

Autophobie

➔ **Angst vor dem Alleinsein**

Angst Vor Dem Alleinsein Selbstbehandlung Ebook

**Rudolf Tammeus, Gerd-Rüdiger
Koretzki**



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Panikstörung und Phobie Claudia Subic-Wrana, Jörg Wiltink, Manfred E. Beutel, 2018-09-10 Anhand der zu den Angststörungen zählenden Krankheitsbilder Phobie und Panikstörung lässt sich die psychodynamische Vorstellung, dass psychische Symptome sich als Lösung für nicht mehr anders zu bewältigende innerpsychische Konflikte verstehen lassen und damit Sinn und Zweck haben, geradezu idealtypisch zeigen. Die Autoren schlagen einen Bogen von ersten von Freud entwickelten klinischen Theorien zu Angststörungen hin zu neuen psychodynamischen Kurzzeittherapien. Diese sind empirisch auf ihre Wirksamkeit geprüft und tragen so dazu bei, den wegen fehlender Wirksamkeitsnachweise seit längerem gefährdeten Platz der psychodynamischen Psychotherapie in der Krankenversorgung zu sichern. Diese neuen manualisierten Ansätze werden in der psychoanalytischen Szene mitunter recht kritisch aufgenommen, manchmal mit der Frage, ob dies noch aus der Psychoanalyse abgeleitete Psychotherapie sei. Die Leserinnen und Leser können sich durch die Lektüre dieses Bandes selbst ein Bild machen, was sich seit Freuds Zeiten in der Behandlung der Angststörungen geändert hat. *ElfZwölf Werkbuch* Rudolf Tammeus, Gerd-Rüdiger Koretzki, 2010-09-16 Das Werkbuch zu ElfZwölf Religion entdecken, verstehen, gestalten bietet zu allen 16 Einzelkapiteln des Schülerbandes theologische und didaktische Aspekte, Unterrichtsziele, Kompetenzbezüge, Literatur zur Vorbereitung, variabel einsetzbare Unterrichtsideen, Materialien zum Text als Kopiervorlagen und Medien. **Werkbuch. Religion entdecken - verstehen - gestalten. 11+** Rudolf Tammeus, Gerd-Rüdiger Koretzki, 2003-05-12 Das Werkbuch Religion entdecken, verstehen, gestalten 11 bietet zu jedem Einzelkapitel des Schülerbandes theologische und didaktische Einführung ins Thema, Intentionen der Themenarbeit, Erläuterungen zu den Materialien des Schülerbandes, variabel einsetzbare Unterrichtsideen, Tafelbilder, Arbeitsblätter, Zusatzmaterialien zum Text als Kopiervorlage, Literaturhinweise. Allein oder einsam? Rainer Gross, 2021-10-11 In Zeiten der Corona-Pandemie ist die zunehmende Vereinsamung in der Gesellschaft in den Mittelpunkt politischer und medialer Debatten gerückt. Rainer Gross beleuchtet dieses Thema aus soziologischer, psychologischer und kulturwissenschaftlicher Perspektive und beantwortet die Frage, wie es im Zeitalter von Lockdowns, sozialen Netzwerken und zunehmender Entfremdung um unser soziales Gefüge bestellt ist. Mit fundiertem Fachwissen und kulturwissenschaftlichen Exkursen sei es zu Jean-Jacques Rousseau, Hermann Melville bis hin zu den Beatles oder Game of Thrones, werden die vielen Facetten des Allein- und Zusammenseins anschaulich dargestellt. Das Buch ist nicht nur ein Wegweiser durch die Krise, sondern auch ein Plädoyer für mehr Solidarität und Toleranz sich selbst, aber auch anderen gegenüber. **Bindungsforschung und psychodynamische Psychotherapie** Anna Buchheim, 2018-03-26 Die nachhaltige Bedeutung früherer Beziehungserfahrungen für die spätere sozioemotionale Entwicklung wird durch die Bindungsforschung seit vielen Jahren wissenschaftlich untermauert. Je nachdem, wie konsistent oder widersprüchlich diese frühen Erfahrungen erlebt wurden, gestalten sich sogenannte Arbeitsmodelle von Bindung bei Erwachsenen unterschiedlich und werden durch Merkmale wie zum Beispiel verinnerlichte Sicherheit, mentale Ressourcen, unbewusste Brüche oder Inkonsistenzen geprägt.

Die Bindungsdiagnostik zur Erfassung von bindungsrelevanten unbewussten Prozessen erfolgt durch zwei Interviewmethoden die Anna Buchheim im Detail beschreibt und deren klinische Bedeutung sie anhand von eindrucksvollen Fallbeispielen aus der eigenen Praxis veranschaulicht und mit aktuellen Studien in Zusammenhang bringt. Forschungsergebnisse belegen eine positive Veränderung von Bindungsrepräsentationen durch psychodynamische Therapien. Unsichere und desorganisierte Bindungsmuster können in Richtung von sicheren und organisierten verändert werden.

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