
- Focuses on an increasingly important target group

Loss and stress related to the past can result in a sense of guilt and shame in the present, placing a heavy burden on elderly people. However, looking back over one’s life can help overcome these problems. This book provides the tools necessary to take stock, together with the patients, and to view past events as a resource. Memories are the key elements of human identity – even though they often are distressing, they can also heal.

Life review therapy demonstrates the way in which memories can be used psychotherapeutically. The method can be applied to various schools of therapy, and can give the person sharing their story a sense of satisfaction and purpose.

Author information
Dr. Geneviève Grimm-Montel, Zurich, Switzerland, a psychologist and gerontologist, is a Swiss state-recognised psychotherapist in private practice specialising in life review therapy in old age, and also works as a consultant for various age-related issues.
Tango your way out

- Includes pre-prepared workshop formats for a range of psychological disorders
- Appendix with guidelines and material
- Easy to combine with existing therapeutic components

Argentine tango, or tango argentino, has proven to be successful as a component of psychotherapeutic group treatment. The authors provide diverse suggestions for the effective combination of tango and psychotherapy. Adopting a practice-oriented approach, they demonstrate how techniques from the fields of behavioural and systemic therapy, mindfulness practice and sequences of dance steps can be linked in therapeutic sessions in order to treat a range of psychiatric disorders. The rules of conduct observed in the original Argentine tango dance help incorporate exercises on eye and body contact within therapy, as well as broaching sensitive subjects including personal hygiene in a humorous, resource-oriented manner.

Author information

Hans Gunia, a graduate psychologist, trainer and supervisor in the fields of behavioural and dialectical behaviour therapy, co-runs a behavioural therapy practice in Darmstadt, Germany, and also works in the field of training.

Dr. Cynthia Quiroga Murcia, psychological psychotherapist, also co-runs a behavioural therapy practice in Darmstadt, Germany, and performs research on the effects of tango argentino.
Focus on trans*

- Comprehensive guide to the topic of transidentity
- Includes numerous practice-oriented case studies
- Guidelines for therapists

How can trans* individuals be advised within the healthcare system and provided with therapeutic support in a respectful, competent manner before, during and after transitioning? The diversity of gender identities, expressions and experiences of those seeking treatment means that therapists are faced with a broad spectrum of needs which they can only hope to meet by keeping an open mind.

In the light of the above, this book provides support and advice by introducing the psycho-social and medical principals surrounding this topic. Readers not only receive an overview of current care standards and options - the guide also focuses on the various perspectives of a wide range of trans* lifestyles, facilitating a dialogue as equals.

Target readership
Psychotherapists, psychologists, doctors (particularly psychiatrists) and practising and trainee (social) educators

Author information
Mari Günther, grad. community educator, works as a systemic therapist in private practice and is a counsellor at the QUEER LEBEN inter* and trans* advisory service.
Dr. Kirsten Teren and Dr. Gisela Wolf work as psychological psychotherapists in independent practice. The three authors, all based in Berlin, Germany, are linked by both their practical work and by their affiliation to queer communities.
New views on mental symptoms

- Ideas for therapeutic interventions
- Stories convey appreciation for symptoms
- Understanding disease patterns as models

Which solution attempt lies behind a depression? How does a panic disorder work? What is the positive background of a traumatic reaction? This book guides the reader through the gallery of disease patterns and provides mental symptoms with a new framework. This “re-framing” explains them in a new way, opening up new hopes and solutions.

This book provides easy-to-understand models therapists can use to guide their clients. The focus is set on valuing mental symptoms. Plenty of stories can be chosen from to use in conversations with affected clients, so even difficult diagnoses can lead to positive developments.

Author information

Stefan Hammel works as a hospital and psychiatric clergyman, family- and hypnotherapist as well as a coach for psychotherapy, and is head of the “Institut für Hypnosystemische Beratung” (Institute for Hypnosystemic Consulting) in Kaiserslautern, Germany.
Mental strength & qigong

- Link the active principles of qigong and psychotherapy
- Application-oriented for frequently-occurring disorders
- Includes exercises, case studies and practical tips

Learning to deal with one’s own needs and emotions, as well as the demands of others in a responsible manner is a key psychotherapeutic goal. How can qigong support this process? A stable, flexible embeddedness in the self, in one’s inner centre, is essential for those seeking to achieve equanimity in this regard. In this context, qigong not only includes the practice of physical movements, but also the development of an internal stance.

The author unites the essence of qigong with psychotherapeutic insights to create a body-psychotherapeutic approach. She shows how qigong can promote stabilisation and resilience in medical conditions including depression, burnout and trauma. In the process, the active principles of qigong complement the therapeutic relationship and good mental hygiene of the therapists themselves.

Target readership
Clinical psychologists; psychological and medical psychotherapists, course instructors for qigong in a clinical setting; TCM physicians and alternative practitioners; course instructors for relaxation techniques; psychosomatic and rehabilitation clinics

Author information
Barbara Hofmann-Huber, grad. psychologist, grad. educator, Freiburg i. Br., Germany, is a psychotherapist and practises qigong. She is an instructor and consultant on topics including the synergy of qigong and psychotherapy working in Germany and China.
More body in psychotherapy

- **Making use of the body’s memory for therapeutic purposes**
- **Disorder-specific suggestions for intervention**
- **Work sheets and codes of practice**

Psychotherapy and consulting can be greatly enriched through body-orientated approaches. Person-centred body psychotherapy is particularly based on the values of empathy, unconditional acceptance and presence of the other person. Crucial for therapeutic work are care and body awareness.

The author explains the theoretical basics of body-psychotherapeutic approaches in an easy-to-understand manner. He presents numerous hands-on suggestions of how to get from talking to working with the body. Real-life examples, work-sheets and guides expand the range of interventions and assist in putting work with the body in everyday therapy and consulting into effect.

**Author information**

Dr. phil. Ernst Kern, graduate psychologist, Saarbrücken, Germany, psychological psychotherapist, behaviour therapist, focusing, body psychotherapy, dance therapy, dialectic-behavioural therapy, trauma therapy, is head psychologist at a psychiatric clinic and lecturer and supervisor for various BT training institutions.
Reinforce health

Be it toothache, allergies, back trouble or eating disorders: physical complaints are often inconvenient and sometimes almost intolerable and frightening. Our own thoughts and expectations can influence the extent to which such ailments affect us, and how effective treatment is. This book provides a compendium of therapeutic stories which channel thoughts and attention in a new direction, promoting the body’s healing processes. Fairy tales, everyday anecdotes with unusual messages, guided relaxation sessions and imaginary journeys help readers and listeners to recognise and experience positive changes as if in a trance. In this way, distress can be alleviated and symptoms diminished.

Learn how to fly!

Fighting elves, unhappy cacti, a sad nymph, a dragon that needs to be tamed, the hole inside a Swiss cheese, a crocodile learning to fly: 120 stories proved and tested in therapeutic work taken from the world of fantasy and everyday life, invite to embark on a journey – and to look at life from a different point of view. These humorous and optimistic stories will provide people seeking new paths with suggestions how to approach difficult situations differently. Unexpected punch lines will turn their attention towards unnoticed solutions and can help take a different view on worries and stressful situations and to re-evaluate them. These stories deal with various areas of life such as job, spare time, youth and old age, health, sensing, partnership and being alone.

Target readership
All those who are seeking changes and solutions as well as professionals in the fields of psychotherapy, consulting and coaching, who wish to enrich their work with stories.
The body as co-therapist

- A variety of practical exercises and case studies
- Systematic integration within the therapeutic process

This book bridges a gap in clinical behavioural therapy: the body played an essential role from the outset, but is now joined by a systematic compilation of key areas of application and interventions. Body awareness can be a vehicle for emotions, promoting access to the self in the present. In the process, physical memory proves an effective aid for those embarking on biographical work. The theoretically substantiated and tried-and-tested interventions are presented comprehensively as part of the therapeutic process, and illustrated with a wide variety of case studies.

The book is complemented by information on materials, setting and suggestions for groups, making it an indispensable practical guide (not exclusively) for behavioural therapists seeking to exploit the body’s potential more intensively in a therapeutic context.

Target readership
Practising and trainee and behavioural therapists, psychotherapists of other schools, potential trainee behavioural therapists, sports and physiotherapists employed as co-therapists in psychosomatic clinics

Author information
Dr. Maren Langlotz-Weis, grad. psychologist, Ladenburg/Neckar, Germany, behavioural therapist in private practice, with further training in fields including Schema Therapy according to George Downing, also works as a lecturer, supervisor and self-awareness instructor.
Climbing for the psyche

- Practical guide for therapy sessions in the climbing hall
- Ideas for climbing in connection with specific disorders
- Research-based

When the psyche imposes limits on you, why not physically overcome them? Therapeutic climbing means playfully expanding these limits. This book demonstrates how climbing as a supplementary therapeutic option can make a course of psychotherapy more varied and effective. Here, the author, himself an enthusiastic climber, offers handy guidelines for the development and implementation of therapeutic climbing sessions. With the corroboration of scientific studies, he vividly explains how therapeutic climbing can provide people with mental illnesses with support and how it can be of benefit to them. A book for all those who seek to integrate climbing within the professional treatment of patients with psychological disorders.

Author information

Dr. med. Thomas Lukowski, consultant psychiatrist and psychotherapist (behavioural therapy/depth psychology), specialist in addiction, mountain and altitude medicine and C-trainer for climbing (DAV (German Alpine Association)/DOSB (German Olympic Sports Federation)), leads training courses on therapeutic climbing.
When experience turns into trauma

- Ideas for therapeutic interventions
- Stories convey appreciation for symptoms
- Understanding disease patterns as models

Almost every day we hear of militant altercations in areas of conflict around the world, of plane crashes, train accidents or natural disasters. Events like these can cause heavy psychic trauma and literally throw people off the track.

The trauma therapy method called Eye Movement Desensitization and Reprocessing (EMDR), developed by Francine Shapiro, is focussed on these types of patients. The author illustrates the development, the background and the therapeutic processes of EMDR. This book is an introduction to the very basics of this evidence-based therapeutic approach and is thus also useful for beginners in their profession.

Target readership
Clinical psychologists, psychological and medical psychotherapists, teachers and students of psychology during the final stage of their studies

Author information
Mag. Eva Münker-Kramer, clinical psychologist, economical psychologist, emergency psychologist and psychotherapist, has specialised in EMDR and trauma therapy about 15 years ago. She has been running her own practice in Krems/Danube, Austria, since 1996 and manages the Austrian EMDR-Institute.
From small talk to a therapeutic consultation

- Using conversation starters therapeutically
- Sample dialogues on numerous subjects
- Entertaining and inspiring

The act of greeting is a universal ritual which we all perform. It allows us to discover who we have before us; whether we can trust one another or not. As a result, greetings deserve special attention in a therapeutic context. Small talk during the greeting process is necessary in order to encounter and become closer to one another, as well as to successfully start a conversation and embark on the therapeutic relationship.

The author uses numerous dialogues to demonstrate how the diversity of greeting options can be viewed from a fresh perspective, and how these can be used creatively within the therapeutic relationship.

The book is a rich source of inspiration for all those wishing to add a level of awareness and lightheartedness to their conversation starters.

Author information
Rainer Sänger works as an alternative practitioner with a focus on psychotherapy in private practice in Hildesheim, Germany.

Target readership
All those active in (psycho)therapeutic, advisory and other psychosocial professions
Goal-oriented calmness

- Systematic depiction of therapeutic archery
- Many vivid and hands-on examples

How can we finally manage to leave tormenting thoughts and memories behind? How can we come to terms with ourselves? How can we better express our emotions and open ourselves towards other people?

For these and other questions therapeutic archery is a promising medium of psychotherapy. It makes us develop strength and ease of mind. We gain self-esteem and cope with tasks using calm strength and serenity. Therapeutic archery sees itself as part of a comprehensive psychotherapy and can be embedded in various therapeutic approaches. It makes use of the potential of therapeutic relations and communication in order to change overused cognitive patterns. A promising therapeutic option that will stay in the patient’s mind as a special memory.

Author information

Karl-Heinz Schäfer, psychological psychotherapist, Ravensburg, Germany, is running his own practice. He manages further education seminars at the Sebastian-Kneipp Academy as well as at the Seminar Centre Wollmarshöhe. His focus is set on psychotherapy (individual and group therapy), hypnotherapy, relaxation methods and therapeutic archery.
Each self has many parts

- Psychodynamic
- Exercise units and illustrative guidelines
- Case studies for a variety of settings

Inner conflict and contradictory inner voices are frequent sources of distress for many people. However, these inner ego states can be put to effective use in a psychotherapeutic or advisory context, if perceived consciously and when an attempt to integrate them is made.

This book presents work with ego states using an inter-methodological approach. Concepts of roles, parts, conditions (states) and types are harnessed in order to provide a practical introduction to use in a professional setting. Case studies and dialogue examples, concrete exercise units for individuals and groups and illustrative guidelines combine to facilitate implementation for readers. The book is suitable both for newcomers to the fields of therapy and counselling and for more experienced readers seeking to add work with inner ego states to their repertoires.

Author information

Christian Stadler, a graduate psychologist, psychological psychotherapist (Psychodynamic Psychotherapy), psychodrama therapist (German Association for Psychodrama (DFP), International Association for Group Psychotherapy (IAGP)), and supervisor, runs his own practice in Munich, Germany, and also works in the fields of training and advanced training.
Stepping out of character?

- Compact introduction
- Guideline for psycho-dramatic role-play
- Unveiling causes for conflict, clarifying relationships

What is psychodrama? This activity and adventure-oriented psychotherapy based on Jacob Moreno combines conversation, activity and scenic presentation of experiences and behaviour. In psycho-dramatic role-play clients can work on their personal topics, free themselves from rigid role structures, clarify problematic inter-human relationships and alter destructive role archetypes.

The author presents core areas of psychodrama and shows a range of various work forms of this method, illustrated with many examples. Helpful psychodrama tools such as the “magic shop” provide suggestions of how to support clients in expanding their active portfolio of roles and trigger creative processes.

Target readership
Psychologists, psychotherapists and (social) pedagogues in training and on the job

Author information
Christian Stadler, a graduate psychologist, psychological psychotherapist (Psychodynamic Psychotherapy), psychodrama therapist (German Association for Psychodrama (DFP), International Association for Group Psychotherapy (IAGP)), and supervisor, runs his own practice in Munich, Germany, and also works in the fields of training and advanced training.
Drums, chunks of clay or gymnastic balls: What’s happening behind the practice doors of “artistic therapy” with children and adolescents? What’s the specific benefit of music, dance or art therapy, and what are the common active factors? The authors vividly depict the processes of diagnostics and indication down to the conclusion of treatment by looking at meaningful cases. They convey exciting facts on the history and methodology of individual methods and integrate up-to-date research findings. The reader realises why artistic therapies especially when working with children and adolescents not only serve as “openers” for talking about feelings, but are also the foundations of a healthy development.

Author information

Univ.-Prof. Dr. med. Dr. sc. mus. Thomas Stegemann, music therapist, consultant for child and adolescent psychiatry and psychotherapy, couples and family therapist (German Association of Psychoanalytical Couples and Family Therapy, BvPPF), is Director of the Institute for Music Therapy at the University of Music and Performing Arts Vienna, Austria.

Marion Hitzeler, dance and movement therapist (BTD), traditional healer of psycho-therapy (HPG), moving cycle practitioner, physiotherapist, and Monica Lisa Blotevogel, degree in art therapy, are working for the clinic for Child and Adolescent Psychiatry and Psychotherapy of Hamburg-Eppendorf University Hospital, Germany.
Where’s that catchy tune hiding?

- Numerous examples from music therapy in practice
- From amygdala to diencephalon: the top 25 brain structures
- Countless practical tips and exercise questions and answers

What happens in the brain when music is played? What effect do sounds have on (muscle) tone? How does voice relate to mood? This book provides answers to questions like these on the foundations of neurobiology of music and music therapy, which are prepared didactically with numerous practical examples and illustrations.

Taking fundamental neuroanatomical and physiological principles as the basis, listening in general and the perception and production of music are explained in a comprehensible manner. Neurobiological models describing the efficacy of music therapy are discussed using selected clinical disorders from the fields of psychiatry and neurology.

An indispensable textbook and reference work for all those interested in the effects of music on the psyche and the body.

Author information

Univ.-Prof. Dr. med. Dr. sc. mus. Thomas Stegemann, music therapist, consultant for child and adolescent psychiatry and psychotherapy, couples and family therapist (German Association of Psychoanalytical Couples and Family Therapy, BvPPF), is Director of the Institute for Music Therapy at the University of Music and Performing Arts Vienna, Austria.
Successful therapy - for every child

- A tool for successful psychotherapy
- For beginners and experienced therapists
- Focus placed on key disorders

Children and adolescents of low intelligence often present psychotherapists with exceptional challenges. How do I explain the therapeutic goals clearly? How should I adapt my therapy plan to my clients’ abilities? And how do I decide which characteristics are part of a psychiatric disorder and which are merely symptomatic of low intelligence?

This book not only provides an overview of the key psychiatric disorders which may arise in children and adolescents of low intelligence, but also contains helpful tips for daily practice. Therapists learn how to overcome the obstacles which may develop in the event that the child or adolescent undergoing therapy is unwilling or unable to engage with the therapeutic process.

Target readership
Psychotherapists (also those working with children and adolescents), psychiatrists, special education teachers and paediatricians

Author information
Dr. Elke Stodolka, Aue/Erzgebirge, Germany, is a psychotherapist working with children and adolescents, a special education teacher/pedagogue and teacher.

Prof. em. Dr. Christine Ettrich, Leipzig, Germany, is a consultant for paediatrics and adolescent medicine and childhood and adolescent psychiatry/psychotherapy, and a behavioural and family therapist.
Are we making each other sick?

- Case examples with typical interventions
- Many ways of application
- Evidence-based

Systemic therapy deals with the social context of mental disorders. Relationship experiences with parents, partners and other attachment figures have an effect on the development and upkeeping of mental disorders. These, in turn, have an influence on family and partnership. Systemic therapy supports clients and their relatives in changing stressful relationship patterns and to further develop existing resources. This book provides an overview of theory and evidence of efficiency. It illustrates the therapeutic process and typical interventions such as positive re-interpretation, genogram or family sculpture. It introduces into settings with adults, youngsters, as individual, couple or family therapy, as well as into new approaches of multi-family group therapy and work with complex assistant systems.

Author information

Prof. Dr. phil. Kirsten von Sydow, graduate psychologist, psychological psychotherapist and children and adolescent psychotherapist with integrative orientation (depth/systemic), teaches clinical psychology and psychotherapy at the Psychologische Hochschule Berlin and runs her own psycho-therapeutic practice in Hamburg, Germany.
Therapy as a way to a meaningful whole

- Main concepts clearly explained
- A practical take on specific therapy techniques
- Includes a gestalt-therapeutic theory of dysfunction

Gestalt therapy is a humanist psychotherapeutic method. The term „Gestalt“ stands for „wholeness“ and refers to the manner in which holistic experience and behaviour are organised. Dysfunction and illness are regarded as a loss of wholeness. Gestalt therapy is process- and experience-oriented. Aims include self-regulation, the integration of the individual and their creative adjustment to their environment. The efficacy is well documented, with a central influencing factor being a therapeutic relationship based on reciprocal recognition.

The book provides an introduction to the theory of this approach and describing techniques by means of numerous sample dialogues. An overview of the theory of dysfunction demonstrates how diversely the method can be applied.

Author information

Achim Votsmeier-Röhr, a psychological psychotherapist (depth psychology-oriented psychotherapy, cognitive behavioural therapy) in private practice, with further training in Gestalt therapy (DVG - German Association of Gestalt Therapy) and Schema Therapy (ISS), lectures at institutions including the Southern German Academy of Psychotherapy, Bad Grönenbach, and the Sigmund Freud University of Vienna (SFU), Austria.

Rosemarie Wulf works as a Gestalt therapist (DVG) in private practice in Berlin, and as a trainer at the Hamburg Gestalt Institute (GIH), Germany.

Target readership
Psychotherapists, psychologists, doctors, social education workers and other professions active in the fields of psychotherapy and psychosocial counselling, particularly young professionals.
Focus on mental injuries

Psychotraumatology is attracting increasing attention in hospital, research and teaching contexts. The ability to diagnose and treat psychological traumata in psychosocial professions is becoming ever more important.

This book provides a concise insight into the etiology, diagnostics and treatment of psychological traumata. Case studies and intervention strategies prepare professionals for contact with traumatised individuals. Particular emphasis is placed on the roles played by resources, resilience and digital media.

The textbook is complemented by an overview of questions relating to evaluation and psychoeducational measures, in addition to internet links to further sources of assistance and organisations, etc.

How the psyche influences the body

Both the science and the clinical application of psychosomatics are concerned with the reciprocal influence of body and psyche.

This book provides a systematic insight into the theory and practice of clinical psychosomatics, describing the relationship between body and psyche. Taking practical concepts as its basis, the guide explains the key psychosomatic illnesses and somatopsychic disorders, complementing this information with sections on specific treatment options and current examination equipment.

As a result, the textbook is ideal as a compact introduction for students and as a detailed reference work for professional practice in the fields of medicine, psychology, social therapy and other specialised therapeutic forms.
Nutritional psychology is concerned with human experience of and behaviour surrounding eating. How do psychological factors influence eating behaviour? How do eating disorders arise and how can they be prevented or treated? How can people be guided towards healthy eating habits, thus avoiding nutrition-related illnesses? This textbook provides an introduction to psychological theories and research outcomes on the subject of nutritional behaviour, and presents preventive and interventional methods.