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It is a great pleasure to present you with a small selection of some of our most successful and unique books from our English, German, Brazilian, Danish, and Dutch program. Complete lists of our publications are available at: www.hogrefe.com

We look forward to hearing from you and will gladly provide you with reading copies and additional information upon request.

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With best wishes,

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Psychology, Psychotherapy & Psychiatry

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

It contains:
• treatment manuals for specific disorders
• handbooks on psychotropic drugs
• titles on psychological assessment
• titles on child and adolescent psychology
The new edition of this popular, evidence-based guide compiles and reviews all the latest knowledge on assessment, diagnosis, and treatment of childhood maltreatment – including neglect and physical, sexual, psychological, or emotional abuse. Readers are led through this complex problem with clear descriptions of legal requirements for recognizing, reporting, and disclosing maltreatment as well as the best assessment and treatment methods. The focus is on the current gold standard approach – trauma-focused CBT.

This book is thus invaluable for those training or working as expert witnesses in childhood maltreatment and is also essential reading for those working with children.

**Original publication:** English

**For:**
- child and adolescent psychotherapists and psychologists
- child and adolescent psychologists and psychiatric counselors
- pediatricians
- family practitioners
- social workers

**Rights sold:** Spanish
Cognitive Behavioral Therapy for Anxiety in Children and Adolescents

A Treatment Manual for Panic Disorder, Agoraphobia, Specific Phobias, and Separation Anxiety

2017
163 pages + CD-ROM
€ 44.95
ISBN 978-3-8017-2832-8

This title provides a semi-structured guide for an evidence-based cognitive-behavioral treatment of children and adolescents between the ages of 9 and 17.

It describes each phase of the therapy and enables the children to largely cope with the fears by themselves. The treatment modules can be used in the context of short-term therapy in individual or mixed individual/group setting. Parents are trained to be co-therapists, supporting their children during the confrontational exercises. This also insures that parents do not unknowingly enable their child to maintain the anxiety disorder. All necessary worksheets can be found on the accompanying CD-ROM.

Original publication:
German "Kognitive Verhaltenstherapie bei Ängsten im Kindes- und Jugendalter"

For:
- child and adolescent psychotherapists and psychiatrists
- pediatrics
- psychotherapists
- specialists for psychosomatic medicine
- school psychologists
- students and teachers of psychology

Rights sold: All rights available

Behavioral Therapy for Adolescents suffering from ADHD

A Modular Therapy Program

2019
102 pages
€ 39.95
ISBN 978-3-8017-2979-0

In adolescence, the symptoms of ADHD change. The hyperactivity decreases and difficulties in emotion regulation, self-esteem, and relationship building become more prominent. The ability to self-regulate and self-structure increases as awareness of ADHD-specific difficulties increases. Because sufferers, unlike their peers, need a lot of support, their self-image is often very negative. This cognitive-behavioral therapy program was developed especially for these adolescent-typical difficulties.

Depending on the individual problems of the adolescent, three or more of the ten focus modules can then be selected. Two therapy sessions should be planned for each module. Content of the focus modules are e.g. the improvement of emotion regulation and stress management, the building of self-confidence as well as the reduction of ambivalence towards medication. Since the therapy concept was developed to address the problem areas that cannot be influences by medication, it is a valuable therapeutic addition to multimodal treatment. Numerous worksheets are available on the accompanying CD-ROM.

Original publication:
German "Verhaltenstherapie bei ADHS im Jugendalter"

For:
- child and adolescent psychotherapists and psychiatrists
- pediatrics
- school psychologists
- social workers

Rights sold: All rights available
Débora Marques de Miranda / Leandro Fernandes Malloy-Diniz (Eds.)

Preschoolers

2018
392 pages
R$ 114.00 / approx. € 27.00

This title shows the typical development of the child in the early years of life, outlining mechanisms, biological and environmental factors, and the potential impact these can have on development.

It shows different methods of developmental evaluation in the first years of life, addresses how certain skills can be developed and presents cognitive and behavioral interventions that can be used in preschools.

Original publication:
Portuguese “O pré-escolar”

For:
- psychologists
- psychotherapists
- educators
- teachers

Rights sold: All rights available

Franz Petermann / Ulrike Petermann

Training Program for Adolescents
Development of Work and Social Behavior

10th ed., 2017
333 pages + CD-ROM
€ 44.95
ISBN 978-3-8017-2814-4

This training program helps teenagers between the ages of 13 and 20 years to practice competent work and social behavior in their daily routines, reducing aggressive, anti-social, and unsafe behavior, and raising the teenagers’ self-confidence.

The training can be used both in school and in a therapeutic setting and may also be used as an additional tool in centers for vocational training and juvenile detention.

The book includes a CD-ROM that contains all materials needed in the training program.

Original publication: German “Training mit Jugendlichen”

For:
- educators
- psychologists
- school psychologists
- counselors
- child and adolescent psychologists and psychotherapists
- pedagogues working with teenagers with social behavioral issues

Rights sold: Croatian

Nikolaj Egelund Mielchë / Lasse Nørgaard Ljungholm / Hanna El-kholy

Troll Hill
Tales and Exercises

2017
156 pages
DKK 296.00 / approx. € 39.75
ISBN 978-87-7135-014-2

This book, designed to help students (grades K–3) improve and practice their social skills, is set in a fairytale land populated with wonderful creatures such as trolls and elves.

The beginning of the book contains a description and introduction of the different kinds of creatures the children will meet in the following stories. The figures are taken from Nordic mythology and the tales are filled with magic. The beautiful illustrations capture the children’s imagination and attention which makes it easy for the teacher to get their students interested. The exercises provided in the book are divided into two different kinds: those that encourage students and teachers to move, called storm exercises; and breeze exercises (mindfulness) that allow for relaxation and tranquility.

Original publication:
Danish “Troldtøj”

For:
- teachers

Rights sold: All rights available
Alessandra Turini Bolsoni-Silva / Fabiane Ferraz Silveira Fogaça

**Supporting Parents**

A Theoretical and Practical Guide to Social and Educational Skills Training

2018
111 pages
R$ 83.00 / approx. € 18.00

This title, written for professionals working with children with and without behavioral problems, serves as a theoretical and practical guide to improving social interactions between educators, parents, and children.

Additionally, this book provides the readers with suggested interventions that can prevent and treat children’s behavioral problems and gives details on how these can be used.

**Original publication:**
Portuguese “Promove-Pais”

**For:**
- psychologists
- psychotherapists
- psychiatrists
- teachers

**Rights sold:** All rights available

Michael Klein / Diana Moesgen / Janina Dyba

**SHIFT – A Training Program for Drug Addicted Parents of Children Ages 0 to 8**

2019
115 pages
€ 29.95
ISBN 978-3-8017-2964-6

The parent training “SHIFT” is a standardized treatment and prevention manual for group work with parents who are or have been dependent on illegal drugs. The aims of the training are the strengthening of parent competencies and family resilience, the stabilization of substance abstinence and accepting further help. Ultimately, it aims to improve the situation of affected families and promote the children’s a healthy development. In all eight modules of the manual, which is both theory-based and practice-based, the special characteristics and needs of families struggling with substance use issues are always taken into account. The SHIFT parent training was tested and evaluated in a multi-center study with methamphetamine-dependent or abusive mothers and fathers at seven locations in the context of addiction and youth services. The enclosed CD-ROM contains numerous training materials.

**Original publication:**
German “SHIFT - Ein Elterntraining für drogenabhängige Mütter und Väter von Kindern zwischen 0 und 8 Jahren”

**For:**
- specialists working with families suffering from addiction

**Rights sold:** All rights available
Social Skills Training
Promoting Better Social Interactions and Preventing Behavioral Problems

Alessandra Pereira Falcão / Alessandra Turini Bolsoni-Silva

2016
104 pages
R$ 83.00 / approx. € 20.00

“Social Skills Training” is an intervention program for social abilities based on the APA Presidential Task Force on Evidence-Based Practice. The aim is to reduce the frequency of problematic behavior and to develop children’s social skills over the course of ten intervention sessions.

The book provides not only an overview over evidence-based psychology and the latest information on and description of studies on evidence-based intervention programs for children’s social skills, but clearly describes each intervention session that can be used as is. In addition to the easy to follow intervention session, this handbook also contains a list of materials that can be used during the program.

Original publication:
Portuguese “Promove – Crianças”

For:
- psychologists
- psychotherapists
- educators
- counselors
- teachers

Rights sold: All rights available

Reunification Family Therapy
A Treatment Manual

Jan Faust

2018
148 pages
€ 46.95
ISBN 978-0-88937-491-1

Childhood problems are often related to and worsened by the disintegration of the family structure, whether through parental separation and divorce, military service, or incarceration. Reunification therapy is a therapeutic process incorporating different empirically based methods (CBT, humanistic, and systemic) to help repair relationships between parents and children and restore not only physical contact but also meaningful social, emotional, and interpersonal exchanges between parents and children.

The manual expertly guides clinicians through pretreatment decisions and processes to enable them to decide where, when, and in what form reunification therapy is appropriate, taking into account ethical, legal, and special family issues. Detailed chapters outline the structure and issues for the individual and conjoint sessions, as well as a step-by-step treatment plan template. Additional tools in the appendix enable clinicians to monitor and effectuate change.

Original publication: English

For:
- child and adolescent psychotherapists
- child and adolescent clinical psychologists
- child and adolescent psychological and psychiatric counselors
- family psychologists

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Cognitive behavioral therapy has been seen overcoming its own dogmatic approach of the first generation to evolve and give more emphasis to the therapist-patient relationship. The focus went beyond the “solution” to specific problems and treatment of symptoms, to employ change strategies where the context, the experience, and the therapist-patient relationship take on a great importance. The author makes this new approach clear and simplifies complex operations, behind which there is a solid and advanced epistemological construct.

Original publication: Italian “La psicoterapia in età evolutiva”

For:
- psychologists
- students

Rights sold: All rights available
The model on which EMDR is based makes it possible to adopt more adaptive behaviors helping the patient to detach himself from of the symptomatology typical of post-traumatic stress disorder, such as the intrusiveness of thoughts and memories, avoidance behaviors of stimuli related to an event perceived as dangerous. The book makes this technique accessible to those who do not know it deeply and helps the practitioner to identify the focus of his curiosity faster, finding answers to his doubts or confirming his good practice.

**EMDR: Model and Clinical Applications**

Isabel Fernandez / Anna Rita Verardo

2019
232 pages
€ 20.00

Original publication:
Italian “EMDR: modello e applicazioni cliniche”

For:  
- psychologists
- students

Rights sold: All rights available

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The anamnestic interview is the starting point of each (psycho)diagnostic process. It refers to three macro-areas according to a concept of multidimensional health and disease, intended as the outcome of the interaction between the biological, psychological, and social areas. So, it is possible to collect a set of data that allows for the reconstruction of a patient’s history, experiences, and of significant life events. In the appendix, the data collection model developed by the Association for Research in Clinical Psychology of Milan (ARP) is presented.

**Bio-psycho-social Interview**

Elena Berselli / Francesca Menozzi

2018
136 pages
€ 14.50

Original publication:
Italian “La raccolta dei dati bio-pсисо-sociali”

For:  
- psychologists
- students

Rights sold: All rights available

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The implementation of exposure therapy into everyday clinical practice, although proven to be highly effective for a range of disorders, is still insufficient. Therefore, this book provides up-to-date information on this form of intervention and provides a concrete guide for the practical and therapeutic implementation of different confrontational procedures.

**Exposure Therapy**

Tobias Teismann / Jürgen Margraf

2018
133 pages
€ 24.95
ISBN 978-3-8017-2825-0

Original publication:
German “Exposition und Konfrontation”

For: 
- students of psychology or medicine
- psychotherapists
- specialists for psychiatry and psychotherapy
- specialists for psychosomatic medicine
- clinical psychologists
- coaches

Rights sold: All rights available
Cognitive interventions and therapeutic techniques play a central role in psychotherapy regardless of the type of disorder that is being treated. The methods that therapists have at their disposition can be divided into thought control techniques, cognitive restructuring, and metacognitive interventions, which can be supplemented by mindfulness intervention and emotion regulation techniques.

This title provides the reader with a comprehensive introduction into cognitive interventions and recommendations on diagnostic methods that derive from the interventions. Case studies illustrate the different steps of each procedure.
The literature on diagnosis and treatment of drug and substance abuse is filled with successful, empirically based approaches, but also with controversy and hearsay. Health professionals in a range of settings are bound to meet clients with troubles related to drugs – and this text helps them separate the myths from the facts. It provides trainees and professionals with a handy, concise guide for helping problem drug users build enjoyable, multifaceted lives using approaches based on decades of research. Readers will improve their intuitions and clinical skills by adding an overarching understanding of drug use and the development of problems that translates into appropriate techniques for encouraging clients to change behavior themselves.

This highly readable text explains not only what to do, but when and how to do it. Seasoned experts and those new to the field will welcome the chance to review the latest developments in guiding self-change for this intriguing, prevalent set of problems.
About 40% of the population experiences difficulty falling or staying asleep at some time in a given year, while 10% of people suffer chronic insomnia. This concise reference, written by leading experts for busy professional clinicians, provides practical and up-to-date advice on current approaches to assessment, diagnosis, and treatment of insomnia. Professionals and students learn to correctly identify and diagnose insomnia and gain hands-on information on how to carry out treatment with the best evidence base: cognitive behavioral therapy for insomnia (CBT-I). The American Academy of Sleep Medicine (AASM) and the American College of Physicians (ACP) both recognize CBT-I as the first-line treatment approach to insomnia. Appendices include useful resources for the assessment and treatment of insomnia, which readers can copy and use in their clinical practice.

### Hoarding Disorder

Hoarding disorder is a new subtype of obsessive compulsive disorder in the DSM-5 that presents particular challenges in therapeutic work, including the poor treatment adoption and lack of awareness of those affected. This evidence-based guide written by leading experts presents the busy practitioner with the latest knowledge on assessment and treatment of hoarding disorder.

The reader gains a thorough grounding in the treatment of choice for hoarding – a specific form of CBT interwove with psychoeducational, motivational, and harm reduction approaches to ensure successful treatment. It includes information for special client groups: the elderly and hoarding with animals. Printable tools help practitioners carry out therapy.

### Internet Addiction

Internet use is an integral part of our daily lives, but at what point does it become problematic? What are the different kinds of internet addiction? And how can professionals best help clients?

This accessible, evidence-based book by leading experts answers these questions by outlining the current assessment and treatment methods for internet addiction. The title includes a 12–15 session treatment plan using group CBT, the method and setting with the best evidence, and printable tools for assessment and treatment.

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**Original publication:** English

**For:**
- psychotherapists
- clinical psychologists
- psychological and psychiatric counselors
- students

**Rights sold:** All rights available
Eva Hoch / Petra Zimmermann / Jana Henker / Heike Rohrbacher / René Noack / Gerhard Bühringer / Hans-Ulrich Wittchen

CANDIS Curriculum
A Marijuana Treatment Program for Youth and Adults

2011
150 pages + CD-ROM
€ 39.95
ISBN 978-3-8017-2197-8

The CANDIS program is a cognitive-behavioral treatment program for people with cannabis related disorders. This unique approach has undergone extensive research and proven to be highly effective.

The “heart” of this program are the 10 therapy sessions that are described in detail. The sessions make use of cognitive-behavioral therapy drawing upon e.g. psychoeducation and functional analysis. The patients are instructed in a way that enables them to learn and apply skills that ultimately pave the way to leading a drug free life. The therapy sessions described also offer support with regard to withdrawal symptoms, such as cravings, and incorporate methods preventing relapses.

The book also comes with a CD-ROM, containing additional material that can be printed and used as part of the training program.

J. Kim Penberthy
Persistent Depressive Disorders

2019
106 pages
€ 24.95

Written by a leading expert, the book guides the reader through the complexities of assessing persistent depressive disorders (PDDs) and the models for understanding how they develop and are maintained over long periods. It then outlines those therapies that have the strongest evidence base. The author goes on to explore in detail the cognitive behavioral analysis system of psychotherapy (CBASP), a treatment specifically developed for PDDs. This compelling integrated approach incorporates components of learning, developmental, interpersonal, and cognitive theory with aspects of interpersonal mindfulness.

Original publication: English
For:
• clinical psychologists
• psychotherapists
• psychiatrists
• counsellors
• family practitioners
• students

Rights sold: All rights available

Tobias Teismann / Thomas Ehring
Pathological Ruminations

2019
105 pages
€ 19.95
ISBN 978-3-8017-2748-2

With rumination being identified as a central factor for the development and maintenance of emotional disorders, a promising approach is to make rumination the starting point of therapeutic interventions. Compared to the cognitive-behavioral approach, therapy focuses less on the processing of content that is the center of rumination, but on the process of ruminating itself.

In addition to an overview over the current state of research regarding the role of rumination in mental disorders, this title provides the reader with practice-oriented strategies to explore patients’ rumination processes, as well as questionnaires that help detect different reactions related to rumination. This title further shows different therapeutic strategies for the treatment of persistent rumination. Special attention is given to rumination focused interventions from metacognitive therapy as well as rumination focused cognitive behavioral therapy (RFCBT).

Original publication: German
“Pathologisches Grübeln”

For:
• psychotherapists
• specialists working in psychiatry, psychotherapy, or psychosomatic medicine
• clinical psychologists
• counsellors
• students
• teachers

Rights sold: All rights available
Anna Höcker / Margarita Engberding / Fred Rist
Procrastination
A Treatment Manual
2nd ed., 2017
196 pages
€ 49.95 + CD-ROM
ISBN 978-3-8017-2842-7
This manual provides therapists with a flexible, scientifically proven procedure to treat procrastination which can be used in individual and group sessions alike.
First, the manual provides a description of the disorder and its associated patterns, then goes on to explain the various treatment modules in detail. The procedure is clearly structured and divided into various cognitive behavioral treatment units, which can be combined according to the individual’s needs and time available. The manual contains photocopiable materials that can be used in treatment and are available on the CD-ROM that is included in the book.

Original publication:
German “Prokrastination”

For:
• psychotherapists
• psychiatrists
• coaches
• school psychologists
• trainers

Rights sold: All rights available

Original publication: English

For:
• clinical psychologists
• psychiatrists
• psychotherapists
• health professionals
• researchers
• students

Rights sold: All rights available
Personality Disorders
A Clarification-Oriented Psychotherapy Treatment Model

Rainer Sachse

2019
254 pages
€ 39.95
ISBN 978-0-88937-552-9

This practice-oriented guide presents a model of personality disorders (PDs) based on the latest research showing that “pure” PDs are due to relationship disturbances. The reader gains concise and clear information about the dual-action regulation model and the framework for clarification-oriented psychotherapy, which relates the relationship dysfunction to central relationship motives and games. Practical information is given on how to behave with clients and clear therapeutic strategies based on a five-phase model are outlined to help therapists manage interactional problems in therapy and to assist clients in achieving effective change.

The eight pure personality disorders are each explored in detail so the reader learns about the specific features of each disorder and the associated interactional motives, dysfunctional schemas, and relationship games and tests, as well as which therapeutic approaches are appropriate for a particular PD. As the development of a trusting therapeutic relationship is difficult with this client group, detailed strategies and tips are given throughout.

Borderline Personality Disorder

Martin Bohus

2019
122 pages
€ 19.95
ISBN 978-3-8017-2853-3

Borderline disorder is a complex, serious, and nonspecifically treated, often chronic disorder that often leads to the limits of emotional resilience for those affected and their social environment. With the development of disorder-specific treatment concepts in the 1990s, empirically proven treatment success was demonstrated for the first time.

This book is based on the dialectical-behavioral psychotherapy of Marsha Linehan and presents theoretical and treatment principles in concise form. The volume offers many practical tips for diagnosing, planning treatment, and structuring outpatient and inpatient treatment. Therapists will find a clearly structured treatment concept as well as numerous practice-oriented instructions for coping with this therapeutic challenge.

Original publication: German “Borderline-Störung”

For:
- therapists
- professionals in psychiatry or psychosomatic medicine
- social workers
- teachers and students

Rights sold: English, Portuguese

Borderline Personality Disorder (DBT) in the Treatment of Borderline Personality Disorder

A Manual for Outpatient Treatment

Christian Stiglmayr / Hans Gunia

2017
165 pages + CD-ROM
€ 49.95

This manual, as one of the first of its kind, gives detailed instructions on the use of DBT in outpatient treatment of borderline personality disorder.

With the help of example dialogues, this manual describes the therapeutic approach for each individual session. To make it even more user friendly, this manual also describes the different DBT strategies that are used in the session. It shows how patients can learn strategies to reduce extreme emotions as well as mood dependent dysfunctional behavior. The manual also addresses how to cope with difficult therapy situations such as dissociation or anger towards the therapist.

The CD includes all relevant worksheets to complete the described sessions and exercises.

Original publication: German “Dialektisch-Bevoriorale Therapie (DBT) zur Behandlung der Borderline-Persönlichkeitsstörung”

For:
- psychological therapists
- specialists in psychiatry, psychotherapy, and psychosomatic medicine
- clinical psychologists
- psychological coaches
- social workers
- teachers and students

Rights sold: All rights available
Body Image Therapy for Anorexia and Bulimia Nervosa
A Cognitive Behavioral Treatment Program

3rd ed., 2018
176 pages + CD-ROM
€ 49.95

This manual describes a cognitive-behavioral program for building a positive body image in patients with anorexia and bulimia nervosa and can be used in individual and group settings.

The manual initially provides an overview over current research findings on the subject of body image in eating disorders. After a description of the disorders, various diagnostic tools for the detection of body image disorders are presented. In the main part of the manual, the various therapy modules are described in a practical way and materials are provided for the implementation of the modules. In addition, it describes possible interventions that can be used to reduce body-related avoidance and controlling behavior as well as to establish positive body-related behavior. Numerous materials are available on the accompanying CD-ROM.

Original publication:
German “Körperbildtherapie bei Anorexia und Bulimia nervosa”

For:
• psychotherapists
• specialists in psychiatry and psychotherapy
• specialists for psychosomatic medicine
• clinical psychologists
• psychological coaches
• teachers and students

Rights sold: All rights available
One of the most effective intervention strategies in treating panic disorder and agoraphobia is exposure, which this treatment manual focuses on. The heart of this manual are the 12 therapy sessions that are explained in detail. The sessions include providing the patient with information regarding the exposure, interoceptive exposure exercises to reduce the fear of physical symptoms, as well as information on how to conduct the final exposure exercise. Protocol sheets are available that are helpful in preparing for the in vivo exposure exercise. Numerous materials are available on the accompanying CD-ROM which can be printed out for each session. The effectiveness of the treatment program has been evaluated in one of the largest treatment trials for panic disorder and agoraphobia which has shown high efficacy in its use.

Quin van Dam
Introduction to Affect Phobia Therapy
2016
224 pages
€ 24.95

A fear of one’s own emotions can lead people to develop what has been termed affect phobia. To deal with this specific kind of phobia, Affect Phobia Therapy (APT) has proven to be useful. In APT, psychodynamic, cognitive behavioral, and experimental techniques are combined to help the patient to learn, accept, and manage emotions again. Research shows that especially people suffering from anxiety or depression and people with avoidant or dependent personality disorders benefit from this method.

This book offers a practical explanation of this evidence-based therapeutic method. The eight chapters focus on all different aspects of APT and the underlying theoretical concepts are illustrated with example patient-therapist dialogues.

Original publication:
Dutch “Affectfobiotherapie in de praktijk”

For:
• psychologists
• psychotherapists
• students

Rights sold: All rights available

Original publication:
German “Einführung in die Integrative Körperpsychotherapie IBP (Integrative Body Psychotherapy)”

For:
• psychotherapists
• coaches

Rights sold: All rights available
Ariane Orosz

Understanding and Managing Stress Holistically
A Training Manual for Groups with Neurobiological Basics and Integrative Approaches

2019
176 pages
€ 24.95
ISBN 978-3-456-85908-8

This manual was produced by the author (herself a neuroscientist) specifically for her coaching courses and is based on her own experiences. Psychotherapists and other professionals who want to address the emergence of stress and ways of coping with it will find all the help they need in this text. This program is particularly suitable for preventive sessions and outpatient groups. The book includes a clear account of the relevant neurobiological facts, which can be incorporated into the work with clients to deepen their understanding. Holistic therapies and their neurobiological effects in stress management are an important aspect of this approach.

Original publication:
German “Stress ganzheitlich verstehen und managen”

For:
• psychotherapists and coaches who wish to include basic neurobiological facts as part of their group therapy for the prevention of stress or burnout

Rights sold: All rights available

Lars Auszra / Imke Herrmann / Leslie S. Greenberg

Emotion-Focused Therapy
A Practitioner’s Guide

2017
358 pages
€ 36.95
ISBN 978-3-8017-2425-2

This title provides a thorough and practical introduction to emotion-focused therapy (EFT).

Emotions, the central point in EFT, help the patient identify his/her priorities and can be a good starting point for change.

This title provides therapists with an overview over the principles and strategies that enable them to work with patients’ emotions in a therapeutic setting and use them to facilitate the changing of behavior. Readers will also find this title to be a rich resource of different techniques, such as empty-chair dialogues as well as suggestions on how to handle typical problems in therapy.

Original publication:
German “Emotionsfokussierte Therapie”

For:
• psychotherapists
• specialists for psychiatry and psychotherapy
• specialists for psychosomatic medicine and psychotherapy
• clinical psychologists
• coaches
• students and teachers of psychology

Rights sold: All rights available
Marie Odile van Rhijn / Esther Leuning
*Inquiry Based Stress Reduction (IBSR) in Practice*
How to Use “the Work” of Byron Katie in Psychotherapy and Coaching

2016
288 pages
€ 27.50
ISBN 978-94-9229-700-6

Inquiry Based Stress Reduction is the name of the method which was developed by Byron Katie as “the Work”.

Byron Katie is the author of very well-known self-help books. However, until now there was no manual available which explained the application of this method and the methodological and scientific evidence supporting it.

This book provides a comprehensive and exhaustive overview over how the method can be used by therapists in psychotherapeutic settings in mental health care or business coaches and coaches in other fields of life. As well as providing an extremely precise description of each step of the protocol, all these steps are clarified by means of practical examples and case studies.

Original publication:
Dutch “Inquiry-Based Stress Reduction in de praktijk”

For:
• psychologists
• therapists
• coaches

Rights sold: All rights available

Olavo Sant’Anna Filho / Daniela da Cunha Lopes (Eds.)
*The Psychologist’s Role in Disaster Risk Reduction*
Theory and Practice

2017
255 pages
R$ 79.00 / approx. € 17.00

This book introduces the psychology of disaster scenarios, taking into account national and international research. The title outlines different concepts like anguish, stress, and resilience and highlights the importance of psychosocial attention to minimize the consequences of disastrous situations and maintaining good mental health.

The book consists of a foreword and four chapters, which include a technical note from the Federal Counsel of Psychology, the main concepts of risk and disaster management, and information on the official agencies and nonprofit organizations that work with disaster risks reduction.

Original publication:
Portuguese “O psicólogo na redução dos riscos de desastres”

For:
• clinical psychologists
• mental health professionals
• psychiatrists
• students and teachers of psychology

Rights sold: All rights available

Henri Julius / Andrea Beetz / Kurt Kotrschal / Dennis C. Turner / Kerstin Uvnäs-Moberg
*Attachment to Pets*
An Integrative View of Human-Animal Relationships with Implications for Therapeutic Practice

2013
192 pages
€ 34.95
ISBN 978-0-89937-442-3

In recent years, the symbiosis between humans and their pets has entered a new phase, marked by the clinical specialty of human-animal therapy. This approach uses the relationship between humans and their (mainly) mammalian pets to support the growth of emotion regulation, social skills, and mental health in children, adolescents, and adults.

In this unique book, a team of expert biologists and psychologists integrate and combine sophisticated biological and psychological knowledge to create a comprehensive, scientific foundation for human-animal therapy. This foundation will facilitate the development, implementation, and evaluation of effective new interventions.

Original publication:
German “Bindung zu Tieren”

For:
• psychiatrists
• mental health counselors
• school psychologists
• professionals interested in using pets and animals in therapy

Rights sold: English, Italian, Japanese
Anna B. Baranowsky / J. Eric Gentry
_**Trauma Practice**_
Tools for Stabilization and Recovery

3rd ed., 2015
204 pages
€ 41.95

Clearly written and detailed, “Trauma Practice” provides the reader with an array of techniques, protocols, and interventions for effectively helping trauma survivors. This book helps address the (cognitive, behavioral, body-oriented, and emotional/reational) aftermath of trauma using impactful care approaches.

In addition to presenting the foundations of CBT trauma treatment, the authors also provide step-by-step explanations of many popular and effective CBT techniques developed through the lens of phased trauma therapy. Interventions include Trigger List Development, 3-6 Breath Training, Layering, Systematic Desensitization, Exposure Therapy, Story-Telling Approaches, as well as new approaches inspired by recent research on neuroplasticity such as Picture Positive, Corrective Messages from Old Storylines, and Thematic Map.

Completely new sections are devoted to forward-facing trauma therapy and clinician self-care which makes this book an essential reference and toolkit for treating trauma survivors.

Sonja Rohrmann
_**When Great Achievements Lead to Great Self-doubt**_
The Impostor Self-image and its Effects

2019
104 pages
€ 19.95

They are successful high performers and to the outsider they appear to be capable, qualified, and skilled. Nevertheless, despite obvious evidence of their actual capacities, some of them fear that they will not be able to repeat their successes. They tend to attribute career success not to personal expertise but to excessive effort or uncontrollable factors such as luck. People with the impostor self-image or “imposter syndrome” are convinced that they are not as intelligent and capable as they appear to others and that they have arrived in their positions undeservedly. They thus experience themselves as “frauds” or “impostors” and fear that sooner or later they will be exposed as such.

This book examines the characteristics of the impostor self-image, how it can be identified, how widespread it is, how it develops, its links with other personality traits, and its effects. Finally, the question of countering the impostor self-image is explored, along with how people can arrive at a realistic assessment of their own skills, counter self-doubt, and achieve greater psychological well-being.

Original publication: German “Wenn große Leistungen zu großen Selbstzweifeln führen”

For:
• interested lay people
• academic specialists and practitioners

Rights sold: All rights available

Katie Witkiewitz / Corey R. Roos / Dana Dharmakaya Colgan / Sarah Bowen
_**Mindfulness**_

2017
80 pages
€ 24.95
ISBN 978-0-88937-414-0

This clear and concise book provides practical, evidence-based guidance on the use of mindfulness in treatment: its mechanism of action, the disorders for which there is empirical evidence of efficacy, mindfulness practices and techniques, and how to integrate them into clinical practice.

Leading experts describe the concepts and roots of mindfulness, and examine the science that has led to this extraordinarily rich and ancient practice becoming a foundation to many contemporary, evidenced-based approaches in psychotherapy. The efficacy of mindfulness-based interventions in conditions as diverse as borderline personality disorder, post-traumatic stress disorder, depression, alcohol and substance use, emotional dysregulation, attention-deficit hyperactivity disorder, chronic stress, eating disorders, and other medical conditions including type 2 diabetes and rheumatoid arthritis is also described. The book is invaluable reading for all those curious about the current science around mindfulness and about how and when to incorporate it effectively into clinical practice.

Original publication: English

For:
• psychotherapists
• clinical psychologists
• mental health professionals
• students

Rights sold: All rights available
Ryan M. Niemiec

**Character Strengths Interventions**
A Field Guide for Practitioners

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

This unique guide brings together the vast experience of the author with the science and practice of positive psychology in such a way that both new and experienced practitioners will benefit. New practitioners will learn about the core concepts of character and signature strengths and how to fine-tune their approach and troubleshoot. Experienced practitioners will deepen their knowledge about advanced topics such as strengths overuse and collisions, hot button issues, morality, and integrating strengths with savoring, flow, and mindfulness. Hands-on practitioner tips throughout the book provide valuable hints on how to take a truly strengths-based approach.

The 24 summary sheets and 70 evidence-based step-by-step activity hand-outs can be given to clients to help them develop character strengths awareness and use, increase resilience, set and meet goals, develop positive relationships, and find meaning and engagement in their daily lives.

Original publication: English

For:
- psychotherapists
- clinical psychologists
- counselors

Rights sold: German, Japanese, Korean, Portuguese, Spanish

Matthijs Steeneveld / Anouk van den Berg

**Character Strengths Intervention Cards**

50 cards with instruction booklet

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

Would you like to teach your clients what their character strengths are and how they can use them more? This set of cards helps you do just that.

- Endorsed with a foreword by Ryan M. Niemiec, VIA Institute
- 50 full color cards
- Individual cards for the VIA 24 character strengths and 6 virtues
- 16 intervention cards
- 16-page booklet provides practice tips

The VIA character strengths look at what positive character traits help us lead fulfilling and happy lives, rather than looking at what is wrong with us. Research has shown that knowing your strengths and using them more often leads to greater well-being, better performance, and more resilience. With these cards, you can help clients learn about their character strengths.

Original publication: English

For:
- psychologists
- consultants
- therapists
- counselors
- all those interested in mindfulness, positive psychology, and improving life

Rights sold: Korean, Spanish

Ryan M. Niemiec

**Mindfulness & Character Strengths**
A Practical Guide to Flourishing

2014
274 pages + Audio CD
€ 27.95
ISBN 978-0-88937-376-1

At the core of this hands-on resource for psychologists and other practitioners, including educators, coaches, and consultants, is Mindfulness-Based Strengths Practice (MBSP), the first structured program to combine mindfulness with the character strengths laid out in the VIA Institute’s classification developed by Drs. Martin E.P. Seligman and Christopher Peterson. This 8-session program boosts awareness and application of character strengths.

The first section of the book consists of a detailed primer on mindfulness while the second part goes into more detail about the integration of mindfulness and character strengths.

The third section then leads readers through each of the 8 MBSP sessions, including details of session structure and content, suggested homework, handouts, as well as inspiring quotes and stories and useful practitioner tips. An additional chapter discusses the adaption of MBSP to different settings and populations.
Lara de Bruin

**Solution-Focused Treatment and Coaching**
365 Questions for Therapists and Coaches

2017  
60 pages  
€17.50  

These fans contain questions that can be used in a variety of different setting and offer a solution-focused perspective. The user is guided through the fan by topics. The front of the cards provide guidance to help construct a conversation, while the back of the cards focus on specific situations or clients.

**Solution-Focused Organizing and Changing**
365 Questions for Managers and Team Leaders

2017  
60 pages  
€19.50  
ISBN 978-94-9229-715-0

These fans contain questions that can be used in a variety of different setting and offer a solution-focused perspective. The user is guided through the fan by topics. The front of the cards provide guidance to help construct a conversation, while the back of the cards focus on specific situations or clients.

Evelin Fräntzel / Dieter Johannsen

**80 Picture Cards for Coaching, Training, and Psychotherapy**
Initiating Learning- and Change Processes

2019  
80 pages  
€49.95  
ISBN 978-3-8017-2940-0

People think and remember in images, images influence our feelings and our perception, they shape our interpersonal communication and interaction. Coaches, supervisors, trainers, consultants, and therapists can use picture cards as a creative method to initiate learning and change processes among their clients.

The card set can be used when working with groups and teams as well as in individual settings. Using the picture cards and the detailed exercise descriptions, processes of professional and personal reorientation and further development of clients can be effectively supported. The enclosed booklet gives numerous suggestions for the use of the picture cards in practice.

**Original publication:**  
German “80 Bildkarten für Coaching, Supervision, Training und Psychotherapie”

**For:**  
- coaches  
- supervisors  
- consultants  
- group leaders  
- psychotherapists  
- psychologists  
- teachers, educators, personnel developers

**Rights sold:** All rights available
Resource Activating Coaching
A Guide for Coaches, Counsellors, and Trainers

This title offers coaches, counsellors, and trainers a variety of strategies that will allow them to enable their clients to find and use their resources, incorporate them into the coaching process, and use them to effect change.

To use the full range of benefits resource activation brings along, this title shows a variety of methods to identify and work with clients’ resources. It contains exercises to break through entrenched patterns, enhance the mood, and pause. It enables clients to consciously make decisions and make optimal use of their existing resource potential and to use it in challenging situations. One chapter is also dedicated to the use of resource activating exercises in group settings.

Original publication:
German “Coaching mit Ressourcenaktivierung”

For:
• coaches
• counsellors
• trainers

Rights sold: All rights available

100 Cards for Resource Activating Coaching

This set of cards includes 70 color photos and 30 question cards. The combination of pictures and questions allows for the use in a wide range of activities in coaching, which are presented in the enclosed booklet.

The card set is also the ideal complement to the book “Resource Activating Coaching”, which explains the possibilities of using the cards in more detail. In addition, the card set can also be used for resource activation in the context of therapy.

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

For:
• coaches
• therapists
• counsellors
• trainers

Rights sold: All rights available
Self-Care for Therapists

2017
117 pages
€ 19.95

Psychotherapists face many challenges in their day-to-day work. The close contact with patients, which makes the profession attractive on one hand, is also stressful on the other hand. Caring for patients while protecting oneself requires different techniques which this book introduces.

The title describes typical situations which can be challenging for psychotherapists, e.g. dealing with strong emotions during a session or the inability to separate oneself afterwards, a patient who has fallen in love with his/her therapist, or the death of a patient. This book offers therapists a variety of self-care measures that can reduce everyday stress and workload. Additionally, it contains helpful strategies to enable therapists to be less reactive in stressful situations.

Original publication:
German “Selbstunterstützung für Psychotherapeuten”

For:
• psychotherapists
• specialists for psychiatry and psychotherapy
• specialists for psychosomatic medicine
• clinical psychologists
• coaches
• students and teachers

Rights sold: All rights available

Movies and Mental Illness
Using Films to Understand Psychopathology

4th ed., 2014
456 pages
€ 42.95
ISBN 978-0-88937-461-4

“Movies and Mental Illness”, written by experienced clinicians and teachers who are themselves movie aficionados, has established a great reputation as a uniquely enjoyable and highly memorable text for learning about psychopathology. The new edition has been fully updated to include DSM-5 and ICD-10 diagnoses, dozens of evocative and informative frame grabs, a full film index, “Authors’ Picks,” sample syllabus, and more international films and shorts.

The core clinical chapters each use a fabricated case history and Mini-Mental State Examination along with synopses and discussions about specific movies to explain, teach, and encourage discussion about all the most important mental health disorders.

Original publication: English

For:
• students and teachers of psychology, psychiatry, social work, medicine, nursing, counselling, literature, or media studies
• anyone interested in mental health

Rights sold: German, Japanese, Korean, Polish, Spanish, Turkish
Theoretical Research in Psychology
Philosophical and Methodological Aspects

2016
167 pages
R$ 72.00 / approx. € 16.00

The psychological field was, and still is, a target of numerous critics, arguing that the field consists of experimental methods with an unclear conceptual basis. From this criticism arose the theoretical research, focused on the investigation of psychological theories and concepts.

This book presents and discusses the scientific methodology for conceptual and theoretical research in order to understand the importance of theoretical reflection to evaluate and interpret empirical data.

This title also contains teaching and study material on research abilities, both for graduate and undergraduate levels thus supporting the recognition of theoretical research as a valid area of psychology.

Original publication:
Portuguese “Pesquisa Teórica em Psicologia: Aspectos Filosóficos e Metodológicos”

For:
- psychologists
- educators
- students and teachers
- interested researchers

Rights sold: All rights available

Applications of Positive Psychology
Work and Organizations

2018
239 pages
R$ 94.00 / approx. € 22.00

This book outlines important and up-to-date contributions in the area of Positive Organizational and Work Psychology (PPOT).

Written by renowned Brazilian and international researchers in this field, it describes a multitude of views and presents a broad panorama of the varied applications of Positive Organizational and Work Psychology (PPOT).

Divided into three parts, the first part gives an overview over what PPOT is. The second section contains a description and discussion of how PPOT interprets the dynamics of people in the context of work and organizations. The third part focusses on the practical applications of PPOT in Brazil.

This book brings new perspectives to professional’s practice, new reflections for research development and contributes to training in organizational and work psychology, especially in PPOT.

Original publication:
Portuguese “Aplicações da psicologia positiva”

For:
- students working with positive organizational and work psychology
- professionals working in human resources

Rights sold: All rights available
Marco Behrmann

Negotiation and Persuasion
The Science and Art of Winning Cooperative Partners

2016
128 pages
€ 24.95
ISBN 978-0-88937-467-6

This book is a clear and compact guide on how to succeed by means of goal-oriented negotiation and cooperative persuasion.

Readers learn models to understand and describe what takes place during negotiations, while numerous figures, charts, and checklists clearly summarize effective strategies for analyzing context, processes, competencies, and the impact of our own behavior. Real-life case examples vividly illustrate the specific measures individuals and teams can take to systematically improve their powers of persuasion and bargaining strength.

The book also describes a modern approach to raising negotiation competencies as part of personnel development, making it suitable for use in training courses as well as for anyone who wants to be a more persuasive and successful negotiator.

Original publication:
German “Verhandeln und Überzeugen”

For:
• work and organizational psychologists
• HR professionals
• coaches
• management trainers and trainees

Rights sold: English
The "Clinical Handbook of Psychotropic Drugs" is a user-friendly practical resource for using psychotropic drugs in any setting. The content is derived from various forms of published literature as well as from leading clinical experts, to provide evidence-based clinically relevant information that is easily accessed and utilized to aid with patient care decisions.

It provides a comprehensive and user-friendly compilation of data on psychotropic drugs and is packed with unique comparison charts (dosages, side effects, pharmacokinetics, interactions ... ) and the latest information on newly released drugs, adverse effects, and approved/unapproved indications.

The drugs are sorted by area of application and thanks to this book's succinct, bulleted information on all classes of medication and, therefore, easy access to information, this handbook is a practice-oriented and up-to-date reference book for anybody working in psychiatry.
Many psychotropic drugs are used to treat childhood and adolescent mental illness on the basis of efficacy in adults, despite not being currently approved for use in the young. The lack of approval does not necessarily reflect lack of safety or efficacy, but it does reflect a lack of controlled studies.

The “Clinical Handbook of Psychotropic Drugs for Children and Adolescents” is a unique resource to help mental health professionals make the right choice for younger patients. It provides a comprehensive and user-friendly compilation of psychotropic drug information for the treatment of children and adolescents.

The drugs are sorted by area of application and thanks to this book’s clear structure and easy access to information, this handbook is a practice-oriented and up-to-date reference book for anybody working in child or youth psychiatry.

Original publication: English

For:
- psychiatrists
- psychiatric nurses
- pharmacists
- clinical psychologists
- mental health professionals dealing with young populations

Rights sold: German, Turkish
Successfully coping with everyday stress in the workplace is an increasing challenge. Effective individual stress prevention programs can make an important contribution to physical and mental health. By promoting individual strengths and resources, the stress-inducing imbalance between demands on the one hand and the lack of individual resources on the other hand can be counteracted.

This book is for anyone who wants to understand and improve their self- and time management as it provides the reader not only with up to date information on current research, but also outlines typical self- and time management problems and how they arise. The title also describes how to diagnose both individual problems as well as organizational factors that can lead to difficulties in self- and time management.

The measures presented in this title range from goal-setting and tracking methods to email management and tips for effective meetings. Case studies with suggestions for the design of trainings, coaching, and other organizational measures as well as exercises that can be integrated into the workday complete this title.

This title contains a strength and resource training, consisting of six 60- to 90-minute sessions. The training covers three levels: (1) thoughts and feelings, (2) the body, and (3) mindfulness. With the help of the training, participants learn to become aware of existing strengths and resources and to systematically activate and expand them. The enclosed DVD contains all the materials needed to complete the training program.

The author, Heinz Schuler, emeritus professor at the University of Hohenheim, is one of the leading experts in psychological aptitude diagnostics, occupational psychology, and staff selection. He designed the Multimodal Interview, the most successful structured interview type in the German-speaking world. This and other important interview procedures are described in this volume in a way that enables the readers to prepare and carry out recruitment interviews as well as train others. It also supplies example questions that may be used during recruitment interviews.

Additionally, the book focusses on applicants’ possible reactions to recruitment interviews as well as appropriate behavior during interviews.

Original publication:
German “Das Einstellungsinterview”

For:
• HR-specialists
• professionals in leadership positions
• students and teachers

Rights sold: All rights available
OPD Task Force (Eds.)

**OPD-2** Operationalized Psychodynamic Diagnosis
Manual of Diagnosis and Treatment

3rd ed., 2014
516 pages
€ 64.95

The Operationalized Psychodynamic Diagnosis (OPD) is a form of multiaxial diagnostic and classification system based on psychodynamic principles, analogous to those based on other principles such as DSM and ICD.

It is based on five axes: I = experience of illness and pre-requisites for treatment, II = interpersonal relations, III = conflict, IV = structure, and V = mental and psychosomatic disorders (in line with Chapter V (F) of the ICD-10). After an initial interview lasting 1–2 hours, the clinician (or researcher) can evaluate the patient’s psychodynamics according to these axes and enter them in the checklists and evaluation forms provided.

The new version, “OPD-2”, has been developed from a purely diagnostic system to include a set of tools and procedures for treatment planning and for measuring change, as well as for determining the appropriate main focuses of treatment and developing appropriate treatment strategies.

**Original publication:**
German “OPD-2 – Operationalisierte Psychodynamische Diagnostik”

**For:**
- psychodynamic psychotherapists
- clinical psychologists
- psychoanalysts
- specialists in psychosomatic medicine
- psychiatrists

**Rights sold:** Chinese, Czech, English, Hungarian, Italian, Portuguese, Spanish, Turkish

OPD-KJ Task Force (Eds.)

**OPD-CA-2** Operationalized Psychodynamic Diagnosis in Childhood and Adolescence
Theoretical Basis and User Manual

2nd ed., 2016
400 pages
€ 39.95
ISBN 978-3-456-85652-0

Following the success of the “Operationalized Psychodynamic Diagnosis for Adults” (OPD-2), this multiaxial diagnostic and classification system based on psychodynamic principles has now been adapted for children and adolescents by combining psychodynamic, developmental, and clinical psychiatric perspectives.

The OPD-CA-2 is based on four axes that are aligned with the new dimensional approach in the DSM-5: I = interpersonal relations, II = conflict, III = structure, and IV = prerequisites for treatment.

After an initial interview, the clinician (or researcher) can evaluate the patient’s psychodynamics according to these axes to get a comprehensive psychodynamic view of the patient. Easy-to-use checklists and evaluation forms are provided. The set of tools and procedures the OPD-CA-2 manual provides have been widely used for assessing indications for therapy, treatment planning, and measuring change, as well as providing information for parental work.

**Original publication:**
German “OPD-KJ-2 – Operationalisierte Psychodynamische Diagnostik im Kindes- und Jugendalter”

**For:**
- child and adolescent psychotherapists and psychiatrists

**Rights sold:** English, Spanish, Turkish
The AMDP System
Manual for Assessment and Documentation of Psychopathology in Psychiatry

10th ed., 2018
198 pages
€ 27.95
ISBN 978-0-88937-542-0

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

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

Original publication: German “Das AMDP-System”

For:
• specialists in psychiatry and psychotherapy
• specialists in psychosomatic medicine
• psychological psychotherapists
• clinical psychologist
• students
• teachers

Rights sold: English, French, Portuguese

Vittorio Busato / Peter Valckx
What’s wrong with me?
Faces of the DSM

2018
288 pages
€ 30.00
ISBN 978-9-492297181

What’s wrong with me? is a book with 50 portraits of people with a diagnosis according to the DSM-5. These 50 individuals explain in their own words what the diagnosis means to them and how this affects their lives. The photos show what they look like and how the live. A very impressive book about the people behind the diagnoses. Essential reading for healthcare professionals and students.

Original publication: Dutch “What’s wrong with me?”

For:
• healthcare professionals
• students
• everybody with an interest in people

Rights sold: All rights available
Self-help & General Interest

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

The first part of this section is dedicated to parents and children, including titles on:
• parenting
• dealing with mental illnesses in children

The second part contains titles about:
• relationships and marriage
• how to cope with mental illness in oneself or in relatives
• wellbeing and health
Winona Michel / Hannah Buschkamp / Carlotta Drerup / Finnja Schramm
Luna, the Little Owl
And How She Learned to Overcome Her Separation Anxiety
2018
56 pages
€ 24.95
ISBN 978-3-456-85896-8
Luna, the little owl, is all alone at home, because her mother is out. She is completely overcome by fear. Sole, the firefly, flies into her room, and they talk to each other about their fears. Sole explains to Luna why we are afraid, and that fear need not just be something bad, but can also be something helpful. Sole convinces Luna that fear is a completely natural feeling and gives her tips what she can do to feel better.

The aim of this book is to make it easier for affected children to understand their fears. They are taught that they are not alone and how to overcome their fears. The book provides parents, siblings, and therapists of children who have separation anxiety with important information about the emotional disorder along with practical tasks and exercises.

Original publication:
German “Die kleine Eule Luna”

For:
• children of primary school age (between 6 and 12 years) who suffer from separation anxiety
• parents, siblings
• therapists

Rights sold: All rights available

Franziska Meister / Felix Hamacher / Stephan Weingarten
Paul and the Red Balloon
A Book for Children Who Want to Become Courageous and Find New Friends
2018
72 pages
€ 24.95
The story is about Paul, who feels very lonely and has no real friends. He spends his time playing with beetles and other insects and is not comfortable asking other children if they want to play with him. He thinks of himself as boring and believes that the other children find him rather peculiar. A red balloon changes his attitude and makes him dare to do things he had never thought possible.

The aim of this book is to make it easier for affected children to understand their current situation. They are taught that they are not alone and how to overcome their fears. The book provides parents, siblings and therapists of children who have social anxiety with important information about the emotional disorder along with practical tasks and exercises.

Original publication:
German “Paul und der rote Luftballon”

For:
• children (ages 6–12) who suffer from the fear of isolation
• parents, relatives
• therapists

Rights sold: All rights available

Julia Weißflögel / Steffen Ortmüller / Daniel Wende
Grandpa’s Star
A Consolation Book for Children and Parents
2018
48 pages
€ 24.95
ISBN 978-3-456-85906-4
Saying goodbye to a loved one is always hard. Jon, the little hero of this story, serves as an example of how children can deal with the pain of loss.

When Jon’s grandfather dies, he becomes a star. Jon decides to look for his grandfather’s star to say goodbye, and begins a journey through space and through his own grief. He soon realises that this is no easy search. His feelings alternates between disappointment, euphoria, anger, and sadness. Fortunately, the man on the moon explains to the little astronaut the special nature and uniqueness of the stars for the relatives on earth. Only there do the stars twinkle and shine for grandchildren, children, and everyone else who misses the deceased. Jon finally understands that his grandfather is dead, but is not simply gone, because in his memory, in his thoughts, and in the starry sky his grandfather is still there and makes his star shine for everyone who thinks of him.

Original publication:
German “Opas Stern”

For:
• children (ages 6–12) who suffer from the fear of losing a close family member or who have lost a family member
• parents, relatives
• therapists

Rights sold: All rights available
Friederike Zais / Charlotte Michalak / Maren Rumpf / Maylien Schulte
**Zacharia’s Fidget Circus**
A Book for Fidgety Children With ADHD and Their Families and Friends

2018
72 pages
€ 24.95
ISBN 978-3-456-85918-7

The circus elephant Enno can perform quite fabulous tricks, but he is often so fidgety that he runs into all sorts of problems. Enno is very sad that he is always so clumsy, which also sometimes makes it difficult to play with his friends. One evening, Zacharias, a fidgety flea, slips out of Enno’s ear and tells him that he is responsible for Enno’s fidgeting tendency and lack of concentration. The circus trainer helps Enno to handle his flea better, and Enno even learns rope dancing together with his flea.

The aim of this book is to make it easier for affected children to understand their current situation. They are taught that they are not alone and how to overcome their “fidgeting flea”.

The book provides parents, relatives, and therapists with important information on the subject along with practical tasks and exercises.

**Original publication:**
German “Zappel-Zirkus Zacharias”

**For:**
- children (ages 6–12) suffering from hyperactivity and impulsiveness
- parents, relatives
- therapists

**Rights sold:** All rights available

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Joan Schaaf / Wiebke Andersen / Meera Roth / Marie-Luise Salzmann
**A Fox in Your Mind**
A Book for Children with Social Anxiety

2018
80 pages
€ 24.95
ISBN 978-3-456-85899-9

Lea sometimes is afraid to talk to other children or adults or speak in front of the class. She prefers to run to her toy kangaroo Pocci rather than face frightening situations. If Lea avoids her fears, she turns into a fox, which makes everything worse. She is not the courageous and cheerful girl she would like to be. But luckily Pocci can help her, and together they thoroughly straighten up Lea’s thoughts and free her from her fears.

The aim of this book is to make it easier for affected children to understand their fears. They are taught that they are not alone and how to overcome their fears. The book provides parents, siblings, and therapists with important information about emotional disorders as well as practical tasks and exercises.

**Original publication:**
German “In Gedanken ein Fuchs”

**For:**
- children of primary school age (between 6 and 12 years) suffering from social anxiety
- parents, relatives
- therapists

**Rights sold:** All rights available

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Joan Schaaf / Marie Frerich / Johannes Hauck / Lea Klein-Reesink / Leonie Zahn
**Do You Hear the Elephants Roar?**
A Book for Children Whose Parents Regularly Argue

2019
96 pages
€ 24.95
ISBN 978-3-456-86021-3

“The little jumping mouse wakes up quite frightened. Her parents are arguing again, so loudly that she can’t help but hear.” That is how the story of the little jumping mouse begins. The conflict between her parents makes her very miserable and sad. The mouse decides to leave home. Walking with the wise eagle through the savannah, she observes different animal families who are also having arguments. They discover that no argument is like the other, and the two of them find out that it is normal and sometimes important to argue, but that certain rules must be followed, so that at the end of the day everyone can get along, and nobody suffers from the quarrels.

This book is intended to make it easier for affected children to understand their situation and to deal with it. It shows that there are different types of quarrels, and that sometimes it is even okay to argue.

**Original publication:**
German “Hörst du die Elefanten brüllen?”

**For:**
- children of elementary school age (between 6 and 12 years of age) suffering from their parents’ quarreling
- parents, relatives
- therapists

**Rights sold:** All rights available
Lisa Bartling / Lea Buchner / Yannik Bendel / Hannah Grote / Johannes Kresse / Jennifer Koy

Everyth/ing Is D/i.gerff erent w/i.gerth the Beaver Fam/i.gerly
A Story for Children Whose Parents are Affected by Unemployment

2019
92 pages
€ 24.95
ISBN 978-3-456-86019-0

Bene Beaver is quite certain of the following: His Mom has the coolest job in the world! At dinnertime, his mother often talks about the latest construction of a beaver den, until one evening she is quiet at dinner and seems sad. Papa Bernhard explains that Mom has lost her job. “How can you lose something like that?” asks Bene, who goes to visit the wisest animal in the forest: the moose.

This book is designed to help children, whose parents are affected by unemployment, to better understand and master their situation. The story of Bene Beaver and his family addresses a number of the different challenges that occur when a parent is unemployed.

Original publication:
German “Alles anders bei Familie Biber”

For:
- children of elementary school age (between 6 and 12 years of age) whose parents are affected by unemployment
- parents, relatives
- therapists

Rights sold: All rights available

Julia Weißflöig / Laura Marie Köcher / Sahar Ladkani / Sandrine Ngono / Annika Stöhr

Two Rooms for Cleo
When Parents Separate and What Happens Next

2019
76 pages
€ 24.95
ISBN 978-3-456-86022-0

“My parents wouldn’t dream of separating!” Of that, Cleo is certain. It hits her like a stroke of lightning, when that is exactly what her parents do. Cleo is overwhelmed by the situation; she is sad, angry, and thinks that she herself is to blame. She is certain that she can bring her parents back together. With her best friend, Finn, she concocts a plan to remind her parents how much they love each other. But things go wrong ...

This book is written in a way that is sensitive to the worries and needs of children who are confronted with their parents’ separation. The book is an excellent way to provide support for children who are going through their parents’ separation, to give them courage and strength as they find their way in a world that is no longer familiar.

Original publication:
German “Zwei Zimmer für Cleo”

For:
- children of elementary school age (between 6 and 12 years of age) who are suffering because of the mental illness of a parent
- parents, relatives
- therapists

Rights sold: All rights available

Azimeh Maleki / Franziska Beham / Maike Bönig / Ann-Kathrin Korfmacher / Markus Stracke / Sabine Wangenheim

Dark Colors in the Mirage Forest
A Book for Children Whose Parents are Mentally Ill

2019
84 pages
€ 24.95
ISBN 978-3-456-86020-6

This story is about a bird called Avi and his best friend, the troll Muri. The two live in the Mirage Forest and walk together to the forest school. But one day, Muri is acting differently for some reason. Avi does not understand what’s wrong with his friend and a big argument breaks out between the two of them. Their teacher, Ms. Bolle, manages to get Muri to open up. Muri explains that he is worried about his father. The man is in very bad shape and Muri does not understand what exactly is going on with him. With the help of Ms. Bolle and the owl as an emotional expert, the two learn what a mental illness is and that it is affecting Muri’s father’s feelings, thoughts, and behavior.

The aim of this book is to make it easier for affected children to understand their current situation. It teaches them that they are not alone and shows them how to cope with whatever is worrying them.

Original publication:
German “Dunkle Farben im Wunderwald”

For:
- children of elementary school age (between 6 and 12 years) who are suffering because of the mental illness of a parent
- parents, relatives
- therapists

Rights sold: All rights available
### Studying Successfully with ADHD

**A Practical Guide for Parents**

*Stefanie Rietzler / Fabian Grolimund*

**2016**

256 pages
€ 24.95
ISBN 978-3-456-85618-6

For children with ADHD and their parents, the school years are often difficult. Children may avoid homework they dislike, involve their parents in endless discussions about the point or pointlessness of particular exercises, dawdle and daydream their time away, or explode with frustration if they get something wrong or cannot do something.

This book provides parents with concrete and practical help. It shows you how you can:
- improve your child’s concentration and stamina
- increase your child’s motivation to learn and study
- reduce frustration, arguments, and tears over homework
- control chaos and forgetfulness
- help your child succeed by using smart learning methods
- develop your child’s strengths
- help your child cope with failure and maintain self-confidence
- establish a good relationship with the school.

**Original publication:**
German “Erfolgreich lernen mit ADHS”

**For:**
- parents/relatives of children with ADHD
- therapists
- learning coaches
- teachers

**Rights sold:** Czech, Slovak

### Smart Studying

**2018**

240 pages
€ 24.95
ISBN 978-3-456-85897-5

Young readers learn how they can achieve more with less effort and enjoy their free time without a guilty conscience by using intelligent exam preparation.

With the amount of homework increasing from school year to school year and children having to cope with more and more school subjects and examinations, many students reach their limits with the learning strategies they acquired in primary school. To ensure that the desire to learn and study does not fall by the wayside in this important phase and that they feel up to the challenges of school, it helps many children if they know:
- how their brain learns and how they can help it remember things better
- how they can distinguish the important from the unimportant, so they can learn more effectively and save time
- which learning strategies make sense
- how to increase their concentration and motivation.

**Original publication:**
German “Clever lernen”

**For:**
- 11 to 15-year-olds who want to obtain better grades with less effort and even have fun while learning

**Rights sold:** Chinese

### The Captain Nemo Stories

**20th ed., 2019**

100 pages
€ 9.95
ISBN 978-3-8017-2969-1

Even at a primary school age, children can suffer from anxiety and stress with symptoms ranging from feeling tense to problems concentrating or sleeping. The stories of Captain Nemo help children relax and learn to let go of their anxiety and restlessness.

The relaxation stories, written for children ages 5-12, can be either read aloud to the child or by the children themselves. The main character, Captain Nemo, invites the children to come along for his adventures on his submarine the Nautilus. The stories take the children to visit a coral forest, ride a giant tortoise, or explore the lost city of Atlantis.

Through the stories, the children learn strategies to calm themselves and relax which they can then re-use in difficult situations in their daily lives.

This widely successful book can be used at home, by teachers, social workers, school psychologists, child and adolescent psychotherapists, and psychiatrists.

**Original publication:**
German “Die Kapitän-Nemo-Geschichten”

**For:**
- child and adolescent psychotherapists and psychiatrists, social workers, school psychologists, teachers, parents

**Rights sold:** All rights available
Liselotte Staub

**Separation with Children – What Now?**
A Guide for Affected Parents

2018  
176 pages  
€ 19.95  
ISBN 978-3-456-85877-7

The author outlines in a clear and comprehensible way the specific action that parents can take to ensure that children develop healthily and without harm after a separation. It describes practical child-rearing and behavioral practices that have been shown to facilitate the child’s adaptation to the new post-separation situation and ensure that it is sustained.

The guide also offers useful advice on issues such as:
- answering the children’s questions  
- the need to tell children the truth  
- if the child thinks the parents will be getting together again  
- if the child rejects a new partnership

In addition, the book explains key legal terms, such as custody and guardianship. You will understand which conditions are linked to the different models of care.

**Original publication:**  
German “Trennung mit Kindern – was nun?”

**For:**
- parents who are separating or want to separate  
- adults who play a part in children’s lives (grandparents, godparents)  
- professionals and mediators working with affected parents

**Rights sold:** All rights available

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Gunilla Wewetzer / Martin Bohus

**Borderline Personality Disorder in Adolescents**
A Guide for Teens and Their Parents

2016  
114 pages  
€ 15.95  
ISBN 978-3-8017-2563-1

This guide, written for adolescents with borderline personality disorder and their parents, provides information about the symptoms, causes, treatment options, and especially the course of treatment of Dialectical Behavior Therapy for Adolescents (DBT-A).

Many examples make the content easy to grasp and detailed descriptions of different self-help exercises that can be done at home are provided. The appendix also provides worksheets and useful contact information.

This guide wants to encourage affected teens and their parents to seek help early on, as it has been proven that an early diagnosis and subsequent treatment positively influence the progression of the disorder.

**Original publication:**  
German “Borderline-Störung im Jugendalter”

**For:**
- adolescents suffering from borderline personality disorder and their families

**Rights sold:** All rights available
This guide provides teens with self-harming behavior as well as their families with information on the possible causes, progression, and treatment options.

The content of this book is clearly structured and outlines different strategies to deal with cutting. Additionally, an informative overview over the complexity of the disorder, written for non-professionals, helps readers gain a better insight into the different characteristics.

Original publication:
Portuguese “Como lidar com a Automutilação”

For:
- teens exhibiting self-harming behavior
- relatives and laypersons interested in the subject
- clinical psychologists
- mental health professionals

Rights sold: All rights available

Original publication:
Portuguese “Como lidar com os transtornos alimentares”

For:
- psychologists
- psychotherapists
- nutritionists
- teachers

Rights sold: All rights available

Original publication:
Portuguese “Como lidar com o alcoolismo”

For:
- those suffering from alcoholism and their families
- mental health professionals
- teachers

Rights sold: All rights available
How to Deal with Pathological Love
A Practical Guide for Families, Educators, and Patients

2018
80 pages
R$ 45.00 / approx. € 10.20

This guide presents in a clear and practical way relevant information to be able to understand, evaluate and treat pathological love by providing updated theoretical data as well as describing clinical cases. Suggestions on how to deal with pathological love, presented throughout the book, benefit different audiences from people suffering from pathological love, partners and family members, to health professionals. The information provided covers topics such as self-assessment, evaluation of the problem, and contains information on places where help can be sought.

This work is recommended as didactic material for courses on pathological love for health professionals, teachers, students, and others interested in the subject.

Original publication:
Portuguese “Como lidar com o amor patológico”

For:
- teachers
- clinical psychologists
- mental health professionals
- patients and their families

Rights sold: All rights available

How to Deal with Gender Dysphoria (transsexuality)
A Practical Guide for Families, Educators, and Patients

2019
144 pages
R$ 40.00 / approx. € 9.50

This book about gender dysphoria describes a situation where a person perceives themselves with a gender identity, the notion of being male or female or something between these poles, which is not compatible with their anatomical gender. The World Health Organization terms this Gender Incongruity.

The purpose of this book is to provide concepts, clarify doubts, and show transdisciplinary work with children, adolescents, and adults that goes beyond health care, and aims to reduce prejudice.

Original publication:
Portuguese “como lidar com a disforia de gênero (transsexualidade)”

For:
- those interested in gender dysphoria (transsexuality)
- teachers
- psychologists
- mental health services
- patients and their families

Rights sold: All rights available

How to Deal with Memory Problems and Neurodegenerative Diseases
A Practical Guide for Patients, Family Members, and Health Care Professionals

2019
156 pages
R$ 46.00 / approx. € 11.00

This guide was written to help recognize, with the help of different questionnaires, people who have pathological memory issues. It presents cognitive strategies to minimize memory problems arising from various diseases or simply due to aging.

The guide brings an optimistic view on neuroplasticity studies, the current focal point in creating new strategies for the treatment of people with memory difficulties. The book is written in a simple, illustrative, and direct way and presents the latest on how to deal with memory problems and neurodegenerative diseases.

Original publication:
Portuguese “Como lidar com problemas de memória e doenças neurodegenerativas”

For:
- teachers
- clinical psychologists
- mental health professionals
- patients and their families

Rights sold: All rights available
Sigrun Schmidt-Traub

**Generalized Anxiety Disorder**
A Guide for the Overly Anxious

2nd ed., 2017
162 pages
€ 16.95
ISBN 978-3-8017-2843-4

People with a generalized anxiety disorder experience large parts of their surrounding as threatening and are disproportionately worried. Because of the physical discomfort associated with anxiety, e.g. restlessness, dizziness, and sleep disorders, many sufferers believe they are physically ill.

This guide carefully examines the specifics of the disorder and compares these with other anxiety disorders. The reader receives information about the etiology and maintenance of the generalized anxiety disorder as well as disorders that are often accompanied by generalized anxiety disorder.

The guide informs the reader on how the disorder can be managed and contains examples and exercises that can be done out of the comfort of the own home to provide relief.

**Original publication:**
German “Generalisierte Angststörung”

**For:**
- people who suffer from anxiety and their family members
- psychotherapists
- coaches

**Rights sold:** All rights available

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Jeroen Bartels

**Self-Control in Adults with Autism**
Dealing with Anger, Injustice, and Frustration

2017
160 pages
€ 22.50

This title helps people with autism to effectively cope with anger, frustration, and injustice. This practical book offers a training-program which can be completed alone, based on scientifically examined treatment methods. It is especially suited to be used together with a caretaker.

The first part of the book clearly describes the connection between autism and self-control issues. The second part offers practical exercises which explain how to recognize anger in time and how strong emotions such as anger and frustrations, can be kept at bay. Numerous tips, exercises, and relatable examples help the reader to experience more direction and control.

**Original publication:**
Dutch “Zelfcontrole bij volwassenen met autisme”

**For:**
- adults with autism and involved caretakers

**Rights sold:** All rights available

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Daniel Memmert / Benjamin Noël

**Penalties and the Psychology that Governs Them**

2017
134 pages
€ 19.95
ISBN 978-3-8017-2780-2

Penalties frequently decide the outcome of football games and make up a fascinating and significant part of football matches which means that fans and media but also players and teams have a large interest in them.

Over the last 30 years, over 130 scientific studies have attempted to identify motivational, strategic, and perceptual factors that can influence success when taking a penalty shot.

This wonderfully reader friendly book shows not only international scientific findings but recounts and analyzes different well-known penalties, each illustrated with pictures which are usually not readily accessible to the public.

Taking penalty shots is not a lottery – and after reading this book, it will be clear why.

**Original publication:**
German “Elfmeter”

**For:**
- football fans, players, coaches, club members, managers
- media representatives

**Rights sold:** English, Polish
Eberhardt Hofmann / Monika Löhle

**Studying Successfully**
Efficient Study and Work Strategies for School, College, and on the Job

3rd ed., 2016
231 pages
€ 24.95
ISBN 978-3-8017-2792-5

This guide describes techniques that show the readers, depending on what type of learner they are, how to study successfully.

The guide is made up of 4 parts:
1. Introduction to different learning styles, memory strategies, and brain function
2. Elements of successful studying (time management, motivation, short relaxation techniques etc.)
3. Individual study (determining your learning style, presentations, languages and mathematics, emotions and learning)
4. Succeeding in exams (breathing techniques, muscle relaxation techniques etc.)

**Original publication:**
German “Erfolgreich Lernen”

**For:**
• students
• teachers
• parents

**Rights sold:** Czech

Anna Höcker / Margarita Engberding / Fred Rist

**Today I’ll actually start!**
Overcoming Procrastination: A Self-Help Book

2017
142 pages + CD-ROM
€ 24.95
ISBN 978-3-8017-2706-2

Everyone postpones unpleasant tasks from time to time. But when does this become a problem?

This guide is aimed at people who are dissatisfied with their work discipline and who want to learn to organize their work better and be more effective.

The core of this title is a scientifically developed and proven anti-procrastination program which provides concrete instructions for self-observation and self-management, so the reader can develop individual strategies to overcome their procrastination. The program helps the reader to plan their work schedules realistically, start work in time, develop working habits, work effectively, and to enjoy their free time again without a bad conscience. Numerous materials that are provided in this title help the reader implement and apply the techniques in their lives.

**Original publication:**
German “Heute fange ich wirklich an!”

**For:**
• people who want to acquire strategies to successfully overcome procrastination

**Rights sold:** All rights available

Tilmann Müller / Beate Paterok

**8 Weeks to Restful Sleep**
A Self-Help Book

3rd ed., 2017
209 pages
€ 16.95
ISBN 978-3-8017-2868-7

This 8-week training program will help the reader to enjoy a whole night of restful sleep using the sleep compression method. The tips and exercises presented in this self-help guide help to improve the quality of sleep and raise the reader’s awareness of the impact of the daily routines on sleep.

The book also presents interesting facts about sleep and sleep disorders, making the reader an “expert on their own sleep issues”.

**Original publication:**
German “Schlaf erfolgreich trainieren”

**For:**
• people who want to overcome sleep disorders and improve the quality of their sleep

**Rights sold:** Russian
Maja Storch
Love The Way You Want To!
How the Flatworm Can Lead You to Finding Happiness in Your Relationship
2017
176 pages
€ 19.95
ISBN 978-3-456-85650-6

Love is blind – not just to a partner’s shortcomings and faults, but often to one’s own needs as well. How can personal needs be identified, while staying true to oneself, yet still showing empathy towards the partner? How can one tell if this is Mr. or Ms. Right? How compatible are thin- and thick-skinned people?

In this book, Maja Storch shows the reader how to find out what their own needs are, take them seriously, articulate them, and communicate them to those they love. There’s no doubt about it: a relationship is hard work. But with this self-help book it can be fun.

Original publication:
German “Lieben Sie doch, wie Sie wollen!”

For:
• anyone interested in long-term, happy relationships

Rights sold: All rights available

Johannes Storch / Dieter Olbrich / Maja Storch
Goodbye Burnout
How a Flatworm Can Help You Find Your Way to a Less Stressful Life
2018
192 pages
€ 24.95
ISBN 978-3-456-85803-6

This title is written for those who have a heavy workload, are feeling on edge, and are displaying symptoms of burnout.

This well-substantiated yet enjoyable guide shows that this is not a one-way street. Using five people as examples, it demonstrates possible developments of burnout and new ways of emerging from the exhaustion trap.

The prevention program and helpful exercises in this book can help those affected and those wanting to prevent symptoms of burnout.

Original publication:
German “Burn-out, ade”

For:
• those affected
• psychotherapists
• ZRM trainers

Rights sold: All rights available

Maja Storch / Johannes Storch
Stop Beating Around the Bush!
The 15-minute ‘Worm Treatment’ for Honest Communication
2019
88 pages
€ 9.95
ISBN 978-3-456-85957-6

This title has been written for everyone who is fed up with beating around the bush, frustrated by finding themselves speechless at crucial moments, only to think up a quick-witted reply much later or are constantly considering what to say.

With the help of the flatworm, the authors provide entertaining instruction in giving voice to dissatisfaction and addressing unpleasant issues openly and head-on.

Original publication:
German “Schluss mit dem Hinterumgerede!”

For:
• people working in teams
• managers
• anyone who has had enough of beating around the bush

Rights sold: All rights available
Fears, stress, loneliness, losses, and negative beliefs about oneself and the world reduce our own well-being and have a great impact on both mental and physical health. How can we strengthen our resilience to increase and maintain health and wellbeing?

The book encourages the reader to take responsibility for the successes in their life and actively contribute to their health and increase resilience. Many examples illustrate different ways and exercises that strengthen resilience and enable the readers to actively contribute to their own health and wellbeing.

Based on scientific findings, the book outlines the different factors that influence the sense of satisfaction. By looking more closely at the various elements that play a role in creating a satisfying life, such as social relationships, physical health, stress, and personal values and goals etc, the reader is guided through a reflection of their own experience leading them to find starting points for change. A variety of exercises help the reader in their search.

With simple but ingenious exercises and the equally ingenious motivational assistance based on the Zurich Resource Model, the readers will be able to use specifically targeted exercises to improve posture and rid themselves of painful tensions. The ten exercises presented in this title can be effortlessly integrated into everyday life, and thanks to the motivational support that this book provides, readers will be able to stick with the exercises in the long term.
In today’s work environment, which is dominated by high pressure, many professionals are experiencing chronic stress, some even “burn out”.

This guide provides information about the connection between occupational stress and burnout. It presents scientifically sound and proven strategies for counteracting chronic stress. The model of the “gratification crisis”, which states that an imbalance between professional engagement and the obtained gratifications, e.g. salary and appreciation, leads to persistent stress and an increased risk of physical and mental illness, is the focus of this guide. Based on case studies and concrete instructions, readers are supported in reviewing their own situation. The guide goes on to present coping strategies, e.g. how important decisions can be made in high stress situations, how to avoid vague assessments, how to strengthen the ability to distance oneself after work, and how to improve quality of leisure time. This title can be used as a stand-alone guide as well as supplemental material for coaching or therapy.

Original publication:
German “Burnout und chronischer beruflicher Stress”

For:
• those suffering from burnout or chronic occupational stress and their family members
• psychotherapists
• psychiatrists
• coaches
• managers

Rights sold: All rights available

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Traumatic experiences, such as a serious accident, rape or other acts of violence, a natural disaster or warfare can not only cause serious bodily injury, it is also a psychological shock. Many people find it difficult to cope with the experience after a trauma. They feel depressed, terrified, or angry and think a lot about the event. Lively memories of the event determine their everyday life and can haunt them even in their sleep. This guide helps those suffering from trauma or PTSD and their loved ones to better understand the individual’s response to the event and to communicate that the responses to a traumatic experience are normal and understandable.

This title describes how the psychological consequences of a trauma are expressed, focusing in particular on the characteristics of posttraumatic stress disorder. It explains how it develops and why it sometimes does not subside over time. Many people recover even without professional help in the course of a few months from a trauma. For sufferers who find it difficult to cope with the experience alone, there are effective treatment options that are clearly illustrated in this guide. In addition, the authors provide information for relatives who want to help their loved ones manage their trauma.

Original publication:
German “Ratgeber Trauma und Posttraumatische Belastungsstörung”

For:
• those affected and their families
• psychotherapists
• psychiatrists
• medical professionals

Rights sold: All rights available
Ulrich Leutgeb

**Episodic Depression**
Successful and Effective Treatment in Practice

136 pages
€ 19.95
ISBN 978-3-456-85698-8

With medical help, the troublesome symptoms of episodic depression (e.g., insomnia, agitation) can be alleviated right at the start of a treatment program.

Drawing on his extensive practical experience, the author describes the details of treatment, the effects of commonly used drugs, the role of psychotherapy, and the latest research findings in layman’s terms. This can help those suffering from episodic depression and their family members understand the disorder and prepare for therapy.

**Original publication:**
German “Episodische Depressionen”

**For:**
- anyone affected by episodic depression and their relatives
- psychiatrists and psychotherapists
- physicians treating patients with depression

**Rights sold:** All rights available

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Martin Hautzinger

**Dealing with Depression**
Information for Those Affected and Their Families

2nd ed., 2018
76 pages
€ 8.95
ISBN 978-3-8017-2860-1

Everybody feels sad or listless at some point. This is normal. Melancholia or depression are more severe and longer-lasting variants of these moods. The entire body, thought patterns, life and social relationships are affected. Depression occurs frequently and in all stages of life but is often not recognized or recognized too late and often treated inappropriately. The consequences are unnecessary suffering, loss of quality of life, strain on the family, illnesses, and even shortened life expectancy despite the availability of successful treatment options.

This title outlines the symptoms and patterns of depression as well as possible causes and treatment options. In addition, self-help options are presented. The guide helps to better understand the illness and is also suitable for being read in parallel to an ongoing treatment and thus supporting the therapy.

**Original publication:**
German “Ratgeber Depression”

**For:**
- affected and their families
- psychotherapists
- psychiatrists
- psychological coaches
- primary care physicians

**Rights sold:** All rights available
Matthias Wengenroth

**Don’t Give Up, Give Yourself a Break!**
Overcoming Depression with Acceptance and Commitment Therapy (ACT)

2019
160 pages
€ 19.95

The author describes a way out of depression based on Acceptance and Commitment Therapy (ACT). Step by step, he takes the reader through a program that is particularly suitable for helping people to relieve or overcome depression.

It focuses on the following topics:
- difficult feelings and counterproductive control strategies
- the alternative: acceptance and self-compassion
- recognizing destructive thoughts and disarming them
- mindfulness: being present in the moment
- values and life goals
- commitment: implementing values, getting going again

**Original publication:**
German “Gib dich nicht auf, lass dich wieder ein!”

**For:**
- people suffering from a depressive disorder
- therapists

**Rights sold:** All rights available

Claudia Spahn (Ed.)

**Body Oriented Approaches for Musicians**
Methods for Improving Performance and Health

2017
320 pages
€ 44.95
ISBN 978-3-456-85502-8

All methods at a glance – a must for all musicians!

For the first time, the editor and renowned authors of this publication clearly and vividly present a wide selection of body-oriented approaches for improving musicians' health.

The clearly structured presentation of all relevant methods makes this title the perfect decision-making tool: Which method is suitable for me? Are there any specific aspects to consider when applying a method to musicians? How is each method applied in practice?

**Original publication:**
German “Körperorientierte Ansätze für Musiker”

**For:**
- physiotherapists
- music teachers
- professional musicians
- music students

**Rights sold:** All rights available
Nursing & Medicine

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

Subjects include:
• nursing education
• professional issues and trends in nursing
• reference titles
How will physiotherapy adapt to developments and challenges in the 21st century?

Introducing new ideas while keeping the tried-and-tested: This is the motto adopted by eight physiotherapy researchers and practitioners in this handbook. Their contributions advance the theoretical background of their discipline and are put together in this handbook.

They are all professionally qualified physiotherapists with additional training in fields such as health science, education, and therapy management and believe that theoretical understanding and theory development require theory-driven reflection.

Original publication:
German “Theorie und Modelle der Physiotherapie”

For:
• physiotherapists
• healthcare scientists
• university instructors

Rights sold: All rights available
This textbook provides access to new knowledge and practical proficiency by linking information from recent studies of yoga to practical insights. Instructions are provided on improving movement processes to mitigate back pain, conscious breath control to reduce asthma attacks, and methodical tension release to reduce anxiety levels. The book also describes scientific studies and research that show how these practices work. The practice of yoga is of clear benefit for the maintenance of good health and to support the treatment and rehabilitation of somatic and mental illnesses.

The author argues that yoga empowers people: from day to day, from childhood to old age, and especially in times of crisis and sickness. For yoga to be useful to many people, it must be personalized and adapted to changing physical and psychological situations. The book therefore describes specific yoga exercises in relation to classic reference positions.
Starting, shaping, and ending relationships are central elements of the work of (psychiatric) caregivers and other health and social work professions. This practice manual deals with the cultivation of relationships with its elements, influencing factors, and interventions. It emphasises important neurobiological findings relevant for the cultivation of relationships. This book demonstrates how the cultivation of relationships can be utilized for various physical, psychological, and psychosomatic illnesses.

Original publication: German “Beziehungspflege”

For:
- practicing nurses
- psychiatric nurses
- social workers and other health professionals

Rights sold: All rights available

Movement is a key nursing concept. Encouraging movement contributes a great deal to maintaining health, promoting participation, and restoring functionality. This comprehensive manual for nurses covering movement and mobility in practice:
- presents the basic principles, definitions, and models of movement in an understandable way, clarifying the connections between physical activity, health, and quality of life
- presents movement, impaired mobility, and movement support in the context of the nursing process and nursing diagnostics
- describes how movement changes with certain illnesses, problem situations, and phases of life, and how it can be positively influenced.

Original publication: German “Bewegung und Mobilitätsförderung”

For:
- nurses
- physiotherapists
- occupational therapists
- orthopedists
- kinesthetic therapists

Rights sold: All rights available

Professional simulated patients are often the method of choice for teaching, assessment, and testing in the areas of communication, ethics, psychology, and for physical examination training.

Simulated patients are being used more and more frequently in academic and vocational training for other health professions as well as in emergency and disaster drills. In contrast to role-playing, where authenticity varies greatly with the performance skills of the participants, simulations by actors can be better controlled and adapted to didactic requirements.

The perfect handbook for supplementary education and further training in the fields of medicine, nursing, psychology, physiotherapy, or emergency training in fire and rescue service instruction.

Original publication: German “Simulationspatienten”

For:
- teachers and instructors in medical and other health professions

Rights sold: All rights available
In everyday clinical practice, physicians and other professionals often have to talk to relatives about life-threatening injuries, the prognosis of illnesses, or must notify them that a family member has died, usually without having been prepared for such discussions. This book conveys the necessary communication competence based on scientifically relevant concepts (e.g. from emergency psychology).

This well-structured and practice-oriented title describes the extreme psychological situations that patients’ relatives find themselves in, how this limits their communication skills, and how specialists can deal with them in a specific and professional manner.

**Original publication:**
German “Gespräche mit hohem Belastungsfaktor in der Medizin”

**For:**
- intensive care physicians
- emergency physicians
- doctors
- nursing staff
- specialists in organ donation services

**Rights sold:** All rights available

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**Viviana Abati**  
**Medical Discussions Involving a High Level of Stress**  
Handbook for Communicating with Relatives  
2019  
192 pages  
€ 39.95  
ISBN 978-456-85922-4

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**Benny Wohlfahrt**  
**Fundamentals of Internal Medicine**  
Understanding Correlations and Interpreting Findings  
2019  
416 pages  
€ 49.95  
ISBN 978-456-85924-8

In the interdisciplinary treatment of complex abdominal illnesses, internistic co-management of the frequently occurring concomitant illnesses is essential. During their residency, medical students of visceral subjects often face internistic issues during their daily routine on the ward or while during the night shift and have to react even if there is no internist on site.

This book divides the most important fundamentals of internal medicine into organ systems, thus offering the missing link between the highly specialised training in visceral surgery, hepatology and gastroenterology, and the internistic aspects of the daily routine in the ward.

**Original publication:**
German “Internistische Grundlagen in Viszeraler Chirurgie und Medizin”

**For:**
- medical specialists in gastro-enterology, surgery, internal medicine, and general medicine
- medical students

**Rights sold:** All rights available

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**Ann-Kathrin Scholz / AndreasNiepel**  
**The CC Concept**  
An Integrative Therapy Concept for People with Memory Loss and Neurocognitive Disorders  
2019  
328 pages  
€ 39.95  
ISBN 978-3-456-85900-2

How can people with neurocognitive disorders, who suffer from severe memory loss as a result of an accident or a neurodegenerative process, be helped to recover in closed settings? The CC Concept describes the basic neuropsychological principles, epidemiology, pathophysiology, and consequences of acute neurocognitive disorders that go along with retrograde amnesia as well as severe memory loss and learning disorders. It offers positive basic therapy that promotes health, positive emotions, and well-being; it allows the patient to experience the natural world; it supports relationships, attachments, and social integration; it strengthens identity, the sense of self, and the experience of purpose; it practices learning to move; it facilitates control and orientation; and it helps to overcome crises.

**Original publication:**
German “Das CC-Konzept”

**For:**
- nurses
- occupational therapists
- neurologists
- recreational therapists
- case managers

**Rights sold:** All rights available
People with dementia experience their condition as a big change in which, for example, new events are not linked to existing experiences and wishes, thoughts, and actions can no longer be connected to each other. This kind of experience of the self, due to the integrative function of the brain being temporarily or permanently lost, is called dissociative self-experience. Based on this understanding of dementia, the author develops an approach to effectively understand and support people with dementia in everyday activities. Typical everyday situations and behaviours are presented and reflected on in a practical context.

Original publication:
German “Was ist ‘gute’ Demenzpflege?”

For:
- caregivers
- dementia attendants
- geriatricians

Rights sold: All rights available

Christoph Held
What is “Good” Dementia Care?
Altered Self-Perception in Dementia Patients – A Handbook for Caretakers

2nd ed., 2018
144 pages
€ 19.95
ISBN 978-3-456-85655-1

A stroke induces existential uncertainty in people, creating a strong sense that life’s continuance is indeterminable. This first nursing science study describes and analyzes the experiences of people over the age of 60 who have suffered a stroke and who are in the acute phase of the medical condition. The author identifies central, primary experiences using the grounded theory method and suggests how the experience of indeterminability in people who have suffered a stroke can be dealt with.

Original publication:
German “Stroke – die unbestimmbare Krankheit”

For:
- students and teachers of nursing science
- practicing nurses

Rights sold: All rights available

Elke Steudter
Stroke – the Indeterminate Illness
Experiences of Elderly People in the Acute Stroke Phase

2019
approx. 256 pages
approx. € 39.95
ISBN 978-3-456-85951-4

This short textbook covers a broad spectrum of the final phase of life, and sheds light on ethical, philosophical, psychological, spiritual, and legal aspects of dying.

The authors
- introduce the subjects of dying, death, and end-of-life care
- address philosophical and existential questions at the end of life and in the face of dying and death
- describe the psychological challenges in end-of-life care
- discuss ethical issues at the end of life with respect to abortion, forms of euthanasia, palliative sedation, and voluntary renunciation of food
- demonstrate spiritual and religious aspects in end-of-life care

Original publication:
German “End-of-Life Care”

For:
- nurses
- physicians
- psychologists
- lawyers

Rights sold: All rights available

Manuel Trachsel (Ed.)
End-of-Life Care
Psychological, Ethical, Spiritual, and Legal Aspects of the Last Stage of Life

2018
152 pages
€ 29.95
ISBN 978-3-456-85858-6
Heinz Hinse / Karl-Horst Möhl
Who Laughs Last, Laughs Longest
Humor at the Bedside and in Palliative Care
3rd ed., 2019
96 pages
€ 12.95
ISBN 978-3-456-85945-3

The book of cartoons shows how people can get the last laugh and somewhat lessen the fear of death, using humor at the bedside and in palliative care.

Humor is an important coping mechanism when it comes to life and death, being honest with terminally-ill patients, and palliative care. This book of cartoons offers busy palliative care workers and assistants an outlet that will help them cope with their day-to-day work.

Original publication:
German “Wer bis zuletzt lacht, lacht am besten”

For:
• palliative care nurses
• palliative physicians
• relatives
• dying people

Rights sold: All rights available

Jürg Streuli / Eva Bergsträsser / Maria Flury / Aylin Satir
Paediatric Palliative Care Essentials
What You Need to know about Palliative Care of Children and Teens and Their Families
2018
168 pages
€ 28.95
ISBN 978-3-456-85883-8

Death and incurable suffering is hardly compatible with our idea of childhood. And yet it is a fact that children can also die, and that life-diminishing diseases often begin as early as childhood. The book offers a distillation of experiences and recommendations in dealing with terminally ill children and adolescents and their families for professionals from various occupations and disciplines.

Original publication:
German “Kinder-Palliativmedizin Essentials”

For:
• nurses
• pediatricians
• palliative care doctors

Rights sold: All rights available

Erika Schärer-Santschi (Ed.)
Mourning
Supporting People in Mourning within Palliative Care and Nursing
2nd ed., 2019
328 pages
€ 39.95
ISBN 978-3-456-85887-6

This practical manual for nursing and healthcare professionals describes how people experience and deal with loss.

This book
• summarizes everyday and empirical knowledge of mourning and explains definitions, influencing factors, explanatory models, and forms of mourning
• describes how mourning is expressed by different people at different stages of their lives
• outlines encounters with mourners and the tasks that arise for caregivers in connection with providing counseling and support
• explains how mourning is related to feelings of guilt, traumatization, and consolation and identifies links between mourning and spirituality
• shows how people can support, advise, and assist mourners individually or in groups and with the help of music, writing, and discussions, whether they be face-to-face or online.

Original publication:
German “Trauern”

For:
• nursing professionals
• counsellors
• palliative care physicians

Rights sold: All rights available
Spiritual care involves an existential confrontation that addresses the meaning and significance of death for human life, transcending pain therapy and symptom control. It is not limited to the dying phase, in that it also has relevance for illness and other critical life situations. It is a form of professional human and social participation that newly situates suffering and death in the reality of the community. Spiritual care makes both into a visible and tangible part of the lifecycle, giving dignity and appreciation to both caregivers and those they care for.

A clearly thought out and cleverly written book focusing on an important task for the person who provides care, on the essence of life, and on the necessary awareness when health and life are at stake.

**Original publication:**
German “Spiritualität und Spiritual Care”

**For:**
- theologians
- nurses
- palliative care nurses

**Rights sold:** All rights available
What information does the nursing assistant need to provide professional support to people who are in need of care as a result of age, illness, or disability and to assist them with everyday activities? This compact and useful manual

- provides important facts and outlines techniques for assisting with the activities of daily living
- includes an overview of the anatomy and physiology needed to understand relevant illnesses and to plan and provide the necessary nursing support
- focuses on observation as an aspect of nursing and on interventions and prophylaxis
- facilitates learning and research by means of clearly structured text and illustrations.

Original publication:
German “Pflegeassistenz Notes”

For:
• nursing assistants
• social work assistants
• care takers

Rights sold: All rights available

Claudia Berther / Therese Niklaus Loosli
The Marte Meo Method
An Image-based Concept of Supportive Communication for Nursing and Care Giving Interactions

2nd ed., 2019
approx. 280 pages
approx. €39.95
ISBN 978-3-456-85941-5

Marte Meo is a communication method that supports caregivers and those in need of care, using short videos of everyday nursing activities. Supportive behavior is analyzed, reflected upon, and trained on the basis of images – with convincing results.

Original publication:
German “Die Marte Meo Methode”

For:
• nursing professionals
• home care managers
• nursing assistants
• nursing teachers

Rights sold: All rights available

Johannes Nau / Nico E. Oud / Gernot Walter
Nonviolent Care
How to Deal with Aggressive and Potentially Violent Patients

2018
104 pages
€ 21.95
ISBN 978-3-456-85866-1

Nursing, social, and healthcare professionals are increasingly being confronted with aggressive and potentially violent patients in many areas of the healthcare system. As a result, they need to look for ways to prevent aggression, deter aggressive outbreaks and ward off harm to themselves and others in the event of violence. To help professionals achieve this, this practice manual provides scientifically-based principles along with brief and easily readable assessments, tools, and techniques.

Original publication:
German “Gewaltfreie Pflege”

For:
• nurses
• teachers
• students

Rights sold: All rights available

Sylke Werner
Nursing Assistance Notes
A Brief Reference Book on Supporting People in Need of Care

2019
272 pages
€ 24.95
ISBN 978-3-456-85865-4

What information does the nursing assistant need to provide professional support to people who are in need of care as a result of age, illness, or disability and to assist them with everyday activities? This compact and useful manual

- provides important facts and outlines techniques for assisting with the activities of daily living
- includes an overview of the anatomy and physiology needed to understand relevant illnesses and to plan and provide the necessary nursing support
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Original publication:
German “Gewaltfreie Pflege”

For:
• nurses
• teachers
• students

Rights sold: All rights available
Nursing professionals caring for people outside the hospital environment repeatedly encounter people who are in acute or protracted crisis situations. Helping and supporting people in these crises is one of the most challenging tasks in outpatient care. The present study is the first of its kind to use empirical data to address domestic crisis situations from the perspective of professional outpatient nurses and to explore a systematic approach to handling them.

**Original publication:**
German “Das Buchser Pflegeinventar für häusliche Krisensituationen”

**For:**
- nurses
- geriatricians
- general practitioners
- psychiatric nurses

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Screaming and shouting is a common and very stressful, challenging behavior of people with dementia. The author provides a clear description of the phenomenon and illustrates its various aspects. He analyzes causes and influencing factors that evoke or deescalate screaming and shouting and identifies possible interventions and mitigation options for caregivers and relatives.

**Original publication:**
German “Schreien und Rufen”

**For:**
- nurses
- geriatric nurses
- geriatricians
- gerontopsychiatric nursing professionals

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This title is the first textbook on the Zurich Resource Model (ZRM®) for nursing professionals. It shows how the unconscious can be used to be more confident and motivated in one’s job.

It offers self-management training and teaches the readers how to better control their feelings and behaviour in a resource activating way. Additionally, it supports caregivers in establishing new, motivating and meaningful behaviour patterns and provides case studies to highlight particular scenarios.

**Original publication:**
German “Ressourcenaktivierend pflegen”

**For:**
- nursing practitioners
- students
- managers
- teachers

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