



Reinhardt's Rights Guide

2023



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# When communication fails

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Tobias Bernasconi

## **Diagnostics and Intervention Planning in the Field of Augmentative and Alternative Communication**

Methods and practical application

2023, 188 pp., 25 ill., 11 tab.

utb-M (978-3-8252-6051-4) pb

€ [D] 36.00 / € [A] 37.00

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Supporting communication skills

Selecting diagnostic procedures in a targeted manner

From an application oriented perspective

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### Target Readership

Students of special needs education, professionals in early intervention, kindergartens and schools, therapists

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Sometimes conventional communication simply doesn't succeed. In this case, other forms of communication are necessary. Augmentative and Alternative Communication (AAC) helps people experiencing difficulties with communication and interaction to find individual forms of expression. Correct diagnosis and good intervention planning play an important role here.

After a systematic overview of the theories and areas of application of AAC, concrete indications for areas of application and target groups for different diagnostic procedures are given. Professionals will gain insights into how they can work with people who use AAC and their caregivers to develop appropriate communication systems.

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### Author Information

Prof. Dr. Tobias Bernasconi, based in Cologne, is Chair of Education and Rehabilitation for People with Intellectual and Complex Disabilities. He performs research in the fields of AAC, inclusion and the education and participation of people with complex disabilities.

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# Relaxing the mind

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Angela Cuno / Thomas Richter

## **Yoga in Psychotherapy**

2023, 110 pp., numerous colour illustrations.

(978-3-497-03220-4) pb

€ [D] 22 / € [A] 22.70

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Colour pictures and clear  
guidelines

Model therapy sessions  
and therapeutic processes

Possibilities and limitations  
of yoga

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## Target Readership

Psychotherapists and psychologists

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Yoga creates a state of relaxation for the mind. It follows that yoga and psychotherapy have a common goal. Both disciplines are combined in this practical handbook for psychotherapists. The history of yoga and studies on its effects are described. Yoga and behavioural therapy are linked, as in the description of a patient suffering with anxiety being led to analyse the belief "I can't do this" therapeutically, replacing it with a positive sentence and reinforcing it with an empowering yoga posture ("hero"). Literal descriptions of this type of physical and breathing exercise, as well as meditation guidelines and scenarios using the imagination are illustrated with photos. The exercises are always also suitable for patients without previous yoga experience. A valuable book for interested psychotherapists who are familiar with yoga - even just with the basics.

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## Author Information

Angela Cuno and Thomas Richter are qualified psychologists who have shared a practice for psychological psychotherapy in Gütersloh since 1989. They are also yoga teachers and have been teaching on the topic of "Integration of Yoga within Psychotherapy" in various professional associations since 2014.

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# Psychotherapy can provide physical support

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Gabriele Eßing

## **The Effect of Psychotherapy on Physical Illnesses**

Practical guide

2023, 120 pp.

(978-3-497-03186-3) pb

€ [D] 26.90 / € [A] 27.70

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How the psyche and nervous and immune systems interact

Case studies for different medical conditions

Tips for possible interventions and exercises

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### Target Readership

Psychological and medical psychotherapists

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Physical diseases with organ involvement or physiologically detectable processes are also closely related to the psychological experience. It follows that psychotherapy can have an alleviating effect on common diseases such as heart, joint, and gastrointestinal complaints, as well as rheumatism and chronic inflammations. Based on findings from psychoneuroimmunology, the author explains how psychological processes may be reflected in physical processes. She describes authentic stories of illness and recommends appropriate interventions and exercises.

The book encourages psychotherapists to treat people with physical illnesses, as working through psychological conflicts can make a significant contribution towards keeping the body healthy and alleviating or even eliminating existing illnesses.

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### Author Information

Gabriele Eßing, a grad. psychologist based in Berlin, has worked as a psychological psychotherapist in private practice for 20 years (behavioural therapy, client-centred psychotherapy, EMDR trauma therapy).

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# FAS(D) the best!

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Reinhold Feldmann / Anke Noppenberger

## **A Perfectly FAS(D) Talent**

An illustrated book on how to promote giftedness in the case of FAS(D) – Foetal Alcohol Syndrome or Foetal Alcohol Spectrum Disorder. Includes information for parents and professionals.

2023, 54 pp., coloured inner section. 230 × 230 mm.

(978-3-497-03174-0) hb

€ [D] 26.90 / € [A] 27.70

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Compassionate encouragement for children with FAS(D)

Includes a detailed information section for adults

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## Target Readership

Students of special needs education, professionals in early intervention, kindergartens and schools, therapists

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Mo, a boy with FAS(D), has a special talent. He's really good at something. Maybe he can even do it much better than other children? However, it can take a while before you find a talent and get to know all its positive aspects. You have to try out all kinds of things, and also accept the support of adults.

This illustrated book encourages children affected by FAS(D) and their adult companions to embark on a talent search. Don't be discouraged by failures, because those who have found their particular talents have great fun and learn a lot too. This book also helps to open up a dialogue about special gifts and support options for children with FAS(D) in the context of everyday psychosocial and therapeutic work.

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## Author Information

Dr. rer. medic. Reinhold Feldmann, grad. psychologist from Münster, is a psychological psychotherapist who works at the FAS outpatient clinic in Walstedde.

Anke Noppenberger, social education worker (B.A.), has many years of experience in the fields of residential youth welfare, socio-educational family support and work with foster children.

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# Unleashing creative potential

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Peggy Fettig / Tanja Jungmann / Katja Koch

## **Creativity is Everywhere**

Integrating creativity within everyday life of

3- to 6-year-old children

2023, 112 pp., 9 ill., 3 tab.

(978-3-497-03177-1) pb

€ [D] 19.90 / € [A] 20.50

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Ideas for making everyday  
life more artistic  
and aesthetic

Supporting and promoting  
creative processes

Includes an inspiring col-  
lection of topical ideas

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## Target Readership

Child care workers, early childhood education specialists, art teachers and teachers of children with special needs, primary school teachers

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Everyone can be creative – right from the very beginning. However, it often takes an incentive or a task to trigger creative thinking and action in children. The theoretical foundations for the promotion of creativity are conveyed in a clear and practical way in this handy guide.

Here, the focus is placed on harnessing the creative potential of everyday situations. Thus opportunities for creative activities can be found both when greeting children as well as during story hour.

An individual artistic process is stimulated with the aid of different incentives, ranging from creative design techniques to music-making and storytelling – because creativity can be found in everything!

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## Author Information

Peggy Fettig, Rostock, is a special education teacher and art teacher. She works as a research assistant at the Institute for Special Needs Development Support and Rehabilitation at the University of Rostock.

Prof. Dr. phil. Tanja Jungmann, from Vlotho, teaches and researches at the University of Oldenburg on the subject of "Language and communication and their promotion in the field of special needs education, with particular consideration of inclusive educational processes".

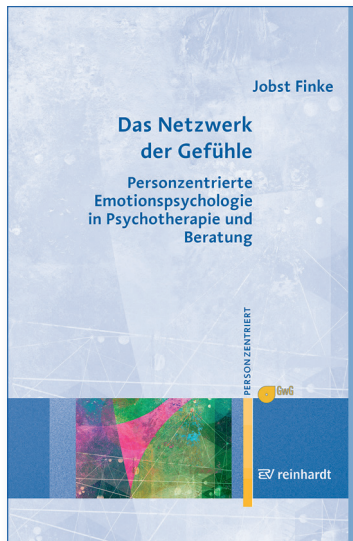
Prof. Dr. phil. Katja Koch, from Rostock, teaches and researches on the topic of "Early Special Needs Development Support in early special needs education" at the Institute for Special Needs Development Support and Rehabilitation at the University of Rostock.

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# When feelings make you ill

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Jobst Finke

## **The Network of Feelings**

Person-centred emotional psychology in psychotherapy and counselling

2023, 160 pp.

(978-3-497-03152-8) pb

€ [D] 29.90 / € [A] 30.80

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Promotes empathetic understanding and facilitates intervention

Many clinical vignettes and examples of therapeutic responses

From fear to anger

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### Target Readership

Psychologists, psychotherapists and other professionals working in psychosocial counselling

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Fear, sadness, anger, shame, guilt: these feelings, which are often experienced as overwhelming, are often a reason to seek therapeutic help.

This book opens up a new way of expanding empathetic access to clients. It makes the appearance, function and interconnectedness of the five basic emotions transparent and analyses the interrelationships between emotional components in common psychological disorders. In this way, subliminal feelings can also be identified and grasped in their interplay with needs, fantasies and memories. Numerous sample formulations demonstrate ways in which to support clients in consciously perceiving emotional tension, regulating these feelings and availing themselves of these for their own needs and self-development.

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### Author Information

Dr. med. Jobst Finke, Essen, is a consultant in the fields of psychosomatic medicine and psychotherapy as well as neurology and psychiatry, a client-centred psychotherapist and depth-oriented psychotherapist. He also works as an instructor for depth-oriented psychotherapy and client-centred psychotherapy.

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# Foundations of canine-assisted work

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Caroline Kohlmei

## **An Animal-Assisted Approach to Work**

Introduction to an educational and social practice with dogs

Includes online material on "understanding dog language".

2023, 128 pages., 34 illustrations, 2 tables.

(978-3-497-03179-5) pb

€ [D] 24.90 / € [A] 25.60

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Opportunities and limitations of dog use explained

Related links & training recommendations

Online material explains "dog language"

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## Target Readership

Educational and psychological specialists as well as social workers, teachers, associations, institutions and dog owners seeking to work with dogs

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Would you like to do canine-assisted work, but don't quite know where to start? Some questions must be answered to help you reach your goal. What requirements should my dog fulfil and what should I bear in mind as an owner? What training and/or further education is required for me and my dog? What are the stumbling blocks and how can a professionally sound, effective canine-assisted project succeed?

This book provides initial orientation and lists possible spheres of application – such as youth facilities, kindergartens, residential groups, schools and counselling centres. A checklist for a quick overview is helpful, while tips on projects and practical exercises provide concrete examples of how it can be done.

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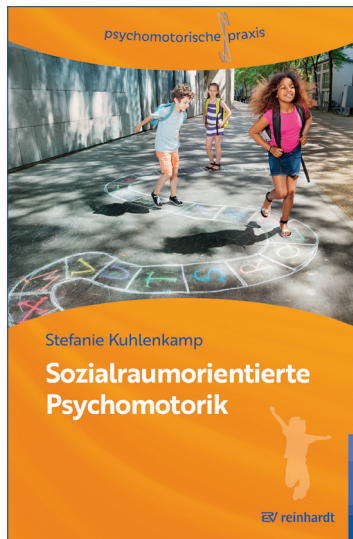
## Author Information

Caroline Kohlmei, grad. educator, based in Berlin, is an educationalist and specialist in animal-assisted therapy who has been running children's and youth facilities for over 20 years. Active in a counselling context, she is also a lecturer in the animal-assisted field at establishments including the Alice Salomon University of Applied Sciences in Berlin.

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# Psychomotricity in impoverished settings

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Stefanie Kuhlenkamp

## **Social Environment-Oriented Psychomotricity**

Psychomotoric practice in the context of social disadvantage

2023, 140 pp., 24 ill., 4 tab

(978-3-497-03171-9) pb

€ [D] 29.90 / € [A] 30.80

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Includes illustrative examples of different milieus    Interdisciplinary practitioner cooperation

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### Target Readership

Psychomotricity specialists, motopedagogues, motologists, early childhood education specialists, childhood educators, social workers, social education workers, neighbourhood managers, educators with psychomotoric qualifications

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How can socially disadvantaged people gain access to psychomotoric services? What does it mean to work in a poverty-sensitive way in psychomotricity? And what opportunities does a psychomotoric approach offer specifically for health promotion in challenging life situations?

These questions are examined using practical examples from different settings, ranging from day care centres, open-form all-day primary schools and associations to prevention chains and service learning.

In addition, important fundamental concepts such as health promotion, social environment orientation and situations of impoverishment are referred to and their significance for the field of psychomotricity is shown. A compact foundational work for all educational, social and motological professionals who work with socially disadvantaged people.

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### Author Information

Prof. Dr. Stefanie Kuhlenkamp teaches inclusion and social participation at the Dortmund University of Applied Sciences. She also researches and teaches on the promotion of physical activity in early childhood and psychomotricity. She is co-editor of the journal "motorik", published by Ernst Reinhardt Verlag.

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# Using stories to emerge stronger from the crisis

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Katharina Lamprecht / Stefan Hammel / Adrian Hürzeler / Martin Niedermann

## **How the Rhino Found Freedom**

120 stories on dealing with crises

2023, 170 pp.

(978-3-497-03175-7) pb

€ [D] 22 / € [A] 22.70

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For a range of situations from individual  
to social

Includes comprehensible information  
on crisis management and  
personal development

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### Target Readership

Psychologists, psychotherapists and other professional groups in the field psychosocial counselling and therapy; interested persons affected

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Crises challenge us: personal crises such as a serious illness, relationship crises with those close to us, and social crises like the effects of climate change and wars. It can be extremely rewarding and insightful to dare to leave familiar paths in these situations and even question old ways of coping, as this creates space for development.

The stories in this book facilitate this step towards a change of perspective using the device of the unexpected "volte-face". This act of reframing speaks to us in narrative images, opens up a different approach to the crisis and thus helps with personal development. The stories encourage us to pay attention to our own needs and resources, to tolerate our own and others' failures and thus to become skilled in dealing with crises.

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### Author Information

Katharina Lamprecht, from Bruchköbel near Frankfurt am Main, is an alternative practitioner for psychotherapy, coach and storyteller in private practice.

Stefan Hammel works as a priest in hospitals and on psychiatric wards and is a child, family and hypnotherapist as well as a trainer for psychotherapy, and runs the Institute for Hypnosystemic Consulting in Kaiserslautern.

Adrian Hürzeler is a coach, education-related crisis consultant and mindfulness trainer in private practice, specialising in person-to-person and couples' counselling in Lenzburg and Reinach (AG), Switzerland.

Martin Niedermann, based in Bern, Switzerland, is a storyteller, coach and special education teacher. He performs in constellations with music, songs and stories.

# What helps children caught in family conflict

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Julia Schneider / Marlene Monzel

## **Mona and the Magical Ladder of Feelings**

Emotional regulation and physical regulation magically explained

Includes online material and activity pages.

Age recommendation: 4– 9 years.

2023, 48 pp., coloured inner section. 210 × 297 mm.

(978-3-497-03181-8) hb

€ [D] 29.90 / € [A] 30.80

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Identifying needs, managing feelings

Self-regulation and conflict skills clearly explained

Activity pages to help children reflect

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## Target Readership

Child care workers, educators, psychologists, psychotherapists and paediatricians mediating for arguing parents, children or families in conflict, as well as children and parents

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Family can sometimes be exhausting. This is particularly true when Mona gets angry during an argument, Mum gets annoyed with her and all Mona wants to do afterwards is to run away and hide... Good thing Mona has Uncle Merlin! He uses compassionate metaphors and a "ladder of feelings" to explain to Mona what goes on inside her emotionally during an argument and how she can calm herself down.

The pictorial representation of inner processes helps children to feel and understand themselves better. Stress reactions such as fight, flight and freeze are explained in a playful way. Activity pages encourage children to try things out. The book includes extensive online material for adults featuring psychological background knowledge on the topics of conflict culture and self-regulation. The attractive watercolours teem with details and invite you to pick up the book again and again.

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## Author Information

Julia Schneider is a graduate psychologist and works as a systemic therapist in private practice in Darmstadt. Her focus is on family, partnership and child development.

Marlene Monzel is an educator, artist, illustrator and yoga teacher based in Freiburg im Breisgau, Germany.

# Out of the house – into nature

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Thorsten Späker  
**Psychomotricity in Nature**  
Practical workbook  
Includes online material.  
2023, 240 pp., 51 ill., 2 tab.  
(978-3-497-03172-6) pb  
€ [D] 29.90 / € [A] 30.80

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80 imaginative practical ideas

Includes online videos and  
"carving licence"

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## Target Readership

Psychomotricity specialists: Psychomotorists, motopaedists, motologists, pedagogical and therapeutic specialists with appropriate additional training/qualifications

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Nature offers a wealth of stimuli to promote children's development, revealing varied movement landscapes, sensory-rich perception opportunities and inspiring community-building projects. It stimulates creative design, symbolic play and memorable experiences, which can be a helpful aid for psychomotricity.

The book offers 80 imaginative ideas for psychomotoric practice in nature, in the form of warm-up and perception games, for building, constructing and designing, for social experiences and development-related play topics. They are supplemented by a technical classification, practical instructions and legal background information on safety and danger issues.

So put on your waterproof trousers and rain jacket and get out of the house and into the woods and meadows!

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## Author Information

Dr. Thorsten Späker (M.A.) is a motologist and wilderness teacher. He teaches in the department "Motology and Psychomotricity" at the Philipps University in Marburg, and as a lecturer at the German Academy - Action Group for Psychomotricity (Deutschen Akademie – Aktionskreis Psychomotorik).

# Accepting the challenge

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Caroline Tost  
**Supporting Children with  
Intellectual Disabilities**

Useful tips for parents and families  
2023, 148 pp., coloured inner section.  
(978-3-497-03215-0) pb  
€ [D] 24.90 / € [A] 25.60

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Understanding diagnoses

Managing daily family life

Feeling one's own emotions

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## Target Readership

Parents and relatives of children with intellectual disabilities

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When a child is diagnosed with an intellectual disability, many parents feel deeply insecure. How will our child develop? What support might they require? What assistance are we entitled to? And how can we deal with our own challenging feelings and accept our child as they are?

This guide provides parents with information on topics including therapy planning, choice of school, structuring aids, education, sexual education and the promotion of autonomy for children with intellectual disabilities as they progress through their lives. Useful case studies and tips support the creation of individual strategies to approach daily family life and help all those affected to gain new strength and confidence.

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## Author Information

Caroline Tost MSc., works as a psychologist in a social paediatric centre, where she advises and supports children with intellectual disabilities and their families.



# Taming the tic monster

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Katja Wayán / Natascha Berger

## **The Little Throat-Clearing, Winking Monster**

An illustrated book on the subject of tic disorders and Tourette's syndrome. Includes online material and activity pages. Age recommendation: 6–10 years.

2023, 48 pp., coloured inner section. 210 × 297 mm.

(978-3-497-03182-5) hb

€ [D] 22 / € [A] 22.70

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Helps children understand  
and develop  
empathy around tics

Encouraging book with  
tips for children

Includes online material  
for adults

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## Target Readership

Children with tic disorder or Tourette's syndrome, their parents, as well as child care workers, teachers, educators, psychologists, psychotherapists and paediatricians

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Chrchr... chrchr... Lion often sounds like this. More precisely: Lion's throat-clearing, winking monster often sounds like this. Sadly, it's always there, whether in class or at home. And when Lion feels stressed, the monster gets even bigger and louder. Lion thinks he's the only one with this sort of uninvited guest which never goes away... until he meets Ella, that is. She has a twitching, sniffing monster and has even tamed it! She's got tips from her monster whisperer, the psychotherapist: e.g. blow stress away, use your imagination, talk about your worries... As he takes this advice to heart, Lion's monster quickly becomes a little monster.

The book shows affected children that they don't have to be ashamed of either their tics or of having Tourette's. And you're not alone in this either. The book also includes more tricks for monster-taming on its activity pages, while useful information materials are available for adults online.

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## Author Information

Katja Wayán, based in Vienna, works as a clinical psychologist at the Vienna Children and Youth Services with children, adolescents and families in difficult life situations. Her stories are intended to help children find an approach to difficult topics and deal with them creatively.

Natascha Berger, from St. Pölten, is a graduate illustrator, graphic designer and author. Her projects combine her interest in psychosocial, inclusive topics with her enthusiasm for imaginative worlds.



# Magical dog stories

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Uli Zeller

## **Memories on Four Paws**

Dog-related stories to read aloud to those with dementia

2023, 95 pp.

(978-3-497-03219-8) pb

€ [D] 13.90 / € [A] 14.30

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For daily life in care homes  
and in the home

Features motivating ideas  
and conversation starters

Provides easy ways to  
converse with those  
with dementia

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### Target Readership

Geriatric care professionals, daily companions, carers and relatives of people with dementia

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Dogs are commonly referred to as "man's best friend". They often accompany us throughout our lives. This story book for people with dementia tells stories about dogs with humour and warmth: a new dog joins the family, another one visits young patients in hospital or even causes a stir at a football match.

The stories are meant to bring a smile to the face of the reader and listener and get them talking: does a story evoke memories? What perhaps triggers feelings of longing? Each story contains a motivating idea, e.g. touching dog accessories, and a conversation starter, e.g. "What do you and your dog enjoy?" The diverse topics are a rich resource for group sessions or reading time with family members.

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### Author Information

Uli Zeller, a nurse and theologian, works at a retirement home in Singen and trains carers and relatives of people with dementia.

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Dear Colleagues

With over 120 years of experience, the publishing house Ernst Reinhardt GmbH & Co KG is a family owned, independent publishing company and has, as of now, a backlist of almost 1,000 titles. We specialize, amongst others, in the fields of psychology, education, gerontology and social work and publish an average of 45 new titles every year.

Internationally known as quality research literature, our publications have been translated into more than 30 languages. Reinhardt Publishing co-operates with professional institutions and associations such as the German Association for Psychology or the Association for Bodypschotherapy and is a member of utb GmbH – a university-focused joint venture of 16 German academic publishers.

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We look forward to hearing from you,

*Alena Verrel*

Head of Foreign Rights

Ernst Reinhardt GmbH & Co KG  
Kemnatenstr. 46  
D-80639 Munich

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