

## Reference Book Programme 2024

 **Psychology**

 **Education**

 **Social Science**

Foreign Rights Homepage

[https://www.beltz.de/foreign\\_rights.html](https://www.beltz.de/foreign_rights.html)

Contact / order reading copies:

**Fatima Möhr**

f.moehr@beltz.de

Tel: +49-6201-6007 337

Julius Beltz GmbH & Co KG • Werderstr. 10 • 69469 Weinheim • Germany

## Filomena Sabatella, Isabel Willemse **That Constant Stress in your Head**

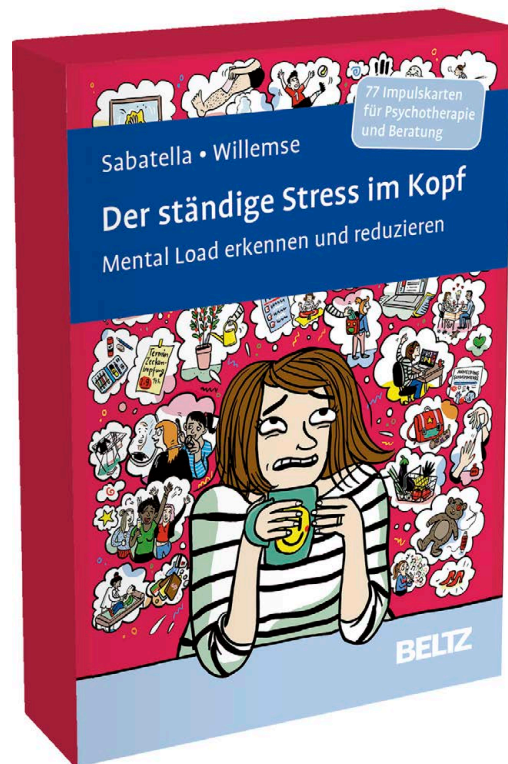
### CONTENT

#### Strategies for reducing mental load

We are constantly planning things, morning, noon and night: shopping lists, Wellington boots that are too small, football training, not forgetting to get in touch with our father, the report that still needs to be finished, putting food on the table – everything is spinning around in our heads. And behind this daily programme, there lies an even greater tangled web of things to think about. The importance of all these tasks must be recognised, steps for implementing them planned, options weighed, priorities set and decisions made. All of this is what we would call 'mental load'. If the load becomes too great, there could be a variety of consequences, both in a social sense and concerning your health. In psychotherapy and counselling the subject is often only raised when, in addition to clear feelings of stress, there are indications of depression, burnout and anxiety disorders.

#### Mental load can be reduced

- **80 impulse cards with illustrations and exercises**
- **for anyone who has a lot to think about, including parents, adult children, caregivers**
- **various applications in the booklet**



Recognising and reducing mental load. 80 impulse cards for psychotherapy and counselling. With 20-page booklet. Card format 9.8 x 14.3 cm in a sturdy box. With illustrations by Kati Rickenbach

06.03.2024

36,00 EUR

GTIN: 4019172101114

### AUTHOR

Dr Filomena Sabatella, psychotherapist and clinical psychologist, does therapeutic work with children and adolescents. She does research on mental load and offers training courses and workshops for parents and interested companies.

Isabel Willemse, a certified psychotherapist and media psychologist, works with adolescents and adults and as a supervisor in both systemic and cognitive-behavioural therapy. She is involved in various research projects and lectures psychology students.

## Guy Bodenmann, Corinne Bodenmann-Kehl Couple Therapy

### CONTENT

#### Helping couples find orientation and clarity

Reconciling desires with reality

There is a widespread desire for a fulfilling partnership—but the reality is often different. Couples face major challenges: gender roles, resolving conflict, stress and increasing pressure due to rising demands lead to a growing need for successful communication and clarity between couples. What makes these 75 therapy cards for use in therapy and counselling so impressive is their thematic breadth: there are seven modules which address the most important topics on starting therapy, communication, positivity, dyadic coping, interventions and sexuality.

- **with informative photos, illustrations and graphics**
- **proven interventions with a focus on practical use**



75 therapy cards. With 32-page booklet in high-quality hinged case, card format 16.5 x 24 cm

06.03.2024

49,00 EUR

GTIN: 4019172101299

### AUTHOR

Professor Guy Bodenmann, Professor of Clinical Psychology at the University of Zurich. His research focuses on stress and relationships, dyadic coping, relationship disorders and child development as well as the prevention of relationship disorders and couple therapy. He is a couples therapist, trainer and supervisor. With his 'Paarlife' programme, Bodenmann has developed an evidence-based system aimed at strengthening relationships between couples.

Dr Corinne Bodenmann-Kehl, couples therapist and trainer, lecturer at the University of Zurich. In her practice and research, she looks at couple and family competencies as well as resilience factors for families. She also provides couples with targeted support in couple therapy on the subject of parenting issues. With her 'Conflicts are Okay' programme, she offers parents evidence-based support in dealing with conflict.

Laura Seebauer, Gitta Jacob  
**Imagination**

**CONTENT**

**In your imagination everything is possible!**

Imagine ...

Imaginative techniques are among the other emotion-focused techniques which are enjoying increasing popularity among therapists and patients. They can be implemented both when negative feelings and traumatic experiences are involved, as well as to build resources, mindfulness and positive emotions.

- **concrete imagination exercises for direct use in therapy and counselling**
- **transdiagnostic and cross-therapy schools**
- **attractive and motivating design**



75 therapy cards. With 32-page booklet in high-quality hinged case, card format 16.5 x 24 cm

17.01.2024

49,00 EUR

GTIN: 4019172101381

**AUTHOR**

Dr. Laura Seebauer, psychological psychotherapist. Clinical and scientific work at the Department of Psychiatry and Psychotherapy at the Freiburg University Clinic and the University of Freiburg. Has worked in her own practice since 2018. Head of the Institute for Schema Therapy in Freiburg (IST-FR). Behavioural therapist, certified schema therapist, lecturer on schema therapy and imaginative procedures.

Dr. Gitta Jacob is a psychological psychotherapist and supervisor for behavioural therapy and schema therapy. After working for many years at the University Clinic and University of Freiburg, she has been a senior psychotherapist at GAIA in Hamburg since 2013. She has released a variety of books, card sets, and instructional videos, and her books on schema therapy, published by Beltz, have been translated into more than ten languages.

Franziska Einsle, Katrin Hummel  
**Cognitive Restructuring**

**CONTENT****Helping to gain new perspectives by thinking differently**

Cognitive restructuring techniques are a central element of cognitive behavioural therapy. The aim is to change the dysfunctional thoughts which are inherent in the disorder. The authors explain this indispensable technique in a clear and understandable way and provide useful, tried-and-tested tips for general use in therapy. Psychotherapists in training or behavioural therapists at the beginning of their careers will particularly benefit from this book and the accompanying educational videos.

- **practical presentation of cognitive techniques**
- **techniques from ACT, schema therapy and metacognitive therapy**
- **questions to test your knowledge, lots of examples and therapy dialogues**



Behavioural therapy techniques.

10.04.2024

212 pages; 35,00 EUR

ISBN: 978-3-621-28999-3

**AUTHOR**

Prof. Dr. Franziska Einsle is psychological psychotherapist at TUD (Technische Universität Dresden) Institute and Outpatient Clinics of Psychiatrics and Psychotherapy.

Katrin V. Hummel is psychological psychotherapist in her own private practice as well as research assistant at TUD (Technische Universität Dresden).

Karoline Pitsch, Miriam Schiele, Tobias Freyer  
**Acceptance and Commitment Therapy  
for Obsessive Compulsive Disorders**

**CONTENT****Getting free from compulsions – active and value-oriented**

Acceptance and commitment therapy has proven to be an effective behavioural therapy approach for treating compulsion disorders. This first disorder-specific ACT manual follows the central therapy phases in three modules: 'therapy preparation' deals with anamnesis and case concept, the 'practice phase' focuses on value-oriented exposure training and the main point of the 'final phase' is maintaining exposure and preventing relapse.

- **the first therapy manual on how to treat obsessive compulsive disorders with ACT**
- **flexible manual with 3 modules**
- **aim: strengthening patient independence**



15.05.2024

159 pages; 45,00 EUR

ISBN: 978-3-621-28851-4

**AUTHOR**

Dr Karoline Pitsch, ward psychologist at the Clinic for Psychiatry and Psychotherapy at the teaching Hospital Freiburg, responsible for instigating and implementing an acceptance and commitment therapy (ACT) ward concept at the special ward there for patients suffering from anxiety and obsessive compulsions. Lecturer in behaviour therapy training, including ACT therapy, certified VT supervisor.

Dr Miriam Schiele, doctor of natural sciences, psychological psychotherapist, Clinic for Psychiatry and Psychotherapy at the University Hospital Freiburg, head of the research groups 'Experimental Psychiatry and Psychotherapy' and 'Obsessive-Compulsive Disorders'.

Dr Tobias Freyer, Oberberg Parkklinik Wiesbaden Schlangenbad, specialist in psychiatry and psychotherapy, chief physician and medical director.

Claire Seufert, Antje Rakow

## Who is Waru Wombat?

### CONTENT

**Exploring your inner life is child's play – the first children's textbook on schema therapy**

Waru Wombat goes on an adventure full of excitement, fun – and frustration. That is because nothing goes the way it should and when he finally asks the wise axolotl how everything could be better, things really get going. The story is aimed at children and shows what the small, strong wombat is capable of, and soon you find yourself in the middle of the wombat's adventure. It's not just about getting to know Waru, but above all about getting to know yourself!

Schema therapy in an easy, fun way

The story of Waru Wombat offers an easily accessible and child-friendly introduction to schema therapy. By identifying with the Waru character, therapeutic work can be done in a playful manner and on an eye-to-eye level. In addition, there are materials which allow children to delve deeper into any relevant topics, discover their inner levels and get to grips with their needs

- **easily accessible introduction to working with children's inner levels**
- **with materials for parents and caregivers**
- **over 30 working materials**
- **for therapy with children between the ages of 5 to 10**

### AUTHOR

Dr Claire Seufert is nearing the end of her training as a specialist in child and adolescent psychiatry. After working at the Child and Adolescent Psychiatry departments of the University Hospital Freiburg and in Lörrach, she is now working in a children's psychiatric practice. She has completed further training in schema therapy, behaviour therapy, multi-family therapy, IPT-A, DBT-A, trauma therapy, Triple P and progressive muscle relaxation.

Dr Antje Rakow is a specialist in child and adolescent psychiatry and psychotherapy and a senior physician in the child and adolescent psychiatric clinic. She has further training in schema therapy, behavioural therapy, multi-family therapy, trauma therapy, child protection in medicine and medical hypnosis.



A children's textbook for schema therapy

09.10.2024

171 pages; 39,00 EUR

ISBN: 978-3-621-29138-5

Barbara Baumgarten, Stefanie Kolb

## Forest Elf Loki and his Adventure in the World of Emotions

### CONTENT

**A little elf, a big adventure – a children’s textbook for understanding and regulating their own feelings**

A simple way to better emotion regulation

The children’s textbook for use as a resource to promote the emotional development of children in psychotherapy: This picture book story takes young readers on a journey of self-discovery, focusing on recognising their own feelings and how to deal with strong emotions. The lovable forest elf Loki experiences real emotional chaos while searching for his lost magic wand and passes on his ‘elf tips’ in a way children find easy to understand - strategies for understanding one’s own emotional world and regulating strong feelings which are easy to use.

- **with colourfully illustrated materials for children and caregivers**
- **interactive pages encourage users to try out emotion regulation strategies**
- **a range of impulse points for working with the story and concrete, in-depth interventions**
- **suitable for therapeutic work with children between the ages of 3 to 8**



A children’s textbook about emotion regulation and mindfulness

09.10.2024

141 pages; 39,00 EUR

ISBN: 978-3-621-29146-0

### AUTHOR

Barbara Baumgarten has been working for over 20 years as a qualified social worker in child and adolescent psychiatry (outpatient, inpatient and day case), she is a systemic therapist and systemic couple therapist and holds training courses for parents.

Stefanie Kolb has been working as an illustrator since 1997. Among others she has worked for the ZDF television channel (with a focus on children’s programmes and animated cartoons) and for various major German publishing houses.



## Christa Diegelmann Therapy Tools: Grief

### CONTENT

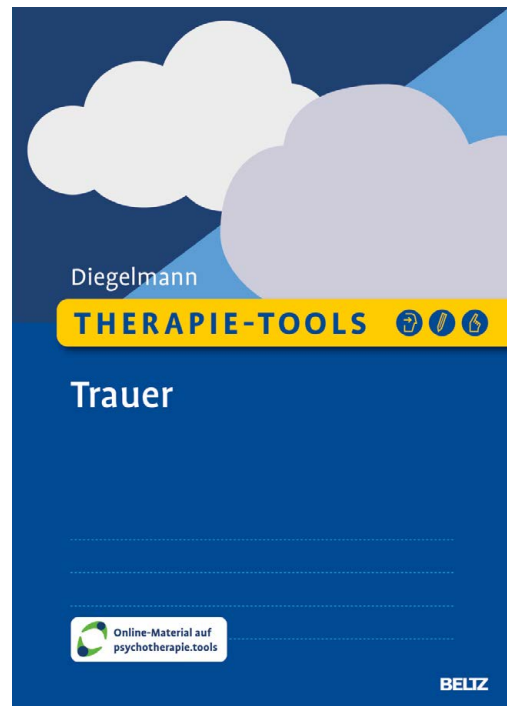
#### Giving the grieving courage to face life

Supporting grief processes in therapy

When someone close to us dies, but also when we experience a separation or someone moves to another city - grief can arise in many situations. It is an appropriate reaction we all have. It only becomes a problem when it lasts too long, when it takes away a person's joy of life on a long-term basis even leads to burnout in the end.

Christa Diegelmann has compiled an extensive range of materials for counselling people who are grieving. She considers the various contexts in which grief can occur.

- **understanding grief**
- **building resilience**
- **preventing burnout**
- **98 work sheets and information sheets**
- **for therapy, counselling, coaching and pastoral care**



09.10.2024

180 pages; 46,00 EUR

ISBN: 978-3-621-29101-9

### AUTHOR

Christa Diegelmann, graduate psychologist and psychological psychotherapist in her own practice. Supervisor (CBT, psychodynamic therapy, psychotrauma therapy, EMDR), lecturer in advanced and further education in the fields of trauma therapy, psycho-oncology, and resilience training. Head of the ID Institute for Innovative Health Concepts in Kassel and Berlin. Professional head of the psycho-oncology curriculum (German Cancer Society), psychotrauma therapy curriculum (German-speaking Society for Psychotraumatology), and resilience training curriculum (German Psychologists Academy). She is the author and editor of several textbooks.

Eva Faßbinder, Ulrich Schweiger, Gitta Jacob  
**Therapy Tools: Schema Therapy, 3rd ed.f**

#### CONTENT

##### The pathway to becoming a healthy adult

Schema therapy has emerged as an effective approach within the third wave of behavioural therapy. These days, therapeutic work using the 'angry child mode', the 'distanced protective mode' or the 'healthy adult mode' is indispensable - especially when treating personality disorders, but also other mental illnesses.

Therapy Tools is the only book of materials on the subject of schema therapy and as such provides a comprehensive collection of worksheets and information sheets. These can be used as part of a complete schema therapy treatment, but also in individual, 'schema-oriented' sessions.

- **limiting punitive and challenging modes**
- **reaching the vulnerable child mode**
- **establishing the patient's healthy adult mode**



04.09.2024

288 pages; 46,00 EUR

ISBN: 978-3-621-28824-8

#### AUTHOR

Professor Ulrich Schweiger (1955-2022) was a specialist in psychiatry, psychotherapy and psychosomatic medicine. He worked for many years as a senior consultant at the Clinic for Psychiatry and Psychotherapy at the Medical University of Lübeck and most recently as head physician at the Helios Hansekllinikum Stralsund.

Dr. Eva Fassbinder, medical psychotherapist, Medical University of Lübeck, Centre for Integrative Psychiatry.

Dr. Gitta Jacob is a psychological psychotherapist and supervisor for behavioural therapy and schema therapy. After working for many years at the University Clinic and University of Freiburg, she has been a senior psychotherapist at GAIA in Hamburg since 2013. She has released a variety of books, card sets, and instructional videos, and her books on schema therapy, published by Beltz, have been translated into more than ten languages.

Alexandra de Carvalho

## Therapy Basics: Body Psychotherapy

### CONTENT

#### Getting started with psychotherapeutic body work

Body-oriented procedures: building skills step by step  
Central to any approach to body therapy is that physical perception, experience and expression are core elements of the interventions. Body-oriented approaches look at people as a unity of body and mind. This perspective provides an exciting alternative to methods based purely on speaking. By doing exercises involving movement, posture, physical contact, etc., experiences and insights can be deeply imprinted and remembered.

The information and worksheets in this Therapy Basics volume provide therapists with a clearly presented repository of knowledge to help them get started with psychotherapeutic body work.

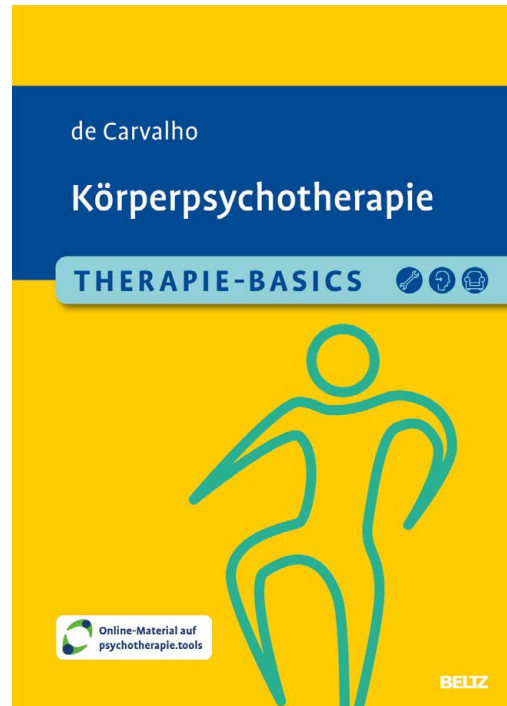
#### Therapy Basics: Knowledge in a Nutshell

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

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

### AUTHOR

Alexandra de Carvalho (M.Sc.) is a psychological psychotherapist and works as an outpatient psychotherapist in Witten. In addition to her training in behavioural therapy, she is mainly interested in body-oriented psychotherapy methods, such as integrative dance therapy, somatic experiencing and techniques based on mindfulness. She holds workshops and seminars on the topic of 'embodiment'. In addition, she has had years of practical experience in various forms of physical movement such as free dance and contact improvisation, bouldering, martial arts, yoga and improvisational theatre, which she incorporates into her therapeutic work.



09.10.2024

164 pages; 35,00 EUR

ISBN: 978-3-621-29116-3

Dr Ines Riessen

## Feelings of Guilt

### CONTENT

#### Understanding and dealing with feelings of guilt

Coping with maladaptive guilt

Maladaptive feelings of guilt – i.e. feelings of guilt which have no relation to any justified feelings of guilt – often occur in the context of mental illnesses. They can be linked to a fragile sense of self-esteem or represent an excessive demand for forgiveness. The experience of guilt and the resulting feelings of guilt are complex processes. Ines Riessen shows in a practical and pragmatic way how therapists can deal constructively with their patients' feelings of guilt.

- **case studies and therapy dialogues**
- **Incl. interventions for supervision**
- **transdiagnostic approaches**
- **the background on guilt as an emotion and its treatment in psychotherapy**
- **a range of interventions for different types of guilt**



Emotional work in psychotherapy

17.07.2024

121 pages; 35,00 EUR

ISBN: 978-3-621-29035-7

### AUTHOR

Dr Ines Riessen is a psychological psychotherapist, behavioural therapist, basic training in systemic therapy and conversational psychotherapy. Active for many years in teaching psychotherapy training in numerous institutes. Supervisor for psychological psychotherapy, self-experience facilitator, has her own practice for behavioural therapy, supervision, and coaching in Tübingen; teaching practice for several training institutes, coordinator of the team for integrative behavioural therapy. Training courses and publications on the topics of eating disorders, somatoform disorders and self-awareness.

## Anne Koopmann, Yvonne Krisam **Addicted Parents**

### CONTENT

#### Empowering addicted parents – strengthening families

To a large extent, existing therapy programmes for parents with addiction and mental illness fail to look at parenting and family-specific topics. The STAERKE outpatient and inpatient therapy programme is aimed at parents (and expectant parents) who suffer from a dependency disorder or make use of harmful substances. It aims to reinforce parents in their parenting skills and at the same time help them to abstain from their addiction. The topics included in these self-contained modules are: mindfulness, relaxation and skills training, stress and emotion regulation, parenting skills, children's basic needs and development, communication within the family.

- **extensive materials: worksheets and information sheets, slide presentations**
- **six-month programme with group and individual therapy sessions**
- **stabilising abstinence and promoting parenting skills**
- **exercises to do together with the children**

### AUTHOR

Prof. Dr. Anne Koopmann is the head of the novel research group "Therapy and Care Research for Addiction Disorders" since 2020 at the Central Institute for Mental Health (ZI) in Mannheim. The focus of her research group lies on planning and providing clinical studies in the addiction field in cooperation with the Psychiatric Center North Baden (PZN) in Wiesloch.

Yvonne Krisam works as resident at the Clinic for addictive behaviour and addiction medicine, Central Institute for Mental Health (ZI) in Mannheim.



Promoting abstinence and parenting skills  
in a resource-oriented way

09.10.2024

172 pages; 45,00 EUR

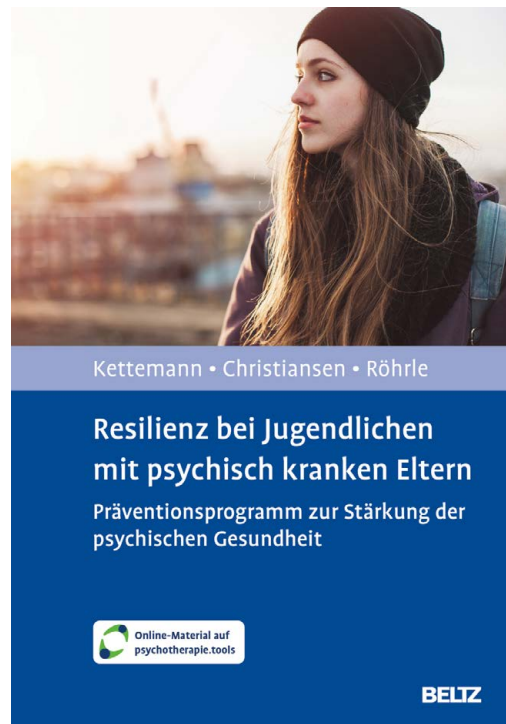
ISBN: 978-3-621-28959-7

Beate Kettemann, Bernd Röhrle, Hanna Christiansen  
**Resilience in Young People with Mentally Ill Parents**

**CONTENT****Promoting mental health among adolescents**

When children or adolescents grow up with mentally ill parents, it can have a variety of consequences, such as lower educational attainment or poorer opportunities for development. Above all, they run the risk of becoming ill themselves. This five-module programme can be carried out on an outpatient or inpatient basis. Psycho-educational content is taught in family and individual sessions, while the sessions with young people focus on topics such as understanding the illness, rights and responsibilities in the family, self-care and social activities. There is a refresher session and an analysis of any changes made to round off the programme.

- **working materials to suit the age group**
- **information on various illnesses, including depression, borderline personality disorder, anxiety, compulsions, addiction**
- **short-term prevention programme for young people (12-24 years)**
- **considers the special needs adolescents have**
- **promotes resilience and activates resources**



Prevention programme to improve  
mental health.

09.10.2024

121 pages; 42,00 EUR

ISBN: 978-3-621-28954-2

**AUTHOR**

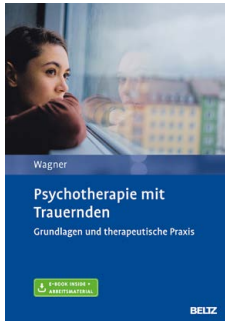
Beate Kettemann, graduate psychologist, psychological psychotherapist for children, adolescents and adults at the Vitos Clinic Gießen Marburg.

Professor Bernd Röhrle is a psychotherapist and professor (retired) for clinical psychology at the Philipps University of Marburg.

Professor Hanna Christiansen holds the chair for Clinical Child and Adolescent Psychology at the Philipps University of Marburg. She heads the institute for child and adolescent psychotherapy training as well as the child and adolescent psychotherapy outpatient clinic. Professor Christiansen is a licensed psychological psychotherapist and certified supervisor for behavioural therapy.

### BACKLIST

#### Psychotherapy with the Bereaved



978-3-621-28684-8

1<sup>st</sup> edition

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

#### Training with Attention-Impaired Children



978-3-621-28648-0

7<sup>th</sup> edition

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

#### The Paths to Developmental Psychology



978-3-621-28693-0

5<sup>th</sup> edition

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

• Rights sold: Spain, China

#### How to Escape from Compassion Fatigue



978-3-621-28688-6

1<sup>st</sup> edition

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

• Rights sold: Czech Republic

#### On the Emotional Level

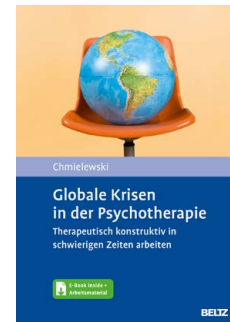


978-3-621-28806-4

1<sup>st</sup> edition

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

#### Global Crises in Psychotherapy



978-3-621-29022-7

1<sup>st</sup> edition

<https://www.beltz.de/50936>

#### Systemic Trauma Counselling



978-3-621-28927-6

1<sup>st</sup> edition

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

#### Behaviour Therapy Compass



978-3-621-28887-3

1<sup>st</sup> edition

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

#### Foetal Alcohol Spectrum Disorder (FASD) in Children and Adolescents



978-3-621-28787-6

1<sup>st</sup> edition

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

## BACKLIST – SCHEMA THERAPY

### Schema Therapy in Practice



978-3-621-28224-6  
2<sup>nd</sup> edition

<https://www.beltz.de/53924>

- Rights sold: English, French, Italy, Poland, Ukraine, simpl. Chinese

### Breaking Negative Thinking Patterns

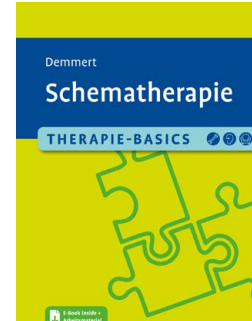


978-3-621-28415-8  
2<sup>nd</sup> edition

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

- Rights sold: English, Korea, Lithuania, Romania, Serbia, simpl. Chinese, Turkey

### Therapy Basics: Schema Therapy



978-3-621-28931-3  
1<sup>st</sup> edition

<https://www.beltz.de/50845>

### Schema Therapy with Children and Adolescents



978-3-621-28014-3  
2nd Edition

<https://www.beltz.de/53124>

- Rights sold: English, Japan, NL, Italy, Poland, Romania, Russia, Turkey

### Disorder-specific Schema Therapy with Children and Adolescents



978-3-621-28034-1  
1<sup>st</sup> edition

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

- Rights sold: English

### Therapy Basics: Schema Therapy with Children and Adolescents



978-3-621-28923-8  
1<sup>st</sup> edition

<https://www.beltz.de/49611>



## BACKLIST – SERIES: THERAPY TOOLS

### Self-esteem



978-3-621-29042-5

1<sup>st</sup> edition

<https://www.beltz.de/51014>

### Strength Work with Children and Adolescents

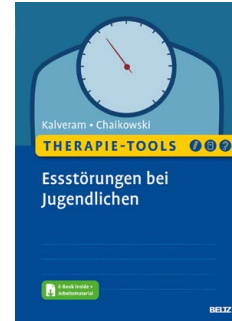


978-3-621-28975-7

1<sup>st</sup> edition

<https://www.beltz.de/50880>

### Eating Disorders with Adolescents



978-3-621-28965-8

1<sup>st</sup> edition

<https://www.beltz.de/50858>

### ACT



978-3-621-28390-8

2<sup>nd</sup> edition

<https://www.beltz.de/28390>

### Depression in Childhood and Adolescence



978-3-621-28854-5

2<sup>nd</sup> Edition

<https://www.beltz.de/50815>

### Post-traumatic Stress Disorder



978-3-621-28521-6

2<sup>nd</sup> Edition

<https://www.beltz.de/28521>

### ADHD in Adulthood



978-3-621-28708-1

1<sup>st</sup> edition

<https://www.beltz.de/28708>

### Mobbing in Childhood and Adolescence



978-3-621-28773-9

1<sup>st</sup> edition

<https://www.beltz.de/28773>

### ACT with Children and Adolescents



978-3-621-28820-0

1<sup>st</sup> edition

<https://www.beltz.de/28820>

## BACKLIST – PATIENT GUIDEBOOKS

### I Can't Sleep!



978-3-621-28631-2

1<sup>st</sup> edition

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

- Rights sold: simpl. Chinese

### Dancing with Joy, Shaking with Rage



978-3-621-28202-4

1<sup>st</sup> edition

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

### Very Valuable



978-3-621-28704-3

1<sup>st</sup> edition

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

- Rights sold: Ukraine

### Little Angry Boys and Girls



978-3-621-28873-6

6<sup>th</sup> edition

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

- Rights sold: simpl. Chinese

### Think Before you Drink



978-3-621-28882-8

10<sup>th</sup> edition

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

- Rights sold: Poland

### An Anchor in the Ocean of Everyday Life



978-3-621-28521-6

1<sup>st</sup> edition

<https://www.beltz.de/50865>

### Everything According to Plan



978-3-621-28708-1

2nd Edition

<https://www.beltz.de/50807>

Sabine Seichter

## The Long Shadow of Maria Montessori

### CONTENT

This book puts the long shadow of the world-famous Maria Montessori under the magnifying glass. It places her thinking into what has been a largely suppressed but currently (once again) highly topical context of eugenics, racial theory and the pursuit of optimisation.

On the day when Maria Montessori (1870-1952) presented her quiet and disciplined 'Montessori children' in a glass showroom to visitors to the 'Panama-Pacific International Exposition' in San Francisco in 1915, the Italian doctor and biologist had reached the pinnacle of her career. Together with the eugenicists and racial ideologues of her time, she demonstrated to a world which believed in progress the possibilities of creating the 'new Messiah' via education and biotechnology. A good 100 years later, advances in the fields of genetic and reproductive technology are catching up with Maria Montessori's biopolitical visions of a 'Ministry of the Race' (1951) and her lifelong dream of the perfect child.



The dream of the perfect child.

17.01.2024

195 pages; 29,00 EUR

ISBN: 978-3-407-25937-0

### AUTHOR

Sabine Seichter, born 1981, PhD, is a full university professor for general educational science at the Paris-Lodron University in Salzburg.

Her work focuses on the history and theory of upbringing and education, historical-cultural and personalistic concepts of educational anthropology.

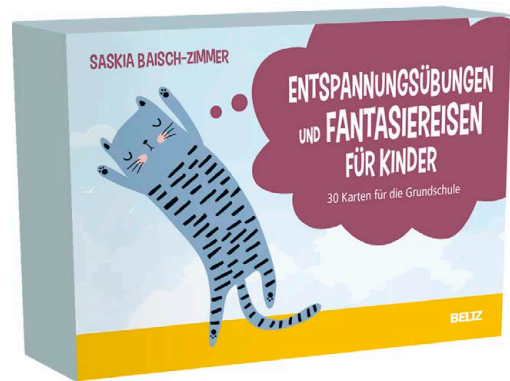
Saskia Baisch-Zimmer

## Relaxation Exercises and Fantasy Journeys for Children

### CONTENT

#### Empowering thoughts for children

Thoughts and ideas influence feelings, actions and experiences. Consequently, changing destructive thoughts in favour of constructive perspectives has a positive effect on one's quality of life and mental and emotional health. Being aware of the power of thought and harnessing it is an essential building block for increasing resilience and well-being. If we accept that the everyday, automatic thinking we demonstrate as adults has its roots in childhood, it makes sense to teach children empowering thoughts and mental techniques from an early age. These short exercises and fantasy journeys serve to improve children's well-being and self-confidence. The large-format, illustrated cards are perfect for children and provide teachers with 30 detailed descriptions on how to carry out fantasy journeys and exercises with primary schoolchildren in a motivating and effective way.



30 cards for primary school

18.09.2024

20,00 EUR

ISBN: 4019172200763

### AUTHOR

Saskia Baisch-Zimmer, graduate teacher for commercial vocational schools, teaches at a vocational training college in Hessen. She is a qualified children's mental trainer as well as a wellness and mental coach. Her many publications have served to help children and adults to find their own strengths.

### BACKLIST

#### Escaping from Behaviour Traps



978-3-407-63317-0

2<sup>nd</sup> edition

<https://www.beltz.de/51921>

#### The 'Normal' Child

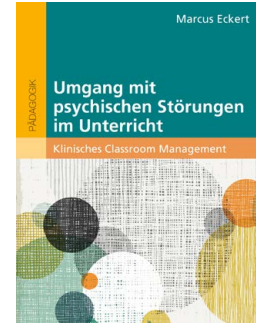


978-3-407-25932-5

1<sup>st</sup> edition

<https://www.beltz.de/51004>

#### Dealing with Mental Disorders in the Classroom



978-3-407-83204-7

1<sup>st</sup> edition

<https://www.beltz.de/63202>

- Rights sold: simpl. Chinese

#### A History of Waldorf Education

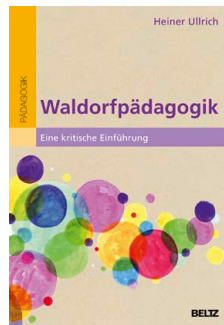


978-3-407-63136-7

1<sup>st</sup> edition

<https://www.beltz.de/39721>

#### Waldorf Education



978-3-407-25721-5

1<sup>st</sup> edition

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

#### Understand, Apply and Experience Montessori Education



978-3-407-25840-3

2<sup>nd</sup> edition

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

Lukas Eble, Simon Kunert, Sven Kluge, Marco Steffen  
**Authority and Authoritarianism**

**CONTENT****Authority and Authoritarianism**

Given the increasing importance of authoritarian thinking in political practice and public discourse, this book examines the emergence and reproduction of authoritarian, anti-democratic social and character structures from an educational perspective. There is a need to examine how education contributes to people becoming authoritarian, in order to find ways that help people free themselves from such authoritarian attitudes. This also requires the relationship between an authority based on objectivity and its transition to authoritarianism to be examined.



20.11.2024

140 pages; 20,00 EUR

ISBN: 978-3-7799-7638-7

**AUTHOR**

Lukas Eble, M.A., is a research assistant in the Department of Vocational Education and Lifelong Learning at the Faculty of Education at the University of Hamburg.

Simon Kunert is a research assistant in the general education working group at the Faculty of Education at the University of Duisburg-Essen.

Dr Sven Kluge is a lecturer at the Faculty of Education at the University of Duisburg-Essen

Dr Marco Steffen is a lecturer at the Faculty of Education at the University of Duisburg-Essen.

Udo Kuckartz, Stefan Rädiker  
**Qualitative Content Analysis.  
Methods, Practice, Computer Support**

**CONTENT****Fundamental interdisciplinary text book**

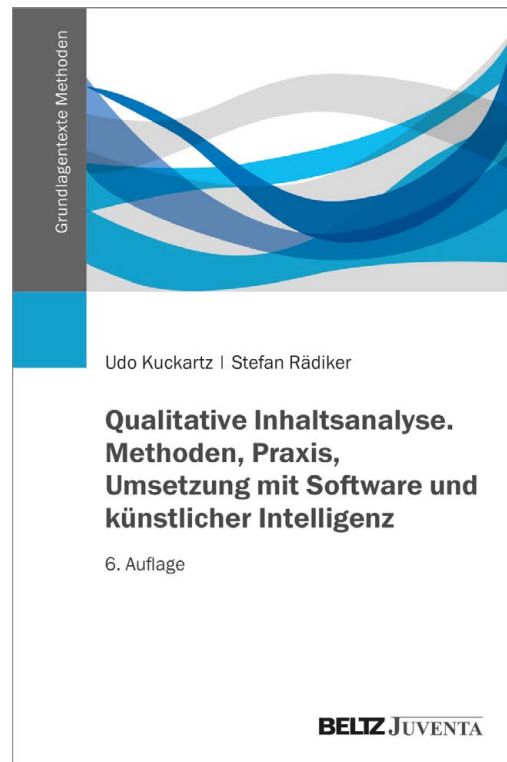
This textbook provides instructions which are methodically sound, easily understandable and application-oriented for the content-analytical evaluation of qualitative data. Three variants are presented in detail

The logbook is split up into three sections:

- the content-structuring
- the evaluative and
- type-building qualitative content analysis

The book is a valuable companion for practical scientific research in many disciplines. Its practical benefit is increased by the inclusion of a chapter on implementation with software.

What's new in this 6th edition is a chapter on the integration of artificial intelligence, in particular generative language models such as ChatGPT, into the analysis process.



09.03.2022

295 pages; 19.99 EUR

ISBN: 978-3-7799-6231-1

**AUTHOR**

Udo Kuckartz, born in 1951, Dr. Phil. M.A., is Professor Emeritus for Empirical Educational Science and Methods of Social Research at the Philipps University of Marburg and head of the Marburg Working Group for Methods and Evaluation (MAGMA). His work focuses on qualitative and quantitative methods as well as research on environmental and climate awareness.

Dr. Stefan Rädiker: Doctorate (summa cum laude) Dissertation: „The evaluation of continuing education processes in practice: status quo, challenges, competence requirements. A study among organisations that apply the LQW model“, Philipps University Marburg. He received the young Talent Award of the German Evaluation Society (DeGEval) for his dissertation. He has been self-employed with his Methoden-Expertise.de service since 2017.

## Ludger Pries Sociology

### CONTENT

#### The latest introduction to sociology

This textbook provides a profound yet easily understandable introduction to the subject by presenting and discussing the key sociological concepts systematically. Starting from the individual, from society and from social interrelationships, the three perspectives of social action, social order and social change serve as fundamental orientations. Each of the thirteen chapters begins with a specific example, on the basis of which the main sociological concepts, important authors and – in an initial overview – paradigmatic approaches are presented.



Key terms – approaches – perspectives

15.01.2024

304 pages; 15,00 EUR

ISBN: 978-3-7799-7894-7

### AUTHOR

Ludger Pries, born 1953, Dr phil., is Senior Professor of Sociology at the Faculty of Social Sciences, Ruhr University Bochum. The focus of his work and research is the (international comparative) sociology of organisation and labour, migration sociology and transnationalisation research.



### BACKLIST

#### Helping Children through Divorce

135 exercises to help guide children carefully through separation



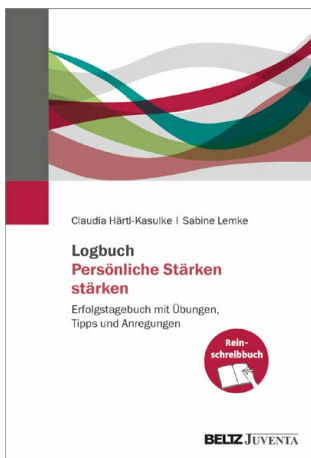
978-3-7799-3172-0

4<sup>th</sup> edition

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

#### Logbook for Strengthening Personal Strengths

Getting more joy and happiness into your life – tracking down your own strengths



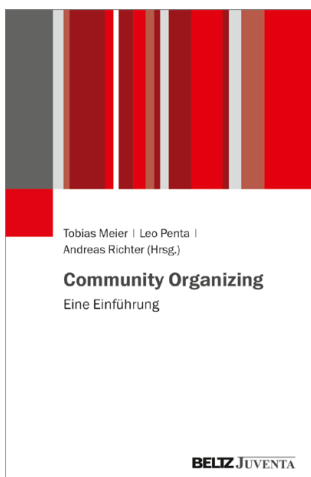
978-3-7799-7539-7

1<sup>st</sup> edition

<https://www.beltz.de/50352>

#### Community Organising

An introduction



978-3-7799-6804-7

1<sup>st</sup> edition

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

- Rights sold: Korea