Foreign Rights Catalogue

A Selection of Book Highlights
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Hogrefe publishes 40 scientific journals, and our book list consists of over 2,500 available titles, with over 200 added every year. Of the more than 1,000 psychological test instruments published, many are available in multiple languages and electronically through the Hogrefe Testsystem (HTS).

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, 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. Please also feel free to contact us with regard to our test instruments!

With best wishes,

IP & Rights Team
Hogrefe Publishing Group

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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, including:

- treatment manuals for specific disorders
- handbooks on psychotropic drugs
- titles on psychological assessment
- titles on child and adolescent psychology
Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that emerges during childhood. However, it is now well recognized that ADHD frequently persists over the lifespan and well into adulthood. Without appropriate symptom management, ADHD can significantly interfere with academic, emotional, social, and work functioning. When properly identified and diagnosed, however, outcomes in adults with ADHD who receive appropriate treatment are encouraging.

This volume in the Advances in Psychotherapy series is both a compact “how to” reference, for use by professional clinicians in their daily work, and an ideal educational reference for practice-oriented students. The most important feature of this volume is that it is practical and “reader friendly”.

Original publication: English

For:
• clinical psychologists
• psychiatrists
• psychotherapists
• counselors
• students

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Attention-Deficit/Hyperactivity Disorder (ADHD) is a common childhood disorder that can have serious consequences for academic, emotional, social, and occupational functioning. When properly identified and diagnosed, however, there are many interventions for the disorder that have established benefits.

This volume is both a compact “how to” reference, for use by professional clinicians in their daily work, and an ideal educational reference for practice-oriented students.

It is a compact and easy to follow guide covering all aspects of practice that are relevant in real life in the assessment and management of ADHD across the life span. Tables, relevant case studies, and marginal notes assist orientation, while suggestions for further reading, support groups, and educational organizations are provided for individuals and professionals. The most important feature of this volume is that it is practical and “reader friendly”.

Brian P. Daly / Aimee K. Hildenbrand / Ronald T. Brown
Attention-Deficit / Hyperactivity Disorder in Children and Adolescents

2016
90 pp.
€ 24.95
ISBN 978-0-88937-412-6
Multiple Sclerosis

Pearl B. Werfel / Ron E. Franco Durán / Linda J. Trettin

Multiple Sclerosis

2016
128 pp.
€ 24.95
ISBN 978-0-88937-409-6

This innovative book will help both mental health and medical professionals empower patients or clients to live well with multiple sclerosis (MS).

It is a practical, evidence-based, culturally relevant guide to the most effective current medical, psychological, and neuropsychological diagnostic methods and interventions. The book describes a biopsychosocial, multidisciplinary, and integrative approach to treatment and provides information on psychological, mind-body, and complementary interventions for symptom management and to increase quality of life.

Both seasoned practitioners and students will find this volume useful in helping clients cope with this complex, unpredictable, and chronic neurological disorder.
This extensively updated new edition of the acclaimed book in the Advances in Psychotherapy series integrates empirical research from the last 10 years to provide clear and up-to-date guidance on the assessment and effective treatment of bipolar disorder.

The expert authors, a team of psychotherapists and medical practitioners, begin by describing the main features of bipolar disorder based on DSM-5 and ICD-10 criteria. Current theories and models are described, along with decision trees for evaluating the best treatment options. They then outline a systematic, integrated, and empirically supported treatment approach involving structured, directive therapy that is collaborative and client-centered as well as clear medication management guidelines. Special considerations, including managing suicide risk, substance misuse, and medication nonadherence, are also addressed.

This compact, stand-alone resource aims to help psychotherapists, psychologists, medical and psychiatric practitioners, and nurses deliver the highest standards of care for people with bipolar disorder.
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.
The CANDIS program is a cognitive-behavioral treatment program for people with cannabis related disorders. This unique approach has been extensively evaluated and proven to be highly effective.

Not only does the manual provide the therapist with up to date information on international biological, psychological, and social research findings, but it offers a detailed therapy program. 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.
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, antisocial, 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.
“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.
Firstly, this therapy manual offers the reader an overview over cognitive behavioral therapy and the latest advances in research.

The main part of the manual is dedicated to specific intervention techniques (e.g. techniques to deal with obsessive compulsive thoughts etc.) that can be used in therapy sessions, as well as difficulties that may occur during treatment and how to deal with these.

Furthermore, newer cognitive approaches and self-help approaches are explained.

Together with the detailed case studies, this manual is a great help for therapists treating patients with OCD.
After explaining the background of schema therapy as well as the individual schema modi, this manual outlines modus specific interventions for clients exhibiting aggressive behavior.

With the help of examples from outpatient, inpatient, forensic, and correctional context, it explains the therapeutic procedures. The accompanying CD contains PDFs of all worksheets that are needed to complete the described therapy sessions.
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.
A practical and up-to-date handbook that provides an introduction to the theory and practice of integrative body psychotherapy.

The systematic focus on the body makes Integrative Body Psychotherapy unique and is something that is increasingly being regarded as an indispensable enrichment of the theory and practice of psychotherapy.

This manual provides information on:
• basic humanistic concepts (presence, awareness, personal space, grounding, gestalt work)
• psychodynamic principles (developmental psychology, developmental personality model)
• stress model (disorders of stress regulation, implications for psychotherapy)
• breathing and body work (energetic approach, blockages, high-charge breathing, working with touch, self-relaxation techniques)
• working with sexuality in psychotherapy
The idea that people can understand each other is based on the assumption that there is such thing as the “correct” meaning of a message that simply needs to be found.

According to the theory of embodied communication, however, a message has no fixed meaning that can be extracted or deciphered. There is merely the mutually produced feeling of agreement on a linguistic form, which arises spontaneously and anew from the interaction and which is not present in the beginning.

Psychologists Maja Storch and Wolfgang Tschacher have at last supplied a new theory of communication that is in line with the latest research – and that can be applied in real-life situations. In addition to a section on the theory of embodied communication, the book contains detailed practical comments and a workshop section. The practical section describes a selection of everyday situations in which communication skills are called for. The methods can be applied to promote authentic and spontaneous behavior in real life situations.
People’s lives and careers are becoming ever more unpredictable. The “life-design paradigm” described in detail in this handbook helps counselors and others meet people’s increasing need to develop and manage their own lives and careers.

Life-design interventions, suited to a wide variety of cultural settings, help individuals become actors in their own lives and careers by activating, stimulating, and developing their personal resources.

This handbook first addresses life-design theory, then shows how to apply life designing to different age groups and with more at-risk people, and looks at how to train life-design counselors.
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 which can be given to support 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.
The “Narrative Exposure Therapy Manual” is an effective, short-term, culturally universal intervention for trauma victims – including the latest insights and new treatments for dissociation and social pain.

Narrative Exposure Therapy (NET) is a successful and culturally universal intervention for the treatment of survivors of multiple and severe traumatic events, such as organized violence, torture, war, rape, and childhood abuse. Field tests in contexts of ongoing adversity and disaster areas, as well as controlled trials in various countries, have shown that three to six sessions can be sufficient to provide considerable relief.

The first part of the book describes the theoretical background. The second part shows how to use the NET approach step by step, with practical advice and tools, including how to deal with special issues (such as dealing with challenging moments, defense mechanisms for the therapist, and ethical issues). Appendices include an informed consent form and checklists for the therapist.
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/relational) 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 traumatherapy. 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 tool-kit for treating trauma survivors.
In recent years, the ancient symbiosis between humans and their pets has entered a new phase, marked by the burgeoning 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, youth, and adults. But how are humans and animals able to develop close bonds at all? What makes it possible for animals to have a therapeutic effect on humans? And how can we best use this understanding in animal-assisted therapy?

In this unique book, a team of expert biologists and psychologists integrate and combine sophisticated biological and psychological knowledge to answer these questions. Together they have created a comprehensive, scientific foundation for human-animal therapy, a foundation that will facilitate the development, implementation, and evaluation of effective new interventions.
Positive supervision focuses on what actually works instead of on problems, and on supervisees’ strengths rather than on their deficits. The task of supervisors using this approach is – unlike the more traditional problem solving – to create solutions with their supervisees and to teach them to apply the same approach when working with their own clients.

Essential reading for all supervisors, this book introduces a new form of supervision, based on positive psychology and solution-focused brief therapy, that is shorter, more positive and hopeful, and more cost-effective than traditional methods.
Solution-focused communication is a positive and very effective approach in therapy sessions. By means of specific questions, the strengths of the client are emphasized.

This fan brings together the most important questions, ordered by subject (e.g. getting to know the client, goals, exceptions) and by type of conversation partner (clients who do not want to co-operate, who are in conflict, or who currently experience a crisis).

All relevant questions are close at hand with this extremely practical tool!
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 adaptation of MBSP to different settings and populations.

**Ryan M. Niemiec**

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

2014

274 pp. + Audio CD

€ 27.95

ISBN 978-0-88937-376-1

**Original publication:**

English

**For:**

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

**Rights sold:**

- Korean
This title shows how resource activation can take place in behavioral therapy to enhance the patient’s well-being and improve problem solving processes.

In resource oriented therapy, patients learn to regain sight of their resources so these can aid in the patient’s recovery. Resource activation, therefore, has a positive impact on therapy.

This practical handbook offers different interventions for resources activation for each phase of therapy and uses practical examples to outline the procedure.

It introduces interventions for resource oriented therapy planning, activation of already existing resources, resource activation at the end of therapy as well as resource oriented therapy sessions.

The CD contains worksheets and other materials that can be used in the described interventions.
At the beginning of therapy or counselling, people seeking help often find themselves in a state of total hopelessness. The task of the therapist is to reactivate confidence in their own ability to act, trying to bring out and then utilizing the existing strengths and abilities of the clients.

This manual demonstrates specific ways in which personal resources can be taken into account during therapy and counselling and integrated into existing therapy concepts. The featured interventions, case studies, and worksheets are written in a way that is easy to understand and presented in a manner that makes them simple to put into practice.

Christoph Flückiger / Günther Wüsten

Resource Activation
Using Clients’ Own Strengths in Psychotherapy and Counseling

2nd ed., 2014
96 pp.
€ 19.95
ISBN 978-3-456-85092-4
After a short introduction to the ACT approach and its applications, this manual outlines the procedure of the 8 sessions that make up the core of this handbook. Each session is described in great detail and provides examples and exercises.

The goal is to enable the patients to stop wrestling with their anxiety and to concentrate on what enables them to live a fulfilling life.

The principles that the patient is introduced to throughout the 8 sessions can also help them to deal more flexibly with other difficult emotions such as loneliness, sadness, or anger.

This handbook has also been proven to be effective with difficult patients and those resisting therapy.

The DVD contains all necessary worksheets and audio files to complete the described exercises.
This book uses movies as a medium for learning about the latest research and concepts, such as mindfulness, resilience, meaning, positive relationships, achievement, well-being, as well as the 24 character strengths laid out by the VIA Institute of Character.

This book systematically discusses each of the 24 character strengths, balancing film discussion, related psychological research, and practical applications.

Resources provided in this book include a suggested syllabus for a complete positive psychology course based on movies, a list of suitable movies for children, adolescents, and families as well as a list of questions for classroom and therapy discussions.
“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.
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.
The aim of this book is to show the relationship between subjectivity, teaching, and learning in education through a historical, cultural and psychoanalytical approach.

This title offers theoretical and practical resources for reflection and decision-making in different learning situations and environments.

In the classroom, students and teacher interact, influence each other’s lives, and are marked by many experiences that make up their personal subjectivities.

Marjorie Cristina Rocha da Silva / Marisa Irene Siqueira Castanho (Eds.)
Subjectivity and Learning
Contributions of Psychoanalysis and Cultural-historical Psychology

2016
288 pp.
R$ 59,00 / approx. € 16.00

Original publication: Portuguese
Subjetividade e Aprendizagem

For:
- psychologists
- students of psychology
- teachers
- educators
- researchers interested in intervention procedures
- those interested in education

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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 prerequisites 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.
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.
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 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 drugs for 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.
The WHO’s International Classification of Functioning, Disability and Health (ICF) is the accepted common framework for understanding and documenting functioning and disability.

The ICF Core Sets selected for this book have now been developed to facilitate the standardized use of the ICF in real-life clinical practice and thus improve the quality of care. By using this collection of clear checklists, definitions, and forms, clinicians will quickly and easily be able to assess clients with a range of typical health conditions at different stages and in a variety of health care contexts.

This manual describes how and why the ICF Core Sets have been developed and shows, step-by-step, how to apply the ICF Core Sets in clinical practice.

The CD contains all 31 ICF Core Sets plus documentation forms.
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
How is my child developing? Where can I turn for guidance? How can I stimulate my child’s development? Do I actually need to stimulate it? As a parent, what is my role in promoting development? And who cares what it’s like for ME?

“My Child and I” addresses parents’ elementary questions on parenthood and the development of their child. It provides a clear summary of what can be expected from a child, what one can hope for, and what the child needs to be protected from. The parents themselves are not forgotten. Parenting young children is a stressful task: the book therefore contains basic recommendations that show how parents can contribute to their child’s development and where the boundaries of appropriate developmental encouragement lie.

It also describes the challenges of parenthood and how parents can avoid becoming overwhelmed. Numerous tips help the reader identify and cope with the developmental risks and crises faced by both children and parents.

Original publication:
German
Mein Kind und ich

For:
• parents of children between the ages of 0 and 6

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Thorsten Macha / Franz Petermann
My Child and I
The First Years

2016
152 pp.
€ 16.95
ISBN 978-3-456-85678-0

Original publication:
German
Mein Kind und ich

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With a pinch of humor, the authors tell the story of Julia, her husband Peter, and their little whirlwind Alexander, who is starting elementary school. How do the three of them deal with this new stage in Alexander’s life? What problems do they encounter and what do they find stressful?

The book sets out to help parents, uncles, aunts, and grandparents understand how children of elementary school age develop. Professionals who work with children of this age may also find it of interest.

Petra Jansen and Stefanie Richter are both parents and psychologists. Through the fictional Julia they share their subjective experience as mothers, while also providing background information based on scientific studies. They demonstrate in a clear and entertaining way that some of the problems experienced by children of this age are not unexpected and are no cause for despair.
Memo is a circus elephant who lives in Switzerland, but because it is too cold for him there, he wants to return to his home country of Botswana. Unfortunately, though, Memo is very forgetful. So it’s a good thing that he has lots of friends among the other circus animals who teach him memory techniques to help him on his adventurous journey.

The memory training program with Memo the elephant is based on neuro-scientific principles and has been developed, used, and successfully tested at the University Children’s Hospital in Bern, Switzerland. The program focuses on teaching effective memory strategies and improves the working memory. Its six simple units have been shown to produce sustainable improvement in learning in children from the age of seven.

Memo Training is the product of a major research project conducted at the Inselspital in Bern by the neuropsychologists PD Dr. Regula Everts and Dr. Barbara Ritter.
The school years are a major challenge, not only for your child but also for you as a parent.

You may be asking yourself questions like:

• How can I motivate my child to study and learn?
• How should I handle homework conflicts?
• How can I help my child to become more independent?
• What learning strategies are appropriate for primary school children?
• How can I help if my child has problems with math, reading, or spelling?

Answers to these and many other questions about homework, learning, and studying can be found in this book. It describes practical methods and effective strategies, and shows how providing just a little support can be a big help to your child.

Fabian Grolimund
Learning with Children
Concrete Strategies for Parents

2nd ed., 2016
216 pp.
€ 19.95
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 of advice for parents provides 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.
Phil is a cheerful frog who is very happy with his life. He has days, though, when nothing goes right: his mother scolds him for being careless, his teacher is cross because he won’t sit still, and his best friend is angry because he has annoyed her. On days like this, his mother grumbles and says that Phil must have “ants in his pants” again.

It seems to Phil that sometimes there is a creature inside him that holds his ears shut and tosses words out of his mouth, making him hyperactive, inattentive, and impulsive. He decides to tell his mother this. To his surprise, she isn’t cross with him, but understands him and gets on the phone to all sorts of people. Eventually she tells him that they will soon be going to see a specialist. The specialist teaches him lots of tricks that he can use to deal with his “creature,” and Phil is relieved.
Recurring worrying thoughts and feelings of fear and repetitive behavior are signs of obsessive-compulsive disorders which negatively influence daily activities of the affected children and adolescents and their family members. This practical guidebook explains not only the background behind the recurring behavior but also outlines effective treatments as well as self-help approaches.

The book, furthermore, uses case studies to illustrate the Cognitive Behavior Therapy and offers exercises and other helpful material for both parents and children which support children and adolescents while overcoming their compulsions.

This guidebook aims to inform those affected by obsessive compulsive behaviors and encourage them to seek professional help.
This guidebook consists of two parts: The first part addresses teachers and parents, explaining the different diagnoses of anxiety disorders and illustrating the development of anxiety and fears with the help of a wide range of examples. It additionally outlines different methods for overcoming anxiety and fear.

Part two, written in a simpler style, directly addresses children and adolescents (from the ages of 10 to 16) explaining anxiety disorders and different self-help approaches to overcoming these.

This book is especially valuable for those parents and their children who do not want to see a therapist or want to be well prepared when starting a therapy to overcome anxiety.
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.
Lately, autism spectrum disorders (ASD) in adults have received more and more attention. A decade ago, autism was only recognised and diagnosed in children. Oddly enough, the fact that ASD could also occur in adults has been neglected for a long time.

By now it has become clear that the symptoms of ASD change over the lifetime. Though people with ASD definitely have many strengths (eye for detail, perseverance, sincerity, a sense of humour, reliability, and consistency), they also have shortcomings.

This book brings the reader up to date about ASD. In Part 1, the causes of ASD are described, both in nature and nurture. This part also includes a discussion about information processing in relation to ASD. Part 2 deals with the behavioural aspects as described in the DSM-5. In Part 3, several important themes are discussed, such as the diagnostic process, sexuality, gender differences, and changes that people with ASD experience throughout their lives.
When you have autism, you probably have to cope with stress on a daily basis. Often, people with autism do not know how to recognize stress, what causes stress, and what they can do to reduce it. “More Peace, Less Stress” offers a useful step-by-step plan. In seven steps, the reader learns what causes stress, how to recognise stress signals, and what they can do to feel more at ease. The book includes practical exercises so new knowledge can be applied right away.

Being more at ease means to be able to have a better relationship with a partner, family, friends and colleagues, focus attention to get things done more easily, have a grip on life, feel more powerful, and have more self-esteem.
This book discusses a new type of therapy that can help people with autism to be less overburdened, let go of recurrent thoughts, and get better at recognizing physical signs of stress.

Mindfulness includes meditation techniques that are derived from Buddhism and that do not require much communication or insight into thoughts and feelings. This is especially beneficial for people with autism, for whom communication and social interaction can be a challenge.

After a clear introduction to what mindfulness is, each chapter of this book offers a meditation exercise. For each meditation exercise useful tips and tricks are given, as well as potential pitfalls that relate directly to autism.

“Mindfulness for Adults With Autism” is the first treatment for adults with autism that has proven to be effective. Because of its readability and the beautiful illustrations, this book is highly recommended for both therapists and people with autism.
Because of their problems with social interaction it is often presumed that people with an autism spectrum disorder (ASD) cannot have romantic relationships. This is not true; adults with ASD are certainly capable of having long-term relationships.

Although some partners are satisfied with their relationship, there are also some who experience problems caused by ASD. Both, the partner with, as the partner without ASD, can feel unhappy and misunderstood.

This is where this book can be of help. This unique 10 step psychoeducational program helps women, whose partner suffers from an autism spectrum disorder, to understand the condition as well as their partner better. This book also offers tips for daily life that can help improve the relationship between the partners and giving the women more time to herself.
Four out of your five children have autism, and your husband too!

This is what happened to Joyce van Maaren. Over the years, four of her children and her husband are diagnosed with an autism spectrum disorder. In “A Family With Autism” she talks openly about how her life gets turned upside down over and over again, and how the family had to regain their balance.

In this inspiring and lovable book, Joyce van Maaren takes the reader on a journey – one with many ups and downs. Readers can find support in her story and discover what autism means for daily life. But most of all, they will be inspired to make the most of every day, even if they or their family has to deal with autism (or other psychological disorders).
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.)
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
Staying fit and active as long as possible is something that most people wish for. Even if the environmental conditions cannot be controlled, there are strategies that can enable us to age happily.

This book guides the reader through scientific findings in psychology, medicine, and cognitive science, outlining the framework conditions for successful aging. It then outlines the different strategies that can be applied to all areas of life. Following chapters deal with the issues of health, social relationships, and mental fitness, and provide recommendations on what can be done early on, but also at an older age, to actively enjoy this phase of life.

This book ultimately provides the reader with practical guidelines that can be incorporated into everyday life.

Original publication: German
Erfolgreich altern

For:
• the general public
• psychologists
• medical professionals

Rights sold:
All rights available
This book offers a guided approach to using the therapeutic benefits of art therapy by presenting the reader with exercises that can be done out of the comfort of their own home.

Numerous examples and photographs illustrate the exercises and detailed explanations inform the reader about each exercise’s therapeutic benefits. The book outlines how artistry can be used to tap into the bodies self-healing powers and improve vitality.

This book addresses all those who wish to use art to positively influence their physical and mental health.

Original publication: German
Selbsterfahrung durch Malen und Gestalten

For:
- all those who wish to express themselves through art and benefit from the accompanying positive effects
- art therapists
- art educators

Rights sold: All rights available
Are you or a loved one suffering from anxiety and panic and are wondering what you can do? To whom you can turn? What the options for treatment are? And how relatives can help?

This self-help book gives affected people and their relatives:
- clear and comprehensive information based on up-to-date research findings
- concrete self-help strategies and exercises with worksheets
- descriptions of recognized treatment methods
- instructions on coping with stress and using relaxation techniques
- detailed answers to frequently asked questions
- a helpful list of useful contacts and websites
- an idea of how mindfulness can be incorporated.

This book summarizes the authors' extensive knowledge in clear and comprehensible form.
Do you struggle with thoughts and feelings that make life difficult? Have you tried all sorts of ways of dealing with this without getting anywhere? Do you feel that life is passing you by?

Acceptance and commitment therapy (ACT), which this book describes in a clear and entertaining way, provides new and very enlightening insights into the causes of human suffering. At the same time, ACT shows how we can improve the way we handle the difficult aspects of being human, while also developing our abilities and strengths.

This title shows how using the described simple but effective methods can lead you to a happier, better life.
Around half of all partnerships today end in separation. Destination divorce – often after only a few years, with the statistical average being after 14 years of marriage. The marriage vow “till death do us part” may appear nostalgic against this background. The most common reason for ending a marriage in western industrialized countries today is no longer death, but divorce.

Although there are many complex factors that interact in causing a divorce, many studies show that stress plays a prominent role. Stress can be seen as one of the most common triggers for a divorce. It may be responsible for a slow deterioration, but may also act as a specific catalyst for a separation. In any case, it now represents one of the central challenges for partnerships.

This book not only discusses the causes of stress, but also offers specific assistance for couples who want to counter this threat, either at an early stage, or in an acute crisis situation. Scientifically sound and with many clearly presented examples, this book provides real assistance for a happy and fulfilling life in partnership, marriage, and family.
From a psychological perspective, there are many aspects to negotiating. Given the right knowledge of backgrounds and mechanisms, it is an art form possible to get to grips with and put into practice.

In an entertaining and informative way, this book introduces the reader to the basics of communication and body language, cooperative negotiation, strategic negotiation, the different personalities of negotiators, and negotiating.

Using practical exercises and valuable practical tips, this book takes the readers through the main psychological strategies and methods so they can negotiate flexibly, goal-oriented, and successfully.
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.
This book takes the reader on a fascinating journey, demonstrating in an understandable and entertaining way how the brain affects our thoughts, actions, and feelings – and that this sometimes only peripherally involves reason. It shows that the subconscious actually exists and how it affects us, how we arrive at both right and wrong decisions, how our memory works, how fragile it can be, and yet also how robust.

Using insightful experiments and the latest research results, including many examples, this book shows the reader what an incredibly impressive thinking organ the brain actually is – even if it is not a purely “rational machine”.

Original publication:
German
Ist das Hirn vernünftig?

For:
• people interested in the results of research into the workings of the brain in the areas of decision-making, memory, and consciousness

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Lutz Jäncke
Is the Brain Rational?
The Findings of a Neuropsychologist

2nd ed., 2016
328 pp.
€ 24.95
ISBN 978-3-456-85653-7
Media reports often praise movement as a cure-all. But apart from its undisputed positive effect on health, does movement really make us smarter? Consider a national football team, for example – are these excessively sports-driven players automatically the smartest people? Should we simply replace all school subjects with sports?

The authors provide a detailed summary of the latest scientific findings on the influence of movement on cognitive ability. They describe the effects of movement, on old age, embodiment, emotion, school as well as other factors that influence cognition.
Many people don’t know what they want. In this book, a little worm shows the reader how to live life the best way possible. It shows, how often decisions or even entire lifestyles are determined by what is “intimated” by parents, friends, the media, or even the latest fad.

Ultimately, the worm shows the reader, that it is only possible to be happy and free, if one knows what one wants and actually actively pursue this.
This book, the world’s first biography of Paul Watzlawick, written by his great-niece, describes the life of this philosopher, therapist, and best-selling author.

Paul Watzlawick had a talent for languages and he led an adventurous life, from his childhood in Villach to studying in Venice after the war, to analyst training under C.G. Jung in Zurich, an attempt at establishing himself in India and El Salvador as a therapist, and finally to the Mental Research Institute (MRI) in the United States, headed by Don D. Jackson. This marked the beginning of the second half of his life, his amazing career as a communication researcher, a pioneer of systemic therapy, and a radical constructivist.

With many letters, lectures, interviews, and statements from contemporary witnesses and family members, this book makes Paul Watzlawick accessible as a human being. It includes a variety of unpublished material from Watzlawick, and introduces a comprehensive and exciting picture of this scientist and cosmopolitan person.
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.

Ulrich Leutgeb
Episodic Depression
Successful and Effective Treatment in Practice

136 pp.
€ 19.95
ISBN 978-3-456-85698-8

Original publication:
German
Episodische Depressionen

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

Rights sold:
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This guide provides up-to-date information on symptoms of suicidal thoughts and crises, how often suicidal thoughts occur and what causes the emergence of such thoughts and behavior.

Sufferers can find suggestions that may help to rethink suicidal plans and deal with burdening thoughts.

Family members will find advice on how to handle suicidal persons.

Tobias Teismann/Wolfram Dormann

Suicide Risk?

A Guide for Those Affected and Their Families

2015
125 pp.
€ 12.95
ISBN 978-3-8017-2595-2

Original publication:
German
Suizidgefahr?

For:
• people in a suicidal crisis as well as their family members
• specialists in psychotherapy, psychiatric and psychosomatic medicine
• social workers
• staff in counselling centers
• staff working at crisis line services
• self-help groups
• suicide prevention services

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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
Jobst Augustin / Daniela Koller (Eds.)
The Geography of Health
The Spatial Dimension of Epidemiology and Treatment

2016
288 pp.
€ 34.95
ISBN 978-3-456-85525-7

Original publication:
German
Geografie der Gesundheit

For:
• health scientists
• geographers
• doctors
  (epidemiologists)

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This title is the first interdisciplinary book about geography and health that takes scientific methods and questions into account making it a great manual of international health geography research.

The topics include:
• spatial statistical analysis
• mobility analysis in health research
• GIS and mapping tools
• cartographic visualization
• health mapping
• cancer epidemiology
• morbidity
• climate change and health
• global change and infectious diseases
Why do people act and behave the way they do? What is going on inside of them?

To answer these questions, which may be going through many nursing professionals’ minds, basic psychological knowledge is essential. This title will help all those confronted with these kinds of questions in their daily nursing practice. It provides an overview over the most common mental illnesses, outlining symptoms, causes, progression, and treatment options.
Adrian Rufener / Sandra Jent (Eds.)

The Consultation Process in Nutrition Therapy
A Textbook for Studies, Teaching, and on the Job

2016
416 pp.
€ 49.95
ISBN 978-3-456-85501-1

Original publication:
German
Der Ernährungstherapeutische Prozess

For:
• nutrition consultants
• nutrition therapists

Rights sold:
All rights available

This textbook, a milestone in the field of nutrition therapy and consultancy, provides the readers with a unique and detailed description of the ideal 5-step approach that will allow nutritional therapy to be used in a more systematic and goal oriented way, thereby making it more effective.

Using this approach, the specialist will follow the five main steps starting with nutritional consulting assessment and diagnoses, to the final step that consists of nutritional consulting monitoring and evaluation.
Nurses encounter patients whose body image reality has been changed by disease, injuries, or traumas on a daily basis. In a world where a flawless body is so highly valued, these patients may struggle to adapt to and accept these changes which can lead to body image disturbances.

This handbook provides all those professionals caring for people with amputations, skin disorders, stoma, breast cancer, and other diseases with information on the concept of body image and how to assess it. It also describes possible symptoms and causes of body image disturbances and offers interventions to improve patients' body image.
Evidence-based nursing and caring, is a method that relies on scientifically verifiable data from an outside perspective, ("external evidence") the individual needs of those cared for as well as the caretakers perspective ("internal evidence").

This title offers a detailed insight into external and internal evidence in nursing care and shows in a 6-step-approach how to:

• make shared decision
• analyse and describe problems
• find literature and relevant studies
• critically evaluate nursing studies and their quality
• change nursing practice and
• evaluate nursing care.
Depression is one of the most common mental disorders and nurses and other health professions meet people struggling with depression at any age and from any background. Until now, there has not been a comprehensive book on how nursing professionals can treat their patients that suffer from depression.

This title now offers a multiprofessional, multidimensional and resource-focused approach that can close this gap. It provides professionals with background information on depression and its causes, practical information on how to deal with patients from different stages of life, from children to seniors, and explains what different approaches can be used (e.g. mindfulness) to help those suffering from depression.
This bestselling title is a practical handbook on the concept of basic stimulation in nursing and its application for patients suffering from perceptional deficits, developmental delays and mental handicaps.

It enables nurses to develop, improve, and stabilize physically and mentally handicapped people with impaired perceptual, communicative, and motor skills.

Christel Bienstein / Andreas Fröhlich

**Basic Stimulation in Nursing**
The Basics

8th ed., 2016
296 pp.
€ 24.95
ISBN 978-3-456-85648-3

**Original publication:**
German
*Basale Stimulation*®
in der Pflege –
Die Grundlagen

**For:**
• nurses

**Rights sold:**
All rights available
This workbook on the concept of basic stimulation in nursing, its elements and its application for patients suffering from perceptual deficits, developmental delays, and mental handicaps offers impressive examples, illustrations, and basic knowledge to train and implement basic stimulation in nursing and professional health care. Accounts of personal experience and exercises that help reflect on the reader’s own experience are used throughout the text to strengthen the personal role of nurses offering basic stimulation in daily care.
The Marte Meo Method, developed by the Dutch educational counselor Maria Aarts, is a resource and solution focused communication- and video-analysis-method that supports care takers as well as patients in their daily (challenging) interactions. The method uses short film clips from real life situations and analyses these together with the participants. Using this method, interpersonal skills as well as the quality of nursing improve and participants learn how to strengthen the emotional competence of those in need of their care.
This pocketbook provides information on palliative medicine in note form for quick guidance and reference in practical situations.

The authors have consulted widely with doctors, nurses, and students in order to identify the information that is essential for greater competence and confidence in palliative care. The result is this compact and interdisciplinary book that will prepare the reader for the challenges of caring for the terminally ill and dying.
Hogrefe Publishing Group – Our Vision

Knowledge brings benefits – provided it is captured, brought into a useful form, and disseminated widely. Only then can it become part of a constructive exchange that, in turn, will lead to new knowledge.

Scientific
With our competence in partnering the sciences, we add quality and focus to harness scientific knowledge for health, education, business and everyday life. Our experience and partnership with science ensure relevance.

Personal
We are personally committed and dedicated both to our science and to people. We work collaboratively with our partners to achieve shared goals. Dedication, commitment and clear values guarantee continuity.

Creative
We identify needs and develop relevant and practical publications, tools and services in a creative and collaborative process. We innovate to help advance both science and practice. Innovation and a clear vision guarantee continual progress and a leading edge.

These ideas inspire us at Hogrefe every single day, together with our partners, to further improve established paths, to take new roads and above all to cultivate knowledge so it can reach its full potential.
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