

Reference Book Programme 2023

 **Psychology**

 **Education**

 **Training, Coaching, Counselling**

 **Social Science**

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Antje Demmert

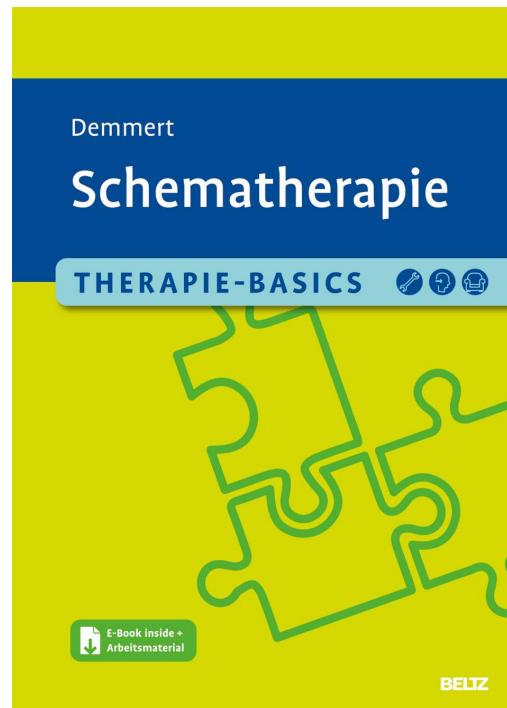
Therapy Basics: Schema Therapy

CONTENT

The series 'Therapy Basics' conveys the basics of psychotherapy in a compact and comprehensible fashion. The modular structure allows the content to be found quickly and precisely assimilated.

Schema Therapy: building skills step by step Schema therapy works primarily with the schema and mode concept: the patient's inner facets, such as the vulnerable child, the punishing mode or the healthy adult, are fought against, validated or supported. Schema therapy is one of the most widely used methods of behavioural therapy. It has gradually evolved in recent years and provides treatment options for a variety of mental disorders.

- **clear presentation of central terms, techniques and the course of therapy**
- **worksheets for self-reflection and knowledge check**
- **case studies and dos and don'ts for therapeutic practice**



August 2023
150 pages; 35,00 EUR
978-3-621-28931-3

AUTHOR

Dr Antje Demmert, medical psychotherapist, Medical University of Lübeck, Centre for Integrative Psychiatry

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy Basics

Eva Dresbach

Therapy Basics: Schema Therapy with Children and Adolescents

CONTENT

The series 'Therapy Basics' conveys the basics of psychotherapy in a compact and comprehensible fashion. The modular structure allows the content to be found quickly and precisely assimilated.

Schema Therapy with Children and Adolescents: building skills step by step
Limit criticising modes, encourage adaptive modes: schema therapy with children and adolescents is based on the schema and mode model and works primarily with the young patients' various inner facets. The techniques used are resource-oriented, cognitive and emotion-activating, and there is also a focus on working with parents and caregivers.

- **clear presentation of central terms, techniques and the course of therapy**
- **worksheets for self-reflection and knowledge check**
- **case studies and dos and don'ts for therapeutic practice**



August 2023
173 pages; 35,00 EUR
978-3-621-28923-8

AUTHOR

Dr Eva Dresbach, child and adolescent psychotherapist. She has been running her own practice in Bonn since 2011. She is a lecturer and supervisor at various training institutes. In 2015 she received ISST recognition as an advanced level schema therapist and supervisor/trainer in child-adolescent schema therapy.

TARGET GROUP

Child and adolescent psychotherapists, child and adolescent psychiatrists, schema therapists

TYPE OF BOOK

Therapy Basics

Anne Guhn

Therapy Basics: CBASP

CONTENT

The series 'Therapy Basics' conveys the basics of psychotherapy in a compact and comprehensible fashion. The modular structure allows the content to be found quickly and precisely assimilated.

CBASP is one of the third-wave behavioural therapy approaches. It is used primarily in the treatment of chronic depression and in recent years has become accepted as a highly effective method. Patients learn to recognise and then deal with their own emotions and reactions - as well as realising which emotions and reactions they trigger in their caregivers.

- **clear presentation of central terms, techniques and the course of therapy**
- **worksheets for self-reflection and knowledge check**
- **case studies and dos and don'ts for therapeutic practice**



October 2023
152 pages; 35,00 EUR
978-3-621-28981-8

AUTHOR

Dr Anne Guhn, doctor of natural sciences, works in the Department of Psychiatry and Psychotherapy at Charité - University Medical Centre Berlin. She specialises in the field of affective disorders with a research focus on chronic depression. She is a licensed behavioural therapist as well as being a certified therapist and trainer for the Cognitive Behavioural Analysis System of Psychotherapy (CBASP).

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

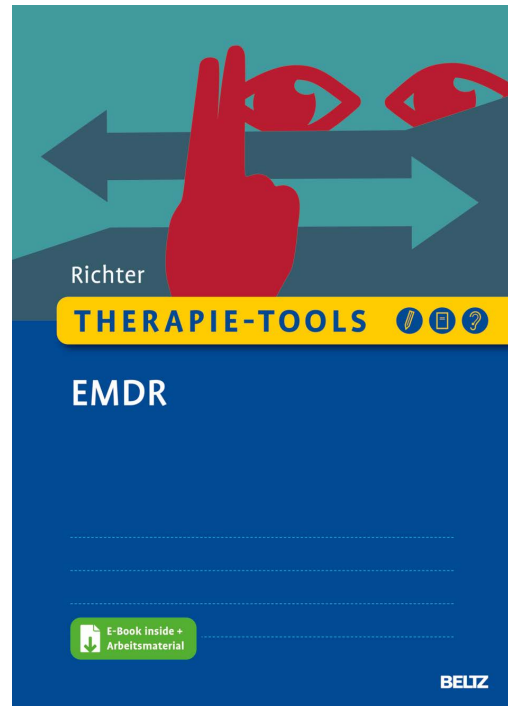
Therapy Basics

Anna-Konstantina Richter Therapy Tools: EMDR

CONTENT

Reflected back by key stimuli - emotionally charged memories keep resurfacing. In these situations, EMDR (Eye Movement Desensitization and Reprocessing), which is a recognised therapeutic method, can have an alleviating effect and bring relief. This Therapy Tools book is based on the standardised eight phases for applying EMDR and provides protocols for successful EMDR work with various challenging psychological problems: trauma, bulimia, anxiety disorders, borderline personality disorder, skin picking, body dysmorphic disorder and EMDR stimulation for the deaf. The goal: to activate your own self-healing powers and to process stressful memories via rhythmic eye movement.

- **collection of materials for EMDR**
- **EMDR flowchart for 18 disorders (e.g., hypochondria, behavioural addictions, trauma)**
- **worksheets on diagnostics and relapse prevention**
- **over 50 worksheets and information sheets on diagnostics, treatment and relapse prevention**
- **with ready-to-use protocols according to the types of disorder**



October 2023
154 pages; 42,00 EUR
978-3-621-28909-2

AUTHOR

Graduate psychologist Anna-Konstantina Richter, psychological psychotherapist, specialist for EMDR (certified EMDR therapist and EMDR supervisor at EMDRIA Germany) and behavioural therapy. Further training in transactional analysis, mediation, IRRT and TRIMB. Private practice.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy Tools

Bea Engelmann

Therapy Tools: Self-esteem

CONTENT

Having self-esteem and trust in yourself are the cornerstones of a healthy psyche. This is the only way to tackle new things, be courageous and take further steps in your personal development. Exercises such as 'The who cares list', 'Boundaries are good for you', 'Really important' or 'Be your own cheerleader' can be used flexibly by therapists and, without much preparation, can be brought up in a relaxed and easy way and, as a result, are also more attractive for the clients.

- **working creatively on self-esteem**
- **based on findings from positive psychology, resilience and happiness research**
- **over 80 entertaining and fun-filled exercises, work and information sheets**
- **transdiagnostic and suitable for all phases of therapy**
- **for psychotherapy, counselling, coaching and training**



October 2023
150 pages; 40,00 EUR
978-3-621-29042-5

AUTHOR

Graduate psychologist Bea Engelmann is a happiness propagator. She works in different settings with coachees, teams, leaders and advises organisations in change processes. Her main topics are leadership, communication, organisational and personal development, as well as resilience and appreciative leadership. She is the author of several books, card sets and audio guides.

www.bea-engelmann.de

TARGET GROUP

Psychotherapists, coaches, trainers, those affected

TYPE OF BOOK

Therapy Tools

Hannah-Marie Heine

Therapy Tools: Strength Work with Children and Adolescents

CONTENT

Focus on the opportunities - not the problems! When children and young people get support for their strengths and their special gifts and talents, this increases their self-esteem. It makes them more self-confident and more resilient whenever crises and difficult moments crop up. For this reason, the perception and promotion of individual strengths and talents plays an important role in psychotherapy with children and adolescents.

- **support for children and young people to become more resilient and self-confident**
- **identifying abilities, talents and inner resources**
- **over 80 worksheets and information sheets for direct use in therapy**
- **with numerous illustrations suitable for children**
- **with psychoeducational materials and exercises from, among others, positive psychology, play therapy, solution-oriented therapy**



June 2023

167 pages; 40,00 EUR

978-3-621-28975-7

AUTHOR

Hannah-Marie Heine, born in Freiburg in 1991, is a curative teacher and is currently training to become a child and adolescent psychotherapist at the ZPP in Heidelberg. She works in an early childhood education centre, writes children's books and develops materials for parent work. Her main work focus: remedial play therapy and development support, work with parents, selective mutism

TARGET GROUP

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

TYPE OF BOOK

Therapy Tools

Stephan Kalveram, Franziska Esther Chaikowski
Therapy Tools: Eating Disorders with Adolescents

CONTENT

Young people are often preoccupied with their bodies, left alone, in peer groups, on social media - which can also be stressful. This can give rise to eating disorders. Stephan Kalveram and Franziska Chaikowski have compiled a variety of materials which can be used to provide support for children and adolescents, both in a preventive way and through targeted interventions.

- **can be used in therapy, counselling, school and family**
- **for prevention and intervention**
- **more than 120 work sheets and information sheets**
- **interdisciplinary material**



June 2023
245 pages; 45,00 EUR
978-3-621-28965-8

AUTHOR

Stephan Kalveram, M.Sc., is a licensed child and adolescent psychotherapist with his own practice in Bochum. He has also been a lecturer in the training and further education of psychotherapists in various training institutes since 2018. He focuses on the treatment of eating disorders (anorexia nervosa, bulimia nervosa, binge eating disorder).

Franziska Chaikowski, M.Sc., is a psychologist and psychotherapist in training (behavioural therapy).

TARGET GROUP

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

TYPE OF BOOK

Therapy Tools

Gunter Groen, Franz Petermann, Alexander Tewes

Therapy Tools: Depression in Childhood and Adolescence

CONTENT

Depression already occurs in childhood and adolescence. This new, disorder-specific book in the Therapy Tools series now brings together for the first time in one place the materials required for treatment. Some tried and tested tools are presented alongside new diagnostic and, above all, therapeutic materials for psychotherapy and counselling for children and young people who are sad, withdrawn and depressed and their families. A must for every child and adolescent therapist.

- **more than 160 work sheets and information sheets**
- **for all phases of therapy**
- **integration with ICD-11**
- **metacognitive approaches, self-compassion, social media, information and support for schools**



September 2023
343 pages; 46,00 EUR
978-3-621-28854-5

AUTHOR

Professor Gunter Groen, graduate psychologist, is Professor of Psychology in the Social Work course at the University of Applied Sciences in Hamburg. One of his main subjects is clinical child psychology.

Professor Franz Petermann was director of the Centre for Clinical Psychology and Rehabilitation at the University of Bremen. His work focused on psychology in paediatrics and the treatment of developmental and behavioural disorders in children and adolescents.

Dr Alexander Tewes, graduate psychologist, is head of the Lüneburg Training Institute for Child and Adolescent Behaviour Therapy and the outpatient clinic at the Clinic for Child and Adolescent Psychiatry, Psychosomatic Medicine and Psychotherapy in Lüneburg.

TARGET GROUP

Child and adolescent psychotherapists, child and adolescent psychiatrists, schema therapists

TYPE OF BOOK

Therapy Tools

Stephanie Witt-Loers

Creative Techniques for Working on Grief with Children and Young People

CONTENT

Creative methods are an essential part of working with grieving children and young people. They allow them to process their loss and express their non-verbal inner-psychic processes. The creative design methods and ideas presented in this set of cards help with the individual grieving process. They help to counteract feelings of powerlessness, helplessness and the inability to do anything and create room for the development of personal coping strategies.

- **treasure chest of ideas for creative methods in child and youth bereavement work**
- **treating grief issues on an individual basis**
- **uncovering and activating resources**
- **suitable for individual, group and family therapy settings**
- **makes preparing creative methods simpler**
- **makes establishing a trusting therapeutic relationship easier**



October 2023
Card Set; 54,00 EUR
4019172101251

AUTHOR

Stephanie Witt-Loers is a grief counsellor, therapist and author. She specialises in the loss and grief processes. She is the author of a large number of specialist books and articles, is head of the Dellanima Institute and the cooperation project 'Living with Death - supporting families in mourning'. She travels nationwide and abroad doing seminars and giving lectures. With her many years of experience, she works with various institutions providing outpatient grief therapy. In her practice, Stephanie Witt-Loers provides individual counselling and therapy as well as group support with loss and grief processes for people of all ages.

TARGET GROUP

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

TYPE OF BOOK

Set of 75 cards + 24-page booklet

Fabian Chmielewski

Global Crises in Psychotherapy

CONTENT

In times of crisis, it is common for patients to bring current social issues such as war, pandemics and climate change into their therapy. Therapists can sometimes feel out of their comfort zone with such subjects and try to avoid them. However, by giving space to current issues like these, it could give rise to an important opportunity. Patients have their needs recognised, value-oriented work is made easier and the therapists' own uncertainties about dealing with difficult topics are reduced. These suggestions can be used irrespective of the school of thought or the particular disorder. Numerous examples are provided to help with putting them into practice.

- **well-researched information on possible responses to crises**
- **concrete therapeutic strategies for handling crises in a constructive, value-oriented way**
- **potential pitfalls and how to avoid them**



September 2023
180 pages; 35,00 EUR
978-3-621-29022-7

AUTHOR

Graduate psychologist Fabian Chmielewski is a psychotherapist in private practice at the Weiltor in Hattingen. He supports the training of prospective psychotherapists as a supervisor and self-awareness leader. He has written books and specialist articles and he gives lectures and does workshops on these topics at congresses and at institutes for training and further education.

TARGET GROUP

Psychological and medical psychotherapists, psychiatrists, psychotherapists in training

TYPE OF BOOK

Therapy Manual

Susanne Schug

An Anchor in the Ocean of Everyday Life

CONTENT

Everyday life presents us with a wide range of tasks and challenges, in both our professional and private lives. Sometimes it feels like we're just drifting restlessly in all this with no anchor - and we're not exactly being kind to ourselves.

This self-help book describes in everyday terms how you can develop a more positive view of your life through mindfulness. Find out what mindfulness is and how it can provide you with specific strategies and skills to help you take care of yourself and thereby gain more strength for your everyday life.

- **getting to know mindfulness and using it to help in everyday life**
- **a journey into mindfulness: what does me good – what suits me – what is the benefit for me?**
- **working materials: guided mindfulness exercises, also in an audio format**
- **with questionnaire to help design your own personal mindfulness exercises**
- **30 mini handouts with mindfulness strategies-to-go**



September 2023
200 pages; 26,00 EUR
978-3-621-29030-2

AUTHOR

Susanne Schug, BA, Specialist Care Coordinator at the Medical University of Lübeck with 13 years in psychiatry, runs therapist training courses on the subject of 'mindfulness'.

TARGET GROUP

Persons with mental disorders and patients undergoing psychotherapeutic treatment

TYPE OF BOOK

Patient Guide

Nina Haible-Baer, Peter Kirsch **Everything According to Plan**

CONTENT

ADHD is also a problem among adults, many of whom will have had an attention disorder since childhood. Those affected suffer from being scatter-brained, impulsive and easily distracted.

Nina Haible-Baer and Peter Kirsch describe how those affected can recognise that they have ADHD. They describe the illness and indicate where those affected can get help and therapy, what they can do themselves and where specialist help is needed. The self-help section provides tips on:

- **time management**
- **planning activities**
- **getting to grips with forgetfulness and procrastination**
- **coping with everyday life**



June 2023
204 pages; 27,00 EUR
978-3-621-28907-8

AUTHOR

Dr Nina Haible-Baer, graduate psychologist, is the head psychologist in the Clinic for Psychiatry and Psychotherapy at the University of Giessen.

Professor Peter Kirsch, is the head of the Clinical Psychology Department at the Central Institute for Mental Health in Mannheim.

TARGET GROUP

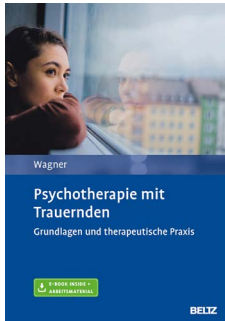
ADHD patients, their family members and Psychotherapists

TYPE OF BOOK

Patient Guide

BACKLIST

Psychotherapy with the Bereaved



978-3-621-28684-8

1st edition

<https://www.beltz.de/28684>

- All rights available
- 3.000 copies sold since 2019

Training with Attention-Impaired Children



978-3-621-28648-0

7th edition

<https://www.beltz.de/28648>

- All rights available
- 30.000+ copies sold since 1993

The Paths to Developmental Psychology



978-3-621-28693-0

5th edition

<https://www.beltz.de/28693>

- Rights sold to China, the Netherlands and Spain
- 30.000 copies sold since 2002

How to Escape from Compassion Fatigue



978-3-621-28688-6

1st edition

<https://www.beltz.de/28688>

- Rights sold to Czech Republic
- 1.000 copies sold since 2019

On the Emotional Level



978-3-621-28806-4

1st edition

<https://www.beltz.de/28806>

- All rights available
- 1.400 copies sold since 2021

400 questions for systemic therapy and counselling



978-3-621-28438-7

1st edition

<https://www.beltz.de/28437>

- Rights sold to Romania
- 29.000 copies sold since 2017

Systemic Trauma Counselling



978-3-621-28927-6

1st edition

<https://www.beltz.de/28927>

- All rights available
- Released in 2022

Behaviour Therapy Compass



978-3-621-28887-3

1st edition

<https://www.beltz.de/28887>

- All rights available
- Released in 2022

Foetal Alcohol Spectrum Disorder (FASD) in Children and Adolescents



978-3-621-28787-6

1st edition

<https://www.beltz.de/28787>

- All rights available
- Released in 2022

BACKLIST – SCHEMA THERAPY

Schema Therapy in Practice



978-3-621-28224-6

2nd edition

<https://www.beltz.de/28224>

- Rights sold to England, Belgium (French), Italy, Japan, Korea, Poland, Romania and Ukraine
- 9.000 copies sold since 2011

Breaking Negative Thinking Patterns



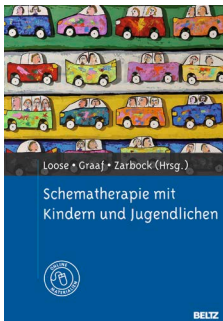
978-3-621-28415-8

2nd edition

<https://www.beltz.de/28415>

- Rights sold to China, England, Korea, Lithuania, Russia, Serbia and Turkey
- 44.500 copies sold since 2011

Schema Therapy with Children and Adolescents



978-3-621-28014-3

1st edition

<https://www.beltz.de/28014>

- Rights sold to England, Italy, Japan, the Netherlands, Poland, Romania, Russia and Turkey
- 5.600 copies sold since 2013

Disorder-specific Schema Therapy with Children and Adolescents



978-3-621-28034-1

1st edition

<https://www.beltz.de/28034>

- Rights sold to England
- 3.000 copies sold since 2015

BACKLIST – SERIES: THERAPY TOOLS

Anxiety Disorder



978-3-621-28838-5
2nd edition
<https://www.beltz.de/28838>
• 16.500 copies sold since 2014

Mindfulness



978-3-621-28846-0
2nd edition
<https://www.beltz.de/28846>
• 10.000 copies sold since 2016

Obsessive-compulsive Disorders



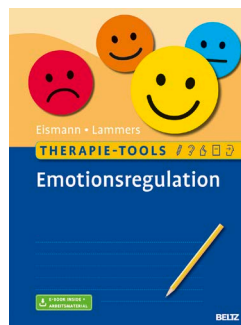
978-3-621-28836-1
2nd edition
<https://www.beltz.de/28836>
• 9.000 copies sold since 2016

ACT



978-3-621-28390-8
2nd edition
<https://www.beltz.de/28390>
• 10.000 copies sold since 2017

Emotion Regulation



978-3-621-28517-9
1st edition
<https://www.beltz.de/28517>
• 17.500 copies sold since 2017

Post-traumatic Stress Disorder



978-3-621-28521-6
1st edition
<https://www.beltz.de/28521>
• 9.000 copies sold since 2021

ADHD in Adulthood



978-3-621-28708-1
1st edition
<https://www.beltz.de/28708>
• 5.500 copies sold since 2021

Mobbing in Childhood and Adolescence



978-3-621-28773-9
1st edition
<https://www.beltz.de/28773>
• 1.600 copies sold since 2022

ACT with Children and Adolescents



978-3-621-28820-0
1st edition
<https://www.beltz.de/28820>
• 1.300 copies sold since 2022

BACKLIST – PATIENT GUIDEBOOKS

I Can't Sleep!



978-3-621-28631-2

1st edition

<https://www.beltz.de/28631>

- Rights sold to China and Slovenia
- 2.500 copies sold since 2018

Dealing successfully with sleep disorders. Advice and practical tips from an expert.

Dancing with Joy, Shaking with Rage



978-3-621-28202-4

1st edition

<https://www.beltz.de/28202>

- All rights available
- 1.000 copies sold since 2019

Being moved by our emotions. The topic of emotional regulation from a new perspective.

Very Valuable



978-3-621-28704-3

1st edition

<https://www.beltz.de/28704>

- Rights sold to Ukraine
- 12.000 copies sold since 2019

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

Little Angry Boys and Girls



978-3-621-28873-6

6th edition

<https://www.beltz.de/28412>

- Rights sold to Korea, Romania
- 78.000 copies sold since 2002

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

Think Before you Drink



978-3-621-28882-8

10th edition

<https://www.beltz.de/28882>

- Rights sold to Poland
- 15.500 copies sold since 2016

Causes and treatment of alcohol and drug dependence clearly explained.

Devouring Life?



978-3-621-28325-0

3rd edition

<https://www.beltz.de/28325>

- All rights available
- 13.400 copies sold since 2007

Help for people with binge-eating-disorder and their next of kin.

Maike Plath

The Veto Principle

CONTENT

Teachers are in an asymmetrical (power) relationship with students in having a leadership role. Plath poses the question: which road leads to an encounter of equals even if the pedagogical context is challenging? With the veto principle, the fundamental right of veto for all of those involved, she provides a concrete answer and presents some potential courses of action in practical educational situations. She has based it on Jesper Juul's concept of equality and here relates it to leadership contexts with learning groups.

On the one hand, the book offers self-training for teachers. On the other, strategies and exercises for implementing the veto principle in learning groups. The aim is to give learners joint and personal responsibility and to initiate a process whereby they themselves can acquire leadership skills. As a result, the veto principle strengthens motivation and cooperation in the learning and design processes.



September 2023
240 pages; 29,00 EUR
978-3-407-63283-8

AUTHOR

Maike Plath is a freelance theatre educator. She was a teacher of German and the Performing Arts at a secondary school in Berlin-Neukölln for many years and was on the jury for the 'Theatertreffen der Jugend Berlin' (Berlin Festival). Through her teaching assignments all over Germany, she campaigns for the further development of drama education in schools with a high public profile. These days, she is the artistic director of the youth theatre projects at Heimathafen Neukölln and, together with two colleagues, runs the educational initiative ACT e.V. She develops and implements further education concepts in the fields of cultural education and inclusion.

TARGET GROUP

Teaching staff, teachers in training and social educators

TYPE OF BOOK

Practical manual

Elmar Philipp

Multi-professional Team Development

CONTENT

With the expansion of all-day schools and inclusive classes, the demand for cooperation in schools is increasing. Teamwork and team development are no longer limited to teachers, but also include special education workers, integration workers or educators. In this book, Elmar Philipp highlights the factors which make for successful multi-professional team development: clear role allocation, team culture as an attitude and set of values, regular training and, last but not least, communication and feedback.

This 2nd edition focuses more on the kind of mindset which helps to achieve multi-professional teamwork and, in addition to psychological security, includes ambitious performance standards and self-competence. A comprehensive section on methods provides some practical ideas and includes tools for self-reflection and impact orientation, questionnaires for measuring team spirit and guidelines for mindful communication in team meetings (mindful meetings).



October 2023

128 pages; 25,00 EUR

978-3-407-63305-7

AUTHOR

Dr Elmar Philipp, graduate educator, has for 30 years been working as a freelance consultant, specialist author, trainer and educator with a focus on change management, school development and team development.

TARGET GROUP

Educational staff

TYPE OF BOOK

Practical manual

Sabine Seichter The 'Normal' Child

CONTENT

Since the beginning of education for children, the focus has been on creating the 'normal' child, the well-adapted, beautiful, useful child. As a support for economics, medicine and psychology, education has contributed since the 18th century at the latest to making sure children can be used for social and economic purposes – by means of control, regulation and humiliation and at the expense of children's independence and creative, autonomous action.

This book takes a fresh look at the history of the darker side of education by showing how children were turned into standardised commodities as it developed. The author sheds light on some facets of childhood which have been taboo up to now and shows how, historically and still today, the educational aim of this darker side of education has continuously spread and been consolidated in kindergartens, schools and other educational institutions as well as in cultural practices.



July 2023

189 pages; 28,00 EUR

978-3-407-25932-5

AUTHOR

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

TARGET GROUP

Educational staff

TYPE OF BOOK

Textbook

BACKLIST**Escaping from Behaviour Traps**

Martina Hehn-Oldiges



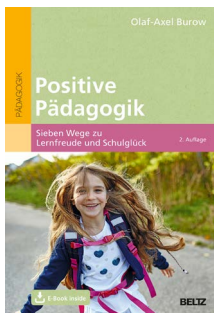
978-3-407-63202-9

1st edition<https://www.beltz.de/63202>

When teachers and experts find themselves in danger of failing in educational situations, they can quickly fall into behavioural traps which they cannot easily escape from. This book will help them identify and overcome behavioural traps like these. Readers learn how to analyse challenging behaviour among students and how to deal with this professionally. The book does not focus on the person who is seen as the 'disturber', but rather considers the pedagogical situation and those involved in the particular relationship dynamics.

Positive Education

Olaf-Axel Burow



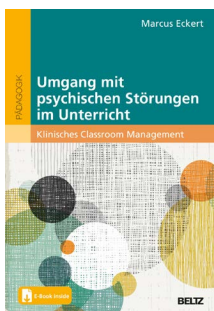
978-3-407-25568-6

2nd edition<https://www.beltz.de/25568>

Can school performance really be improved by meticulously »surveying« teachers and schoolchildren? Thanks to the many comparative studies, this belief has become standard, and the word »discipline« is still experiencing a boom – there seems to be no room for the joy of learning or even school enjoyment. In »Positive Education« Olaf-Axel Burow disagrees with this because: school enjoyment and top performance are not opposites, they complement one another!

Dealing with Mental Disorders in the Classroom

Marcus Eckert



978-3-407-83204-7

1st edition<https://www.beltz.de/83204>

This book first sets out to present the common disorders children and adolescents suffer from in a way that teachers and educational staff can easily understand. Secondly, it introduces strategies, which are practical and at the same time scientifically sound, for dealing with the particular features of the respective disorders for use in the context of classroom management. Thirdly, it looks at some disorder-specific counselling strategies aimed providing support for students who are affected and their parents.

BACKLIST

A History of Waldorf Education

Volker Frielingsdorf



978-3-407-25802-1

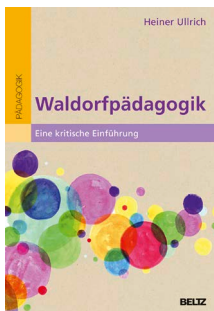
1st edition

<https://www.beltz.de/258002>

The first Free Waldorf School, founded in Stuttgart in 1919, was the starting point for what is now a well-established, worldwide education method with more than a thousand schools in more than sixty countries. On the occasion of its centennial anniversary, this comprehensive illustrated publication traces the history of Waldorf education from when it was founded to the present day.

Waldorf Education

Heiner Ullrich



978-3-407-25721-5

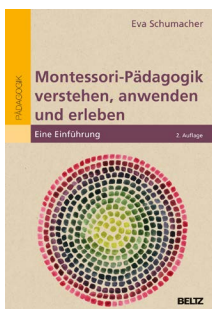
1st edition

<https://www.beltz.de/25721>

The ongoing dialogue between Waldorf pedagogy and studies in Education has intensified over the past two decades. This introductory textbook presents the educational and teaching models used in Waldorf schools and kindergartens from the way the teaching faculty work together, the curriculum based on a whole-body approach to learning, the long-term classroom teacher model, and teaching and educational principles inspired by Goethe.

Understand, Apply and Experience Montessori Education

Eva Schumacher



978-3-407-25840-3

2nd edition

<https://www.beltz.de/25840>

Montessori pedagogy is a reform-pedagogy classic that is more relevant than ever today. The pedagogy focusses on individual learning, free work time, and self-determined learning. This introduction to the practice of Montessori teaching explains the historical and biographical roots of Maria Montessori's concept, the anthropological tenets it is based on, and the application and use of the material using numerous colour photographs. An overview of research and concluding arguments for and against the approach invite early childhood educators and teachers to engage with the approach during training and in everyday practice.

Katharina Hanyka, Susanne Strobach **Logbook for Life Satisfaction and Happiness**

CONTENT

Particularly in times when we have great uncertainty and face many challenges, it is important to have access to an inner stability and a positive attitude towards life in order to find contentment and happiness in your own life despite all the external developments over which we have no control.

With this logbook, Katharina Hanyka and Susanne Strobach have created a workbook which provides you with support in developing your brain in this direction and, in doing so, lay the foundation for a happy and contented life. You can write your findings directly into the logbook. This strengthens your feelings of well-being, your life satisfaction and resilience. The exercises and information encourage you to think, try things out and get started.

- **12-week programme that creates continuity**
- **insight into essential theories and basic concepts of positive psychology**
- **ideas and tools that can be easily and practically integrated into your own (professional) everyday life**
- **guidelines which trainers, therapists, consultants and also managers and educators can use in practice and can pass on to their clients**



April 2023
151 pages; 25,00 EUR
978-3-407-36851-5

AUTHOR

Katharina Hanyka, B.Ed. MSc is a qualified educator, university professor, parent and family counsellor, psychosocial advisor, therapist for dyslexia and dyscalculia, expert in school and workplace health promotion, school development advisor and certified supervisor.

Susanne Strobach, MSc, is the founder and director of the Mindfulness Academy in Vienna. She initiated, co-developed and monitored the only university course currently in the German-speaking world which focuses on 'mindfulness' in education, counselling and health care leading to a 'Master of Science' degree.

TARGET GROUP

Coaches, trainers, clients, consultants and teaching staff

TYPE OF BOOK

Workbook

Susanne Strobach, Ulrike Zika

Logbook for Mindfulness and Compassion

CONTENT

This logbook focuses on the connection between mindfulness and compassion. The 12-week course is based on findings in neuroscience and the results of research on mindfulness and compassion and it has been tried and tested in practice. Susanne Strobach and Ulrike Zika convey the essential basic qualities of mindfulness (from beginner's spirit to connectedness) in a practical way. Mindfulness exercises, reflections, contemplative exercises, meditation and stories which can be easily integrated into everyday life make the theoretical content accessible. Continuous practice over twelve weeks lays the decisive pathways in the brain for new behaviour. You can practice in a systematic way and then record your experiences in the logbook. This allows you to see the path you have taken on your development.

- **12-week training course for presence, clarity and connectedness**
- **lots of practical exercises in each chapter**
- **material with guided meditations and additional exercise sheets for downloading**
- **recommended reading and links provide more depth for the individual main topics**



June 2023

219 pages; 28,00 EUR

978-3-407-36852-2

AUTHOR

Susanne Strobach, MSc, is the founder and director of the Mindfulness Academy in Vienna. She initiated, co-developed and monitored the only university course currently in the German-speaking world which focuses on 'mindfulness' in education, counselling and health care leading to a 'Master of Science' degree.

Ulrike Zika, MSc is a qualified social worker and social pedagogue, MSC (Mindful Self-Compassion) teacher and has a master's degree in 'mindfulness in education, counselling and healthcare'. She is also a TCM nutritionist and has written over 20 books.

TARGET GROUP

Coaches, trainers, clients, consultants and teaching staff

TYPE OF BOOK

Workbook

Denise Ritter

Logbook Designing Life Plans

CONTENT

Crises, upheavals, reorientation - many people are asking themselves: what's coming next? What can be changed? What is the aim?

For this very case, Denise Ritter has developed the 6-phase model: Discover, Detect, Devise, Decide, Develop, Experience. She has created this model to be a basis and tool for coaches to design their respective life plans proactively and has put together numerous exercises, tips and suggestions for the phases. Then the considerations, concrete ideas and results can be recorded in writing in the logbook.

Why are life plans so valuable?

- They outline how people would like to live their lives – in other words, how they would like to shape their lives and live them.
- They provide support for personal self-realization, potential development and further development.
- They open up new creative spaces and promote self-determination.
- They help to create clarity and offer orientation in how to live one's life.

The logbook helps people to process their life plans with all the many challenges, so they can tackle changes courageously, creatively and with self-determination.

AUTHOR

Denise Ritter is a pioneer and the founder of Urbanes Coaching®. She has a background in science and therapy and has been working as a coach for entrepreneurs, executives and private individuals who want to develop themselves for almost ten years. Workshops, specialist articles and a blog with a growing reader community complete her portfolio.

TARGET GROUP

Coaches, trainers, clients and consultants

TYPE OF BOOK

Workbook



April 2023

228 pages; 27,00 EUR

978-3-407-36763-1

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Mini Manual of Agile Work for Coaches & Trainers



978-3-407-36754-9
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<https://www.beltz.de/36754>

Mini Manual for Life Plan Coaching



978-3-407-36762-4
1st edition
<https://www.beltz.de/36762>

Mini Manual for Facilitation



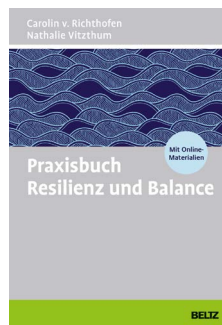
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Practice Book for Resilience and Balance



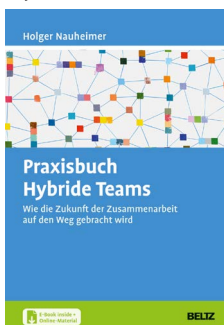
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55 Impulse Cards for Creativity and Innovation



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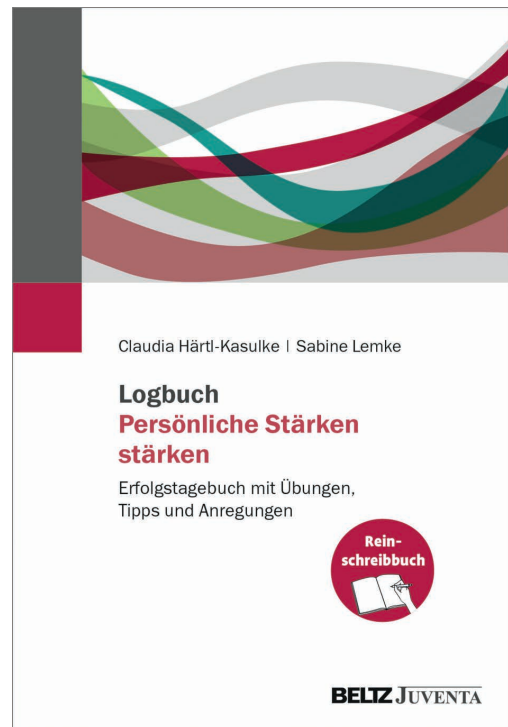
Claudia Härtl-Kasulke

Logbook for Strengthening Personal Strengths

CONTENT

Noting down successes in your logbook, recognising potential, becoming more content: to do this, it is important to strengthen the 24-character strengths which have been researched in positive psychology. In addition, there is PERMA (Positive emotions, Engagement, Relationships, Meaning, Achievement) and the range of topics including movement, nourishment, relaxation, mindfulness and resilience.

With this logbook, Claudia Härtl-Kasulke has created a 'success diary' that supports you in developing in this direction and helps you lay the foundation for a happy and contented life. After providing some joyful, compact input on the basics of positive psychology, she then gives you some ideas, impulses and tips for finding what gives life joy and happiness. The exercises, questions and ideas, along with the 'light-hearted' illustrations by Sabine Lemke, encourage you to think and try things out.



April 2023

161 pages; 25,00 EUR

978-3-7799-7539-7

AUTHOR

Dr Claudia Härtl-Kasulke founded BK+K Beratung Kultur + Kommunikation Rhein-Main in 1991. She and her team support people in companies in strategy development and during times of change. She has been a pioneer in the field of demography since 1998. She provides advice for managers and their teams on areas of activity, health management, learning and knowledge management, intergenerational communication.

TYPE OF BOOK

Workbook

Ulrike Pilz-Kusch **Logbook for Speed Focusing**

CONTENT

Speed Focusing is a science-based method that specifically activates your body intelligence and helps you to discover your inner navigation system. It is easy to integrate the many exercises into your everyday life and this allows you to find answers to challenging situations quickly and effortlessly.

The logbook is split up into three sections:

- Basic elements: use focusing to listen to your inner voice in everyday life
- Applying speed focusing in everyday life: exploratory experiments
- Easy to integrate into everyday life: instructions for busy people on how to use it

This logbook is an open invitation to you to discover your inner navigation system in order to bring more lightness and vitality into your life. You can record the results of the various exercises in the logbook. This anchors the results more firmly. This inner knowledge allows you to find answers surprisingly quickly and effortlessly in situations which are challenging and unclear.

The exercises can also be integrated into coaching, seminars and other forms of counselling or can be given to the client as 'homework'.

AUTHOR

Ulrike Pilz-Kusch, graduate educator, self-employed trainer for 16 years, systemic-solution-oriented coach, certified stress trainer (GKM), certified focusing trainer and seminar leader of the German Training Institute for Focusing (DAF), educator for movement, dance and theatre, author. www.kraftvoll-durchstarten.de.

TYPE OF BOOK

Workbook



September 2023
200 pages; 28,00 EUR
978-3-7799-7628-8

Michael Opielka

Social Climate

CONTENT

The welfare state has successfully avoided the subject of ecology over these decades where ecology has become an issue. The defenders of the social sector were not interested in limits to growth. Jobs were more important than nesting sites. The climate crisis has undermined this lack of interest. Increasingly, the social sciences are becoming involved in the field of sustainability research and social policy makers now want to protect the climate. The essay 'Social Climate' explores the field of social sustainability by means of a holistic sociology informed by Hegel and Parsons. It proposes a human rights-based guarantorism, a fourth ideology alongside liberalism, socialism and conservatism.



April 2023
182 pages; 18,00 EUR
978-3-7799-7505-2

AUTHOR

Professor Michael Opielka is the scientific director and managing director of the 'ISÖ' - Institute for Social Ecology (non-profit) GmbH and professor for social policy at the Ernst Abbe University Jena.

TYPE OF BOOK

Essay

BACKLIST

Helping Children through Divorce

135 exercises to help guide children carefully through separation



978-3-7799-3172-0

1st edition

<https://www.beltz.de/3172>

The book provides support both for parents and for everyone else who is professionally involved with the children. It offers an invaluable help and guidance on the way to dealing with the topic of divorce and separation in a mindful, healing and encouraging way.

Practical Manual of Empowerment

Facing the experiences of racism which children and adolescents have had



978-3-7799-6478-0

1st edition

<https://www.beltz.de/6478>

The racism which children and young people have experienced requires a response from the education profession and social services. This book presents practical methods for dealing with racism competently in an empowerment-oriented way, handling differences, dealing with the effects of having experienced racism and how to counter racism with examples to show how to implement all this. The special feature: for the first time, empowerment trainers present their methods in the book using 'safer spaces'.

Community Organising

An introduction



978-3-7799-6804-7

1st edition

<https://www.beltz.de/6804>

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