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AT HOY

Una nueva introducción al
Análisis Transaccional

EDITORIAL CCS

At Hoy Una Nueva Introduccion Al Analisis Transaccional

Daniela Bregantin



At Hoy Una Nueva Introduccion Al Analisis Transaccional:

At hoy Ian Stewart,Vann Joines,2007 En este libro Ian Stewart y Vann Joines le introducen a la potencia del analisis transaccional de hoy Presentan las ideas del AT actual en un lenguaje directo legible con abundancia de ejemplos ilustrativos AT hoy es igualmente adecuado para el aprendizaje auto didacta o como libro de consulta para los estudiantes en formaci n Cubre todos los conceptos del examen b sico del curso oficial 101 de la ITAA EATA A lo largo del libro se integran EJERCICIOS individuales o de grupo Los autores dicen Cuando hayas completado estos ejercicios habr s conocido m s sobre ti mismo de lo que conoc as cuando empezaste Y aprender s AT de la manera m s efectiva posible emple ndolo para ti mismo

Personas altamente sensibles Sylvia Harke, *Prevenci3n y tratamiento del s3ndrome de quemarse por el trabajo (burnout)* Pedro R. Gil-Monte,2019-10-31 En esta obra se desarrolla un programa de intervenci3n para la prevenci3n y el tratamiento del estr3s laboral y del s3ndrome de quemarse por el trabajo burnout El programa ha sido probado con xito en docentes pero aunque el sector ocupacional en el que se ha aplicado con xito es el educativo de sus caracter sticas se puede inferir que tambi3n es aplicable a otros sectores como sanidad servicios sociales fuerzas de seguridad y de orden p blico administraci3n p blica y en general en todas las ocupaciones que conllevan el trato directo con los usuarios o clientes de la organizaci3n El programa de intervenci3n ha sido dise adado para mejorar diferentes facetas psicol3gicas del individuo emociones cogniciones y actitudes comportamientos disfuncionales y trastornos psicossom ticos En l se aplica un conjunto de t3cnicas cognitivo conductuales junto con otras basadas en la interacci3n que si se practican con regularidad una vez aprendidas permiten alcanzar estados psicol3gicos m s saludables disminuir los problemas psicossom ticos y mejorar nuestra interacci3n con otras personas en el lugar de trabajo en la vida personal y en la familiar Los beneficios del programa no incumben solo a personas con problemas derivados del estr3s laboral tambi3n pueden beneficiarse las organizaciones que deseen promover la salud laboral y prevenir los riesgos psicosociales en el trabajo **Seis enfoques psicoterap3uticos** Celedonio Castanedo Secadas,2008-09-20 Esta obra es el resultado de integrar en un solo texto los aspectos b sicos y fundamentales de seis de las modalidades psicoterap uticas m s conocidas y utilizadas en el campo cl nico como son el psicoan lisis el conductismo el An lisis Transaccional el Psicodrama el enfoque centrado en la persona y la Gestalt Aborda los conceptos b sicos de cada una de las seis corrientes los m todos y las t3cnicas as como sus alcances y perspectivas dentro de la psicolog a cl nica Por su contenido puede ser de gran utilidad tanto para estudiantes de psicolog a en diferentes niveles como para psicoterapeutas **El gui3n de la codependencia en relaciones de pareja** Gloria Noriega Gayol,2013-01-01 A trav s de un estudio profundo sobre el trastorno por codependencia enfocado en particular a la relaci3n de pareja y que puede hacerse extensivo a otro tipo de relaciones tales como la familiar y laboral es posible comprender las necesidades subyacentes que mueven a las personas para tomar una posici3n de rescatador en la vida de otros as como su vulnerabilidad para involucrarse en relaciones de maltrato y explotaci3n Tomando como base un estudio cient fico realizado por la autora as

como su experiencia clínica es posible comprender a través de la teoría psicológica del análisis transaccional el guión de codependencia como un patrón de relación insertado en la familia la cultura y la sociedad que atraviesa generaciones Los profesionales interesados en salud mental y desarrollo humano encontrarán una opción novedosa que hacer diagnósticos así como diversas técnicas para el tratamiento de este problema tanto en terapia breve para intervención en crisis como en una psicoterapia profunda a mayor plazo **TELOS 73** Luis Núñez Ladevéze (Coord.),2007-10-01 Tras varios años de estudio plasmada en sendos trabajos sobre la televisión y la audiencia infantil y sobre la oferta y las preferencias de la audiencia televisual infantil en España un equipo de investigación reúne en este Cuaderno Central las contribuciones de diversos expertos españoles y extranjeros sobre la Televisión y la Infancia que centrarán un próximo congreso internacional sobre el tema en el que participarán los principales investigadores de España Italia Reino Unido y Sudamérica sobre esta materia

Curso para hablar en público Daniela Bregantín,2016-04-25 Se pone nervioso cuando tiene que hablar en público Sabe atraer la atención de su audiencia Aprenda las mejores técnicas para hablar en público ya utilizadas por los maestros de la retórica antigua y por los exponentes contemporáneos de las escuelas de public speaking Conseguir pensar y organizar bien el contenido identificar correctamente el objetivo y la audiencia y ganarse la atención del público Esta guía contiene múltiples ejemplos y ejercicios para aprender a comunicar con eficacia con lo que conseguir ser más persuasivo y valorar la capacidad oratoria de los demás Daniela Bregantín licenciada en Literatura moderna por la Universidad Estatal de Milán es experta en gestión de recursos humanos y profesora de public speaking y técnicas de comunicación También ha sido actriz y profesora de declamación y expresión corporal ha colaborado con el departamento de comunicación de diferentes empresas y es autora de numerosos artículos sobre temas de comunicación y desarrollo directivo en publicaciones del sector **Volar del nido**

Aitziber Ayesta Aldanondo,2023-10-02 El libro está dirigido a todas aquellas personas que aman la vida o que quieren aprender a amarla Qué podremos hacer para incidir en la Educación desde Las Fuerzas del Amor Qué hacer para conducir a los alumnos y alumnas al éxito Profesores educadores orientadores padres y madres encontrarán claves y puntos de vista tan ricos para que en su quehacer descubran su Yo para ser ellos mismos y para conocer y afrontar su influencia en la interacción con los demás Expertos en Educación Psicología Filosofía Neurociencia Biología avalan las claves que la autora ha analizado basándose en sus experiencias vitales Y de los resultados obtenidos ofrece pilares de humanidad y amor a toda la Comunidad Educativa Conduce al adulto a la profundidad de su interior desde donde niños y jóvenes aprenderán a reconocerse a sí mismos y se formarán en las leyes de la interacción El experto en niños y jóvenes eres tú *Vivir y convivir en paz* Eduard

Vinyamata,2012 Gestión profesional y emocional de equipos, Cómo conseguir un equipo de alto rendimiento y motivado Idoia Postigo Fuentes,2018-04-17 Por qué un equipo consigue resultados mediocres o espectaculares independientemente de la inteligencia y habilidades de las personas que los componen Hay alguna razón para que comportamientos individuales coherentes y racionales puedan generar conductas improductivas en un equipo El reto de las organizaciones actuales es el de

gestionar profesionalmente equipos desde la perspectiva de su tarea pero con igual importancia en su variable humana y emocional Los equipos que tienen éxito son muy humanos Es necesario por lo tanto tomar consciencia y gestionar las emociones y los estados de ánimo en un equipo si queremos lograr eficacia y resultados pero también personas motivadas satisfechas y en la medida de lo posible felices El reto de las organizaciones actuales es el de gestionar profesionalmente equipos desde la perspectiva de su tarea pero con igual importancia en su variable humana y emocional Se habla de algo que va mucho más allá de la productividad De alguna manera supone una filosofía de trabajo y de vida Se trata de reconocer al otro como un ser con derechos necesidades y deseos tan legítimos como los propios Ocuparse de las personas por su valor incondicional y como clave de éxito de cualquier empresa u organización ya no es un lujo prescindible es una absoluta necesidad para afrontar los retos de futuro Debe ser un nuevo paradigma Una auténtica necesidad social y democrática al servicio de las personas

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INTRODUCCIÓN BLOQUE I PROPÓSITO CONSTRUCCIÓN DE UN PROYECTO COMPARTIDO Una aproximación La visión Unas pinceladas de planificación Los valores del equipo y su identidad El compromiso Cómo se comunica el equipo Toma de decisiones BLOQUE II EQUIPO EMOCIONALIDAD COLECTIVA Y MOTIVACIÓN El equipo como relación Conocer y conocer a tu equipo Emocionalidad colectiva Motivación Comunicación escucha y empatía Gestión del conflicto CIERRE BIBLIOGRAFÍA

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