

Reinhardt's Rights Guide 2022–2024

# Psychology and Psychotherapy

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Foreign Rights Manager

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# How siblings interact

- From childhood to old age
- All constellations at a glance



Inés Brock  
**Understanding Siblings**  
Professional Support for Children  
and Adults  
2020, 218 pages, 9 tables  
(978-3-497-02946-4) pb  
€ 26.90

#### Target Readership:

Psychologists, educators, social workers, psychotherapists, paediatricians, (child) psychiatrists, child care workers and interested parents

An awareness of sibling relationships can be invaluable for psychosocial work with children and adults. After all, these are among the longest and most important relationships in life. Although siblings can support and further each other, they can hurt and hinder one another too. This book examines all sibling constellations in what are frequently shifting family forms: be it brothers, sisters, twins, half-, step- or adoptive siblings – this authoritative work describes the positive and negative effects this close bond can have. It also addresses topics including siblings with special needs or the act of overstepping boundaries between siblings.

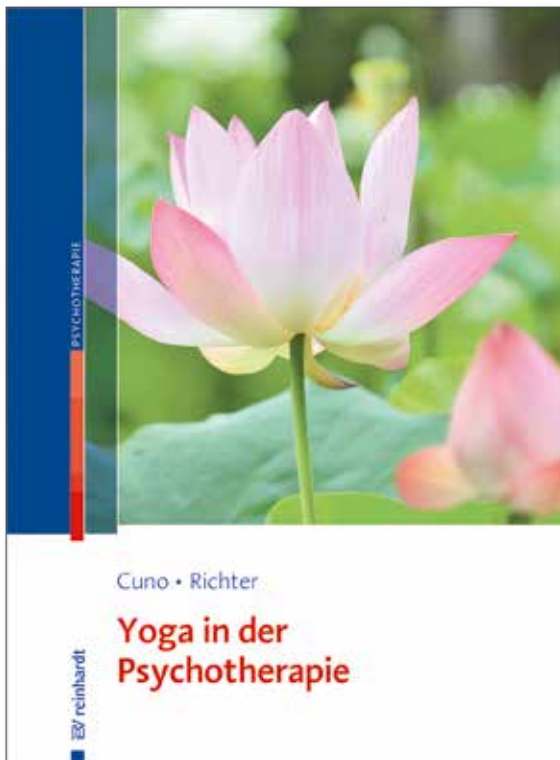
Comprehensive information for all those who support and mentor siblings, regardless of their age, in their daily work.

#### Author Information

Dr. **Inés Brock**, Halle/Saale, Germany, an educationalist and psychotherapist working with children and adolescents, is also a freelance lecturer, supervisor, family therapist, counsellor and psychotherapist.

# Yoga in Psychotherapy

- Model therapy sessions and therapeutic processes
- Colour pictures and clear guidelines



Angela Cuno/Thomas Richter  
**Yoga in Psychotherapy**  
2023, 110 pages,  
numerous colour illustrations  
(978-3-497-03220-4) pb  
€ 22.00

#### Target Readership

Psychotherapists and psychologists

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.

#### 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.

# Therapy with music

- Practical guide in 10 basic steps
- Examples of trance-state induction and verbal reflection



Hans-Helmut Decker-Voigt  
**Hypnomusiktherapie**

A practical Guide

With contributions by Eric Pfeifer,  
Constanze Rüdener-Speck and  
Christine Stolterfoth

2024, 190 pages, 12 illustrations  
(978-3-497-03173-3) pb  
€ 29.90

### Target Readership

Professionals in the fields of psychotherapy, medicine, music therapy and other art-based therapies as well as clinical psychology, health and rehabilitation psychology

Creating states of deep relaxation using techniques from the fields of music and hypnotherapy is an approach suited particularly to those in crisis mode. It can be helpful after physical illness, for those undergoing pain therapy and rehabilitation, and for those experiencing stress and anxiety disorders.

The method is explained in ten practical steps ranging from exploration, trance-state induction and reflection to transitioning to reality outside the setting. Examples of possible formulations demonstrate ways to process the patient's state of mind, experiences, wishes and conflicts verbally before, during and after the trance state. Various fields of application in individual and group therapy presented. A versatile set of tools for all those who are seeking to expand their repertoire of psychotherapeutic methods.

### Author Information

Prof. Dr. Dr. h.c. mult. **Hans-Helmut Decker-Voigt** is an expressive therapist, music therapist, hypnosis therapist and supervisor, founder and Head of the Institute for Musictherapy (1990–2010), and senior professor at the Hamburg University of Music and Theatre. His books are international translated (Japan, China, Russia, Hungaria, Korea e.o.).



## The psychology of loneliness

- Relevant for many areas of psychology and connected degree programmes
- Quick access via instructional preparation

Mareike Ernst  
**Loneliness – Models,  
Causes, Interventions**  
(PsychoMed compact; 13)  
2024, 234 pp. 22 ill., 9 tab.  
utb-M (978-3-8252-6229-7) pb  
€ 39.90

Numerous studies have highlighted the negative consequences of loneliness for physical and mental health. Loneliness is associated with a high level of suffering, and chronic loneliness plays a role in the occurrence and maintenance of various illnesses.

This book offers a scientifically sound introduction to a complex topic. The epidemiology of loneliness is analysed on the basis of a definition of the term and its differentiation from closely related concepts. Further chapters are devoted to an exploration of the development of loneliness, its connection with physical and mental illnesses and various statistical methods. The book concludes with current perspectives, including the discourse on whether loneliness has increased in recent years and the research status of effective interventions.

### Target Readership

Students and teachers of psychology, social education, health professions and psychotherapy

### Author Information

Dr. phil. **Mareike Ernst**, MSc. Psych., teaches and researches as a tenure-track professor for psychodynamic psychotherapy research at the Institute of Psychology, Department of Clinical Psychology, Psychotherapy and Psychoanalysis at the Alpen-Adria-University in Klagenfurt.

# How the psyche and nervous and immune systems interact

- Case studies for different medical conditions
- Tips for possible interventions and exercises



Gabriele Eßing  
**The Effect of Psychotherapy  
on Physical Illnesses**  
Practical guide  
2023, 120 pages  
(978-3-497-03186-3) pb  
€ 26.90

**Target Readership**  
Psychological and medical  
psychotherapists

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.

#### **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).

# When feelings make you ill

- Promotes empathetic understanding and facilitates intervention
- Many clinical vignettes and examples of therapeutic responses



Jobst Finke

## **The Network of Feelings**

Person-centred emotional psychology in psychotherapy and counselling  
2023, 160 pages  
(978-3-497-03152-8) pb  
€ 29.90

### **Target Readership**

Psychologists, psychotherapists and other professionals working in psychosocial counselling

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.

### **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-centered psychotherapy.



# Compassionate support for parents of angel babies

- Understanding and addressing grief
- Selecting appropriate therapeutic tools



Ines Fuchs  
**Early Child Loss and Subsequent Pregnancy**  
Psychotherapy and psychological support  
Includes online materials  
2021, 149 pages. 1 illustration. 1 table  
(978-3-497-03015-6) pb  
€ 21.90

#### Target Readership:

Psychological and medical psychotherapists, social education workers and psychologists from the fields of counselling and psychotherapy, gynaecologists and midwives, bereavement counsellors, interested persons affected

Parents who have lost a child often experience feelings of ambivalence and insecurity during a subsequent pregnancy. Such parents require empathetic understanding and compassionate therapeutic support. How do those affected deal with fear, grief, feelings of guilt and shame? Which psychological disorders may develop? How can clients deal with incomprehension or hurtful remarks from those around them? This book helps therapists to support parents as they navigate a subsequent pregnancy.

Helpful therapy tools, communication strategies and resource orientation are described. Skills lists, therapeutic stories and checklists are some of the tools provided online for those affected.

#### Author Information

**Ines Fuchs**, grad. psychologist, works as a psychological psychotherapist (specialising in behavioural therapy) in an acute care clinic for psychiatry, psychosomatics and psychotherapy in Bad Säckingen, Germany. Her first child died shortly after birth.

# Shopping, gambling, gaming



- **Systematic description of the most common behavioural addictions**
- **Person-centred treatment strategies, illustrative case studies and dialogue examples**

Frank Gauls  
**Understanding and Treating Behavioural Addictions in a Person-Centred Way**  
(Person-centred counselling & therapy; 19)  
2024, 155 pages, 8 illustrations  
(978-3-497-03273-0) pb  
€ 29.90

When every day and leisure activities, such as shopping, video games or internet surfing become addictive, this can cause serious consequences for those affected, including debt, social isolation, unemployment and drug-related crime. In counselling and therapy settings, it is therefore not only important to work on the self-concept of those affected in a non-judgemental way, but also provide support with everyday life and money management.

The book describes, in detail, the most common behavioural addictions: addiction to gambling, strategies for counselling and treatment are described using the person-centred approach. Case studies and dialogue examples illustrate the techniques applicable in this area.

## Target Readership

Professionals working in the fields of psychotherapy, psychology, (social) education

## Author Information

**Frank Gauls** is a graduate social worker and person-centred therapist (GWG) as well as a nationwide speaker and trainer in person-centred counselling; he specialises in work with behavioural addictions and runs the Bethel outpatient addiction support centre in Bielefeld.

# Psychotherapeutic work with trans\* individuals

- Comprehensive guide the topic of transidentity
- Numerous practiceoriented case studies and guidelines for therapists



Mari Günther/Kirsten Teren/Gisela Wolf  
**Psychotherapeutic Work  
with Trans\* Individuals**  
A Guide for Healthcare Services  
2nd updated edition 2021, 357 pages  
(978-3-497-02881-8) pb  
€ 39.90

## Target Readership

Psychotherapists, psychologists, doctors (particularly psychiatrists) and practising and trainee (social) educators

How can trans\* individuals be advised within the healthcare system and provided with therapeutic support in a respectful, competent manner before, during and after transitioning? The diversity of gender identities, expressions and experiences of those seeking treatment means that therapists are faced with a broad spectrum of needs which they can only hope to meet by keeping an open mind. In the light of the above, this book provides support and advice by introducing psychosocial and medical principals surrounding this topic. Readers not only receive an overview of current care standards and options – the guide also focuses on the various perspectives of a wide range of trans\* lifestyles, facilitating a dialogue as equals.

## Author Information

**Mari Günther**, grad. community educator, works as a systemic therapist in private practice and is a counsellor at the QUEER LEBEN inter\* and trans\* advisory service.

Dr. **Kirsten Teren** and Dr. **Gisela Wolf** work as psychological psychotherapists in independent practice.

The three authors, all based in Berlin, Germany, are linked by both their practical work and by their affiliation to queer communities.

# Encouraging autistic children through play

- Fosters the child's personal initiative
- Facilitates relationship experiences through play



Sibylle Janert/André Zirnsak/Ilaria Acerbi/Stephanie Hohndorf  
**A Relational Approach to Autism**  
Guide to the DIRFloortime method  
2nd revised edition 2023, 321 pages,  
32 illustrations, 10 tables  
€ 36.90

### Target Readership

Psychologists, (child) psychotherapists and psychiatrists, paediatricians, social education workers, (special education) teachers, occupational therapists, speech therapists

How can children with autism or who exhibit autistic-like behaviour receive developmental support? The so-called DIRFloortime approach, a form of play therapy that works with positive emotionality and simple interactive play units, offers a possible answer to this question. During play, the adult follows the child's natural emotional interests, inviting the child to relate to them. In the process, the child learns to increasingly use their social, emotional and intellectual skills and to move from sensorimotor to symbolic thinking.

The book introduces the method's developmental concepts and includes research findings on its efficacy. Numerous game ideas and tricks tailored to all developmental levels are presented for practical and appropriate implementation.

### Author Information

**Sibylle Janert**, Ruppolding, a psychologist with further training at the Tavistock Clinic, London and as a DIRFloortime expert trainer, works as a coach with autistic children and their families in private practice as well as providing further training in German and English-speaking countries.

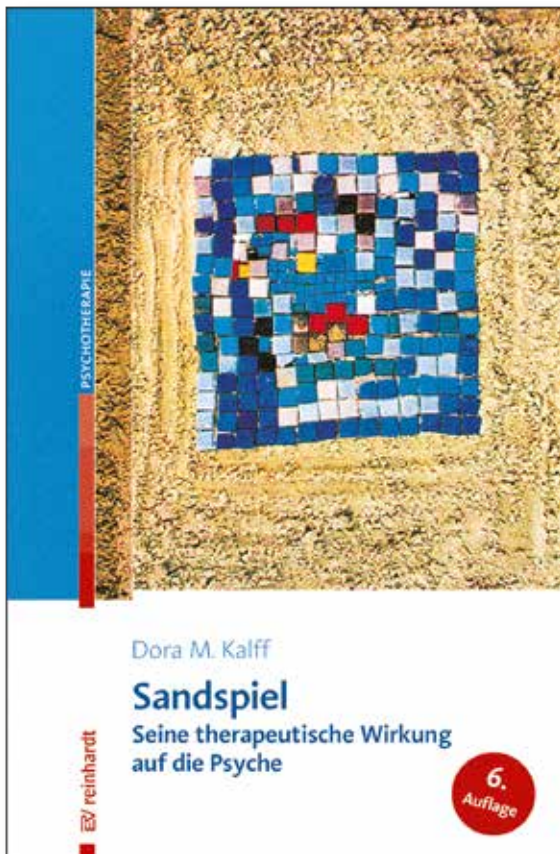
**André Zirnsak**, a graduate special education teacher (UAS), works as a play therapist, supervisor and coach in private practice in Berlin, and has many years' experience of working with autistic children and their families as well as in further education.

**Stephanie Hohndorf**, a graduate psychologist and systemic (child and youth) therapist (SG – Systemic Society), works at the Autism Institute in Lübeck.

**Ilaria Acerbi**, M.A., a special education teacher based in Berlin, works with children and young people on the autism spectrum.

# Sandplay therapy – the original

- Build resilience – overcome speech inhibition – treat anxiety neuroses
- Translated into 12 languages



Dora M. Kalff  
**Sandspiel**  
Its Therapeutic Effect on the Psyche  
6th edition 2022, 169 pages.  
79 illustrations  
(978-3-497-03151-1) pb  
€ 29.90

#### Target Readership

Psychotherapists, (child) psychologists,  
social/curative educators

Pleasure in free expression and the sensual perception experienced during sand play both effects and influences the player. Dora M. Kalff uses empathetically recounted examples drawn from her therapeutic career to demonstrate how feelings and self-perception, problem solving and self-discovery are expressed in sand play, exemplified by numerous illustrations of these fascinating pictures in sand. Designed originally as a means of working with children in a Jungian framework, sandplay soon came into favour with adults. The non-verbal, symbolic nature of the method moves directly to the unconscious and avoids the overly rational components of typical Western culture.

In »Sandplay« Dora M. Kalff shares an intimate experience of her remarkable work. Newly edited, this seminal account of sandplay provides the reader an exceptional insight into the teachings of this renowned sandplay master.

#### Author Information

**Dora M. Kalff** was a student of C.G. Jung and studied at the Jung-Institute in Zurich and under Margaret Lowenfeld in London. From Jung's depth psychology teachings and Lowenfeld's »World Technique« she developed the »Sandplay«, a therapy and diagnostic method that is used worldwide today.



## Therapeutic stories

- Dealing with crises
- Including information on crisis management and personal development

Katharina Lamprecht / Stefan Hammel /  
Adrian Hürzeler / Martin Niedermann  
**How the Rhino Found Freedom**  
120 stories on dealing with crises  
2023, 170 pages  
(978-3-497-03175-7) pb  
€ 22.00

### Target Readership

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

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.

### More therapeutic stories:



**Dealing with Trauma**  
(978-3-497-03017-0) pb



**31 Stories for Kids**  
(978-3-497-02933-4) pb



**Dealing with physical Discomfort**  
(978-3-497-02775-0) pb



**Dealing with difficult Situations**  
(978-3-497-02506-0) pb

# The body as co-therapist

- A variety of practical exercises and case studies
- Systematic integration within the therapeutic process



Maren Langlotz-Weis  
**Body-oriented Behavioural Therapy**  
2nd edition 2020, 116 pages,  
11 illustrations  
(978-3-497-02992-1) pb  
€ 19.90

### Target Readership

Practising and trainee behavioural therapists, psychotherapists of other schools, potential trainee behavioural therapists, sports and physiotherapists employed as co-therapists in psychosomatic clinics

This book bridges a gap in clinical behavioural therapy: the body played an essential role from the outset, but is now joined by a systematic compilation of key areas of application and interventions. Body awareness can be a vehicle for emotions, promoting access to the self in the present. In the process, physical memory proves an effective aid for those embarking on biographical work. The theoretically substantiated and tried-and-tested interventions are presented comprehensibly as part of the therapeutic process, and illustrated with a wide variety of case studies.

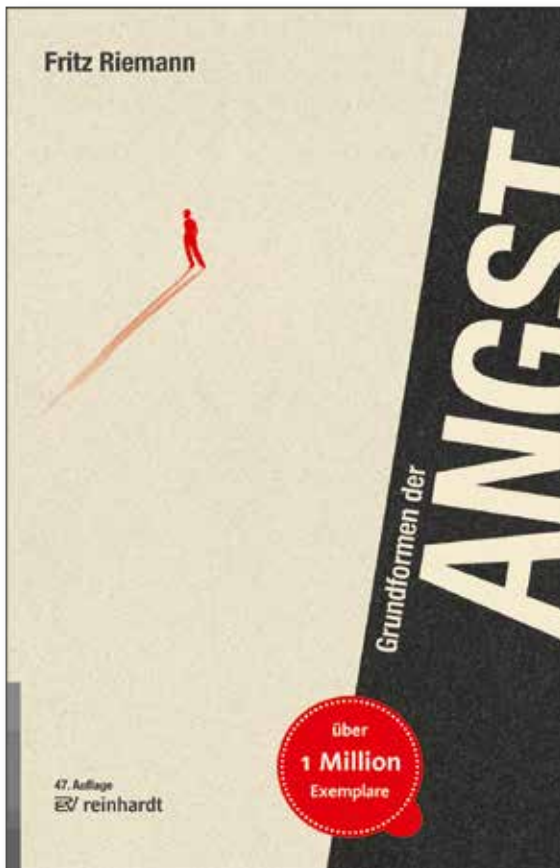
The book is complemented by information on materials, setting and suggestions for groups, making it an indispensable practical guide (not exclusively) for behavioural therapists seeking to exploit the body's potential more intensively in a therapeutic context.

### Author Information

Dr. **Maren Langlotz-Weis**, grad. psychologist, Ladenburg/Neckar, Germany, behavioural therapist in private practice, with further training in fields including Schema Therapy according to George Downing, also works as a lecturer, supervisor and self-awareness instructor.

# Fritz Riemann's bestseller on anxiety

- Classic with more than 1 million copies sold
- Translated into 19 languages



Fritz Riemann  
**Basic Forms of Anxiety**  
47th edition 2022,  
244 pages  
(978-3-497-02422-3) pb  
€ [D] 19,90/€ [A] 20,50

**Target Readership**  
Students and teachers of  
psychology and sociology

Fritz Riemann approach to anxiety: a literary classic and source of encouragement and instruction in the art of perceiving and accepting one's own anxieties, and if possible modifying them in a productive way.

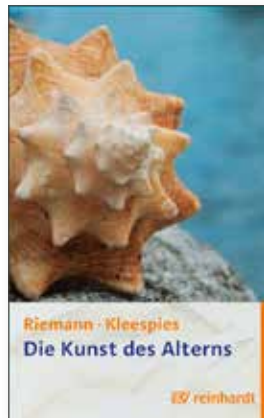
#### Author Information

**Fritz Riemann** (1902–1979), studied psychology, qualified psychoanalyst; co-founder of the Institute for Psychological and Psychotherapeutic Research, Munich, Germany (today: Academy for Psychoanalysis and Psychotherapy). He is also an honorary member of the American Academy of Psychoanalysis in New York. »Basic Forms of Anxiety« is Riemann's most famous book.

#### More books by Fritz Riemann:



**The different Kinds of Love**  
(978-3-497-02376-9) pb

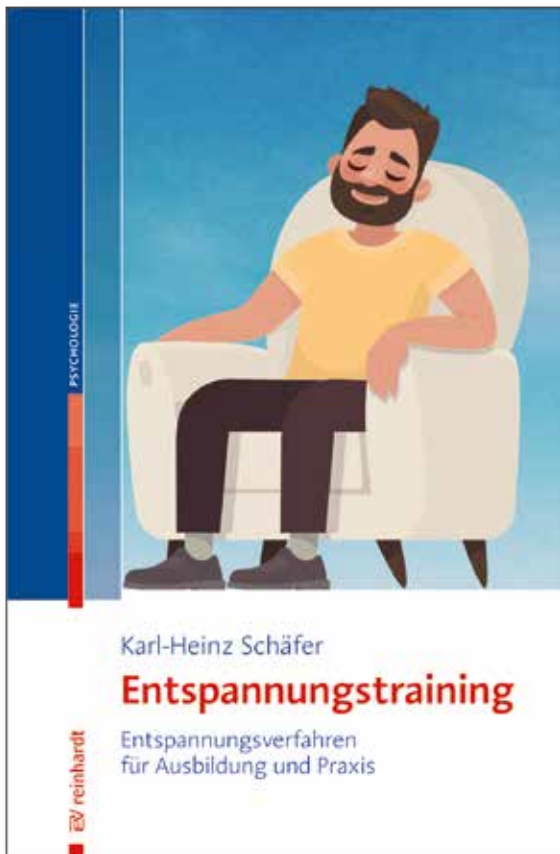


**Ageing gracefully**  
(978-3-497-02226-7) pb



# Teaching ways to find peace

- Instructions for 6 established procedures
- Includes log sheets



Karl-Heinz Schäfer

## **Relaxation Training**

Relaxation methods for training and practice

2021, 170 pages, 1 illustration, 4 tables  
(978-3-497-03060-6) pb  
€ 26.90

### **Target Readership**

Relaxation trainers, psychotherapists, psychologists, social education workers, educators, doctors, occupational therapists, physiotherapists and other health professionals

It's not easy to find pockets of peace in everyday life. Yet, proper relaxation is one of the foundations of health. This book provides a clear overview of the practical field of relaxation training, ranging from meditative, imaginative, breathing and self-hypnosis relaxation to progressive relaxation and autogenic training. Different relaxation goals are pursued depending on the method. Immediate relaxation can be encouraged, the ability to relax practised or a relaxed attitude to life developed. Here, a clear distinction is made between therapy and relaxation. Clearly formulated instructions and self-observation sheets constitute a rich resource for (prospective) relaxation trainers when it comes to structuring courses.

### **Author Information**

**Karl-Heinz Schäfer** is a psychological psychotherapist in private practice based in Ravensburg. He leads training seminars at the Sebastian Kneipp Academy and at the Seminarzentrum Wollmarshöhe (Seminar Centre). His work focuses on psychotherapy (individual and group therapy), hypnotherapy, relaxation techniques and therapeutic archery.

# Eating disorders

- Behavioral and movement therapy combined with improvisational theatre
- Detailed descriptions of modular therapy sessions



Reinhild Schwarte /  
Katharina Alexandridis  
**Body Image in the Field  
of Eating Disorders**

An interdisciplinary therapy manual  
Includes 57 worksheets to download  
2024. 236 pages, 38 illustrations, 5 tables  
(978-3-497-03218-1) pb  
€ 39.90

### Target Readership

Psychotherapists, psychologists,  
movement therapists, physiotherapists,  
occupational therapists, psychomotri-  
cians, motopedagogues

This manual provides impulses for body image work with all age groups. Behavioral therapy and movement therapy adapted for mental illnesses are combined with improvisational theatre. Creative elements bring energy and lightness to the therapy. A variety of exercises designed to elicit emotion form the basis for a holistic examination of feelings, particularly shame and insecurity as well as the need for control.

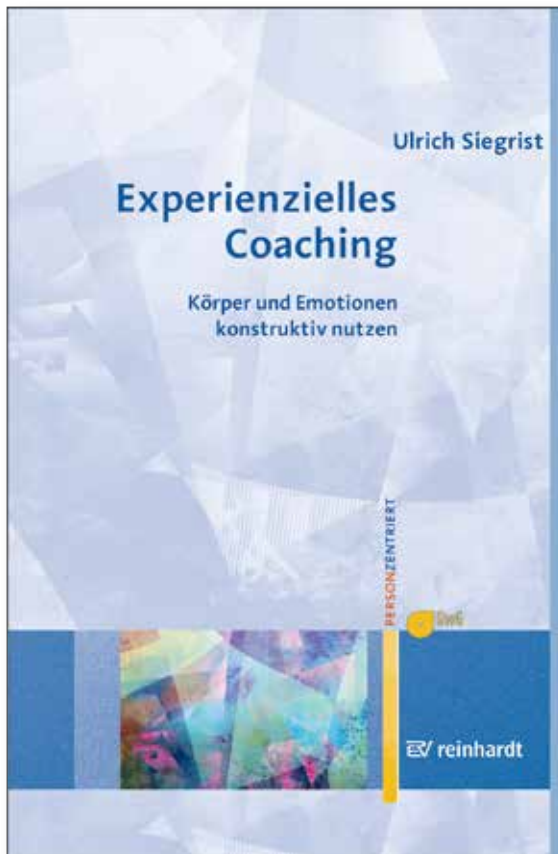
The therapeutic units are described in detail, can be freely combined and are suitable for group and individual therapy. Excursions (e.g. clothes shopping, swimming pool visits) and seasonal events (e.g. Christmas, Ramadan) are also addressed. Downloadable worksheets support patients as they transition back to everyday life.

### Author Information

Dr. **Reinhild Schwarte** is a psychological psychotherapist (Behavioural Therapy) working with adults, children and adolescents. She heads the Eating Disorders Centre at the Oberbergklinik Konraderhof clinic near Cologne and is co-founder of the »Network for Applied Improvisational Theatre in Psychotherapy«.

Dr. **Katharina Alexandridis** is a sports and movement therapist based at the Oberbergklinik Konraderhof clinic near Cologne. She researches and teaches at the German Sport University Cologne (with subjects including body image diagnostics) and offers animal-assisted interventions.

# Perceive, experience, adapt



- A guide to body and emotions work in coaching
- Includes case studies and coaching dialogues

Ulrich Siegrist  
**Experiential Coaching**  
Using the body and emotions  
constructively  
2022, 136 pages, 5 illustrations, 2 tables  
€ 26.00

**Target Readership**  
Professionals in counselling,  
supervision and coaching

The need for guidance in the world of work grows as the latter increases in complexity.

In this context, concepts such as focusing, which place the body at the centre of attention, are receiving more and more attention. When emotions come into play which are expressed in the body, coaching is often expected to calm the emotions and return us to objectivity.

This is all the more successful when physical sensations and feelings are not dismissed as annoying background music, but are used as a resource for finding solutions. Ulrich Siegrist has created a theoretically well-founded and simultaneously practical guide to the experiential approach in coaching.

#### Author Information

Prof. Dr. **Ulrich Siegrist** teaches communication and counselling at the Catholic University of Applied Sciences Freiburg. He leads the further training course »Supervision and Coaching« offered by the Society for Person-Centred Psychotherapy and Counselling (GwG).

# Music Therapy & Neurobiology

- Numerous examples from music therapy in practice
- From amygdala to diencephalon



Thomas Stegemann

**Was MusiktherapeutInnen  
über das Gehirn wissen sollten**  
Neurobiologie für die Praxis

reinhardt

2.  
Auflage

Thomas Stegemann

## **What Music Therapists Should Know About the Brain**

Neurobiology in Practice  
2nd updated edition 2020, 236 pages,  
55 illustrations, 14 tables  
(978-3-497-02991-4) pb  
€ 33.00

### **Target Readership**

Students of music therapy, music therapists working in private practice (specialising predominantly in psychiatry, neurology, child and adolescent psychiatry) or active in the fields of teaching and research; students from neighbouring disciplines (music psychology, music, rhythmics, medicinal music, musical education, special and therapeutic education)

What happens in the brain when music is played? What effect do sounds have on (muscle) tone? How does voice relate to mood? This book provides answers to questions like these on the foundations of neurobiology of music and music therapy, which are prepared didactically with numerous practical examples and illustrations. Taking fundamental neuroanatomical and physiological principles as the basis, listening in general and the perception and production of music are explained in a comprehensible manner. Neurobiological models describing the efficacy of music therapy are discussed using selected clinical disorders from the fields of psychiatry and neurology.

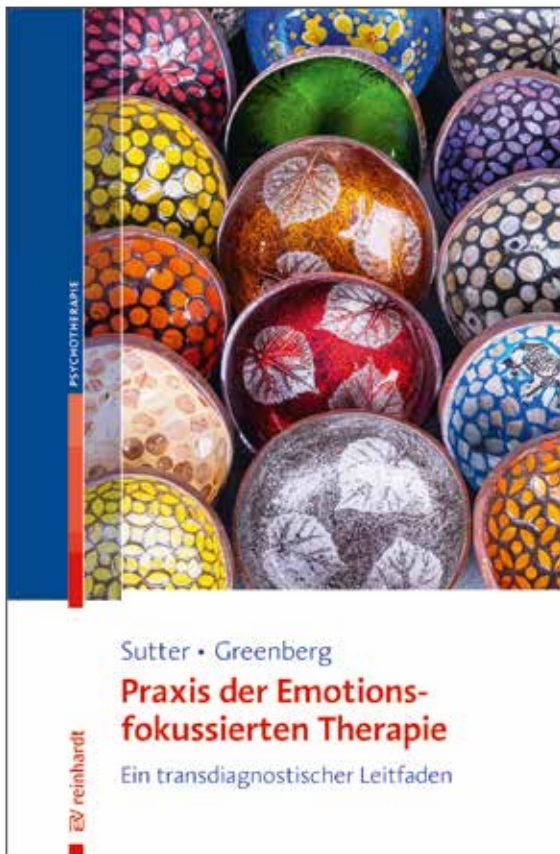
An indispensable textbook and reference work for all those interested in the effects of music on the psyche and the body.

### **Author Information**

Univ.-Prof. Dr. med. Dr. sc. mus. **Thomas Stegemann**, music therapist, consultant for child and adolescent psychiatry and psychotherapy, couples and family therapist (German Association of Psychoanalytical Couples and Family Therapy, BvPPF), is Director of the Institute for Music Therapy at the University of Music and Performing Arts Vienna, Austria.

## Guided by feeling

- Dealing with difficult moments in therapy
- Innovative, transdiagnostic approach



Marielle Sutter/Leslie Greenberg  
**Practice of Emotion-Focused Therapy**  
A transdiagnostic guide  
2021, 235 pages, 11 illustrations,  
11 tables  
(978-3-497-03018-7) pb  
€ 29.90

### Target Readership

Psychotherapists, psychologists,  
doctors, social education workers,  
educators

Joy, anger, shame, fear – everyone has experienced these feelings. But what happens when you feel at the mercy of your own emotions? Or when you are no longer aware of them at all? Emotion-focused therapy (ETF) assumes that emotional processing problems are the basis for mental disorders. In this book, ETF is specifically applied transdiagnostically: whether eating disorders, anxiety disorders or depression, the emotions involved are always at the core of this treatment approach. The therapeutic process is described in detail in the following steps: allowing, modulating, processing and transforming emotions. Helpful support for practitioners is provided by the chapter on dealing with difficult moments in therapy, the description of case studies and therapy dialogues as well as exercise sheets for clients.

### Author Information

Prof. **Leslie S. Greenberg**, PhD, Director Emeritus of the York University Psychotherapy Research Clinic, Toronto, Canada, is the founder of Emotion-Focused-Psychotherapy.

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# Supporting children with intellectual disabilities

- Understanding diagnoses and managing daily family life
- Feeling one's own emotions



Caroline Tost  
**Supporting Children with Intellectual Disabilities**

Useful tips for parents and families  
2023, 148 pages, coloured inner section  
(978-3-497-03215-0) pb  
€ 24.90

#### Target Readership

Parents and relatives of children with intellectual disabilities

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.

#### 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.

# Early therapy in Autism Spectrum Disorders

- From diagnosis to treatment planning
- In-depth parent counselling



Friedrich Voigt  
**Early Diagnostics and Early Therapy  
in Autism Spectrum Disorders**  
2nd edition 2024., 223 pages,  
4 illustrations, 24 tables  
(978-3-497-03256-3) pb  
€ 29.90

### Target Readership

Professionals in (interdisciplinary) early intervention/social paediatric centres, paediatricians, specialist therapists, psychologists, psychotherapists working with children and adolescents

Although autism spectrum disorders are currently receiving considerable attention, diagnoses are often made late on, and support for those affected usually begins only at preschool age. The book's developmental perspective permits the creation of a suitable support framework for children with autism spectrum disorders. It provides compact, critical information ranging from early diagnosis to therapy planning and parent counselling.

### Author Information

Dr. **Friedrich Voigt**, grad. psychologist and psychological psychotherapist, was the head psychologist at the kbo-Kinderzentrum (children's clinic) in Munich, Germany, for many years.

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