



Kirsten Wendt

Migräne ist ein bisschen Psycho

Sechs Wochen Reha

Migr Ne Ist Ein Bisschen Psycho Ebook

Kirsten Wendt



Migr Ne Ist Ein Bisschen Psycho Ebook:

Migräne Ist ein Bisschen Psycho Kirsten Wendt, 2012-08-16 Hier kommt die Fortsetzung von Migr ne ist ein doofer Kopfmann Dumm gelaufen Kalinka Nauer wollte ihre Migr ne eigentlich in einer Schmerzklinik behandeln lassen Stattdessen schickt man sie jedoch in eine Psychosomatische Klinik wo sie allerlei Erstaunliches erlebt In der Reha lernt Kalinka dass eigentlich jeder etwas Depri sein sollte Und tats chlich entwickelt sie sich zu einer echten Heulsuse die sogar beim Vortrag ber Zeitmanagement in Tr nen ausbricht Kalinka absolviert brav ihren Therapieplan und eilt vom Mentalen Aktivierungstraining zur Aqua Fitness hetzt weiter zur Feldenkrais Stunde und ist gespannt welches Thema in der Gruppentherapie ausgesucht wird Was das alles mit Migr ne zu tun hat Migr ne ist ein bisschen Psycho **Migräne.**

Helmuth P. Huber, 1982-01 Psychotherapie chronischer Kopfschmerzen Jobst Scherler, 1998 *Psychophysiologie der Migräne* Jürgen Hasenberg, 1975 **Migräne** W.D. Gerber, G. Haag, 2012-01-06 Dieses Buch ist beispielhaft fUr die interdisziplinäre medizinisch psycho logische Zusammenarbeit in Forschung und Praxis fUr die sich auch im deutschen Sprachraum der Begriff Verhaltensmedizin einzubürgern be ginnt Der vorliegende Text sollte zunächst ein Praxishandbuch fUr A rzte und Psychologen zur Behandlung des Migranekopfschmerzes durch Ver haltensmodifikation werden Es ist mehr als das geworden ein Hand buch der Migrane in dem alle bisherigen Theorien und Erkenntnisse zur Atiologie Pathogenese und Klinik alle bisherigen Erfahrungen und ver suchten Techniken zur Diagnostik und Therapie der Migrane dargestellt und kritisch gewiirdigt werden Die AusfUhrungen zeigen die Notwendigkeit und die Moglichkeit der Anwendung sowohl medizinischer als auch psychologischer Untersu chungs und Behandlungsverfahren bei vorwiegend psychophysiologisch erkIarbaren Beschwerden und Storungen ferner wie wichtig und sinn voll es ist psychologische Forschung und physiologische Forschung als integrierende psychophysiologische Wissenschaft zu betreiben Die in diesem Buch mitgeteilten psychologischen Behandlungsver fahren des Migranekopfschmerzes wurden zum GroBteil in einem For schungsprojekt des Schwerpunktprogrammes Verhalt nsmodifikation der Deutschen Forschungsgemeinschaft entwickelt und erprobt in Zu sammenarbeit der Arbeitsbereiche Klinische und Physiologische Psy chologie der Universitat Tiibingen und der Abteilung Neuropsycho logie und Neurologische Poliklinik der Universitat Tiibingen Die Autoren sind A rzte und Klinische Psychologen der beiden Institutionen und anderer in und ausländischer Forschungsgruppen Alle sind zu gleich therapeutisch engagierte Praktiker und Forscher

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