



Praxis der Personzentrierten Psychotherapie (German Edition)

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Das Buch beschreibt umfassend praktische Aspekte der von C. Rogers begründeten Personzentrierten Psychotherapie, bekannt auch als „Gesprächspsychotherapie“ oder „Klientenzentrierte Psychotherapie“.

Nach Einführung in die Grundlagen und das allgemeine Therapiekonzept werden konkrete therapeutische Vorgehensweisen – schulenspezifische wie schulübergreifende Methoden und Techniken – beschrieben, u.a. die Arbeit mit Emotionen, mit Persönlichkeitsteilen, dem Felt Sense, Imaginationen und Träumen, bei Motivationsproblemen, aber auch die existenzielle Perspektive, Prä-Therapie, der Einbezug des Körpers, kreativer Medien oder von Aufstellungen. Darüber hinaus wird die psychotherapeutische Arbeit mit Kindern und Jugendlichen, Familien, Paaren und Gruppen vorgestellt, sowie der Umgang mit Krisen, Trauma, Suchtproblemen, Essstörungen, sexuellen Problemen, Depressionen, Angst- und Persönlichkeitsstörungen. Erörterungen zum Rahmen, zu Diagnosen und Indikation sowie ethische und juristische Betrachtungen runden die Darstellung ab.

Das Buch weist eine Fülle von praktischen Beispielen und handlungsorientierten Leitsätzen auf. Es ist für Praktiker und Personen in Ausbildung geeignet, aber auch für grundsätzlich an Personzentrierter Psychotherapie interessierte Leser.

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