

Arbeiten mit der Akzeptanz- und Commitment- Therapie (ACT)

Michael Waadt
Jan Martz
Andrew Gloster
(Hrsg.)

Ein Fallbuch

Arbeiten Mit Akzeptanz Commitment Therapie Act

Spektrum der Wissenschaft



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Spektrum Kompakt - Akzeptieren, Loslassen, Weitermachen Spektrum der Wissenschaft, 2023-01-27 Nicht alles im Leben lässt sich kontrollieren Gelegentlich muss man akzeptieren dass man manches nur wenig oder gar nicht beeinflussen kann Mit dem Los lassen haben jedoch so einige ihre Schwierigkeiten Dabei kann es Balsam für die Seele sein Rückschlüsse hinzunehmen statt sie mit aller Kraft zu vermeiden Mehrere therapeutische Techniken führen auf dem Prinzip insbesondere achtsamkeitsbasierte Verfahren Und obgleich Optimismus und Hoffnung im Leben wertvolle Ressourcen darstellen haben selbst sie im Leben eine negative Seite *Akzeptanz und Commitment in der inklusiven Lehrerbildung* Simone Pülschen, 2016-02-02 Simone Pülschen erläutert ob und wie Persönlichkeitsbildung im Rahmen eines Lehramtsstudiums gezielt unterstützt werden kann Aufbauend auf der Grundlage der modernen Verhaltenstherapie der dritten Welle entwickelt und evaluiert die Autorin ein Akzeptanz und Commitmenttraining In anwendungsorientierter Modulform steigert das Training die kooperative Kompetenz von Studierenden der Sonderpädagogik und wirkt gleichzeitig stressreduzierend Im Rahmen des Trainings werden die Studierenden über den formalen Zugang an Werteklärung und Commitment herangeführt So gelingt die Vorbereitung auf die pädagogische Kooperation in inklusiven Unterrichtssettings zu der Sonderpädagogik zukünftig verpflichtet sind Zwangsstörung Charles Benoy, Marc Walter, 2022-02-16 The disorders that are categorized under the term obsessive compulsive are mistakenly regarded as being rare forms of mental illness In fact more than 3% of the population suffer from obsessive compulsive disorders In addition to the severe sense of shame that those affected experience which causes acute psychological stress the disorder is often not recognized or recognized incorrectly In addition there is a persistent misconception among experts that obsessive compulsive disorders are difficult to treat This practice oriented standard work deals with the broad spectrum of this often bizarre condition which is difficult to understand for outsiders in accordance with the latest state of knowledge about it Numerous renowned experts provide well founded explanations of the background special features and methods of treating obsessive compulsive disorder **Akzeptanz- & Commitment-Therapie** Steven C. Hayes, Kelly G. Wilson, Kirk D. Strosahl, 2014-01-20 In den vergangenen zehn Jahren hat sich die Akzeptanz und Commitment Therapie ACT nicht nur als effektive psychotherapeutische Behandlungsmethode etabliert sie wurde auch weiterentwickelt und verfeinert Das Ergebnis ist ein beträchtlicher Fortschritt in Konzeption Technik und Erfahrungswerten Die Autoren dieses Buches haben sechs Schlüsselprozesse der ACT festgelegt die sich alle um ein zentrales Anliegen gruppieren psychische Flexibilität Dieses Modell der psychischen Flexibilität bedeutet einen weiteren Innovationsschritt der ACT weil es auf eine ganze Bandbreite psychischer Störungen angewendet werden kann Anschaulich und anhand von Fallbeispielen erläutern Hayes Strosahl und Wilson Grundlagen Vorgehen und wichtige Aspekte der Umsetzung Die bearbeitete Neuauflage dieses ersten Grundlagenwerks zur ACT wird hier in komplett neuer Übersetzung vorgelegt Therapie der unipolaren Depression - Psychotherapie Carsten Konrad, 2024-11-11 Dieses Buch stellt die g

ngigen psychotherapeutischen Verfahren dar die in der Behandlung der unipolaren Depression eingesetzt werden können Jedes Kapitel widmet sich der Darstellung eines für die Depressionsbehandlung geeigneten Psychotherapieverfahrens Jedes Kapitel wird von der Schilderung eines typischen Falls durchzogen an dem die einzelnen Interventionen im Therapieverlauf illustriert werden Die Psychotherapieverfahren werden in einzelne Handlungsschritte Module unterteilt und mit Online Materialien wie Arbeitsblätter Informationsmaterialien Aufklärungsbogen etc unterlegt Ziel des Buches ist es eine praxisnahe Anleitung zu den verschiedenen Psychotherapieverfahren zu geben Das Lesen einzelner Kapitel ohne den Zusammenhang mit den anderen Kapiteln ist möglich Das Buch stellt die Fortführung und Aktualisierung der Psychotherapie Sektion in Konrad C Therapie der Depression Praxisbuch der Behandlungsmethoden Springer 2017 dar und richtet sich in erster Linie an psychotherapeutisch tätige Ärzteinnen und Psychologinnen die sich für eine moderne psychotherapeutische Behandlung der Depression interessieren Betätigungsorientierung in der psychiatrischen Ergotherapie Christian Dreher, 2024-04-04 Selbstwirksamkeit durch Gegenwartsorientierung und Alltagsbewältigung Die Erfahrung den eigenen Alltag nicht mehr selbst bewältigen zu können kann eine psychische Erkrankung aufrechterhalten oder entstehen lassen Genau hier setzt die Betätigungsorientierung an Ihr Ziel ist dass die Betroffenen in ihrem Alltag das tun was für sie und ihr Leben wichtig ist Der Begriff stammt aus der Ergotherapie und entspricht einer innovativen Herangehensweise die diagnose und altersunabhängig die Alltagskompetenz fördert Dabei geht es um eine ganzheitliche Sicht auf den Menschen die das Tun und das Sein einschließt Das Buch ermöglicht die Stärkung von Teilhabe und Recovery durch seine grundlegende und praxisnahe Gestaltung von Text und Arbeitsblättern Lesende finden hier Anschluss an ein innovatives und internationales Konzept das nun auch in Deutschland große Wellen schlägt Nur wer in einer Krise Respekt erfährt in der Behandlung Wahlmöglichkeiten hat und Selbstbestimmung erlebt wird bei weiteren Problemen wieder Hilfe suchen Praxishandbuch Angststörungen Jens Plag, Andreas Ströhle, Jürgen Hoyer, 2023-11-14 Angststörungen im Überblick was wirklich hilft Wie behandle ich Angststörungen optimal und evidenzbasiert Welche Methoden der Psychotherapie helfen wann ist Pharmakotherapie empfohlen Welche weiteren Therapiemöglichkeiten gibt es Das Praxishandbuch Angststörungen gibt Ihnen einen aktuellen Überblick über die in der Praxis relevanten Aspekte Von den verschiedenen Formen der Angststörungen über Diagnostik und Epidemiologie bis zu den therapeutischen Optionen finden Sie fundierte Informationen im Überblick Dabei geht es in erster Linie darum Sie mit der ganzen Bandbreite vertraut zu machen so dass Sie sicher diagnostizieren und behandeln können Können Sie mit Tipps sowie praktische Hinweise für Ihre tägliche Arbeit sorgen für maximalen Praxisbezug Das Buch eignet sich für Weiterbildungsassistentinnen und Fachärztinnen Psychiatrie und Psychotherapie Psychosomatik und Psychotherapie Psychologische Psychotherapeuten **Akzeptanz- und Commitment-Therapie bei Angststörungen** Dorothee Schmid, 2024-11-13 Angststörungen zählen zu den häufigsten psychischen Störungen Dabei besteht eines der größten Probleme im Versuch der Betroffenen angstaussendende Situationen zu vermeiden oder ihre Angst zu bekämpfen oder zu besiegen Beide

Strategien verhindern jedoch die für eine Verbesserung wichtigste Erfahrung Jede Angst klingt von selbst wieder ab wenn man ihren natürlichen Verlauf nicht stört In diesem Buch wird mit der Akzeptanz und Commitment Therapie ACT eine moderne Variante der kognitiven Verhaltenstherapie vorgestellt welche die Beziehung der Betroffenen zum Problem verändert und eine elegante Annäherung an eine Realisierung des Expositions Prinzips ermöglicht Die ACT sieht den Menschen als für sich selbst zuständig und souverän Anstatt die PatientInnen in ein Korsett strenger und anstrengender Interventionen zu stecken öffnet sie den Horizont für Kreativität sowie kontextuelle Kontrolle und ermutigt zur Verwirklichung individueller Werte **Du bist die Schüssel, nicht die Suppe** Hagen Böser, 2016-09-26 Akzeptanz und Commitmenttherapie ACT vergrößert das werteorientierte und verringert das rein regelorientierte Handeln Dies fördert die psychische Flexibilität und hilft dabei mehr als eine Handlungsoption zu erkennen Das Buch von Hagen Böser bietet eine Einführung in ACT und eine Anleitung für die Arbeit mit den ACT Karten Die Karten unterstützen dabei sich für die Gestaltung seines eigenen Lebens zu sensibilisieren das eigene Denken Fühlen und Handeln bewusst wahrzunehmen und gezielt zu beeinflussen Die Karten helfen dabei die Inhalte in den Alltag zu übertragen Am Küchenschrank am Spiegel oder bei dem Schreibtisch geheftet tauchen die Themen bei der ACT Karten immer wieder im Alltag auf Sie erinnern an die eigenen Entscheidungen so dass es möglich wird bewusst Verantwortung für sein Leben zu übernehmen und seine volle Aufmerksamkeit für Entscheidungen zu nutzen Die ACT Karten lohnen mit ihren Themen einen Einsatz in der Einzel und Gruppentherapie Verständlich geschrieben können Interessierte ohne Vorkenntnisse Buch und Karten nutzen immer wieder eine Karte wählen und sich für eine Woche mit einem Thema beschäftigen Psychotherapie der posttraumatischen Belastungsstörungen Andreas Maercker, Rita Rosner, 2006-04-19 Die Leitmotive der Buchreihe Lindauer Psychotherapie Module sind schulübergreifend störungsspezifisch praxisorientiert Dieses moderne Konzept ist angepasst an die sich wandelnden Anforderungen der PT Ausbildung und Praxis entspricht dem Bedürfnis vieler Therapeutinnen und Therapeuten verschiedene Therapieverfahren zu beherrschen und differenziert einsetzen zu können ermöglicht einen raschen Transfer des Erlernten in die Therapiepraxis fördert den Erfahrungsaustausch zwischen den einzelnen Therapieschulen wird von Rätinnen und Psychologen für beide Berufsgruppen gemeinsam gestaltet Dieses Buch präsentiert das aktuelle Wissen über das diagnostische Vorgehen und die Therapie psychischer Störungen bei schwer traumatisierten Patienten Im Mittelpunkt stehen bewährte und neue Elemente in der Therapieführung selten beschriebene Hintergründe und Therapietechniken besondere Anwendungsgebiete z B die stationäre Traumatherapie oder Möglichkeiten der sozialen Arbeit und Komplementärtechniken z B die Brief Eclectic Psychotherapy Ein praktisches Arbeitsbuch für Psychiater und Psychotherapeuten von erfahrenen internationalen Spezialisten aktuell und praxisnah aufbereitet

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