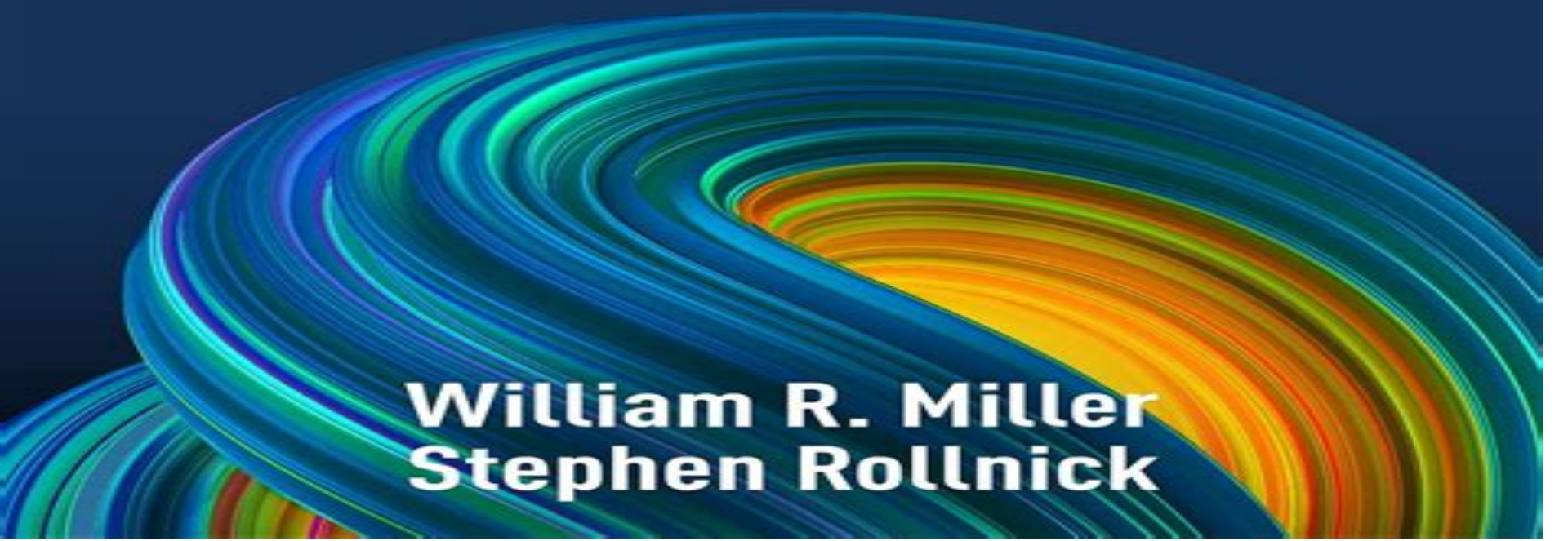


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Motivierende Gesprächsführung Tobias Weigl, Johannes

Mikutta,2019-01-17 Die Autoren stellen in diesem essential Grundlagen und Hintergründe der Motivierenden Gesprächsführung dar und liefern dem Leser damit das nötige Wissen um mit der anwendungsorientierten Vertiefung des Ansatzes beginnen zu können Anhand von Beispielen werden zudem erste Anregungen zur Umsetzung geboten Die Autoren sprechen damit Studierende und Praktiker verschiedener Gesundheitsberufe und Teilnehmer in psychotherapeutischer Weiterbildung gleichermaßen an Psychotherapie und Beratung: Tanz mit dem Widerstand Almut Lippert,2025-01-12 Dieses essential hilft Ihnen Widerstand von Klienten in Therapie und Beratungskontexten besser zu verstehen und aufzulösen Leidige Ja aber oder Das geht nicht weil Debatten kennt wohl jeder Behandler Schnell wird der Patient als widerständig oder unmotiviert etikettiert und Behandler reagieren oft frustriert und genervt Der Ansatz des Motivational Interviewing ermöglicht einen anderen Blick auf Widerstandskonzepte zu entwickeln und Widerstand vor allem als Interaktionskonzept zu begreifen Davon ausgehend werden Gesprächstechniken erläutert um Gesprächsblockaden aufzulösen bzw vorzubeugen Beispiele aus der Praxis erleichtern den Transfer in den Berufsalltag **Motivierende Gesprächsführung in der Praxis Sozialer Arbeit** Melinda Hohman,2024-08-16 Das Buch zeigt detailliert auf wie sich der Beratungsansatz der Motivierenden Gesprächsführung MI auf verschiedene Bereiche der Sozialen Arbeit übertragen lässt Die Autorin beschreibt wie MI im konkreten Fall aussieht wie das Konzept Gespräche mit Klienten positiv beeinflusst und wie Praktikerinnen es in zahlreichen Situationen und Bereichen der Sozialen Arbeit anwenden können Die Übersetzung der aktualisierten 2. Auflage aus dem Amerikanischen enthält ausführliche neue Fallbeispiele und kommentierte Dialoge um Praktikerinnen der Sozialen Arbeit den Einstieg in MI zu erleichtern und sie dabei zu unterstützen ihre eigenen Fähigkeiten auszubauen Das Buch fasst zudem den Forschungsstand zusammen und enthält zahlreiche Tipps für Lehre Training und professionelle Entwicklung Es nimmt auch Bezug zur Critical Race Theory Traumarbeit Ernährungsunsicherheit sowie Klimagerechtigkeit **Grundlagen der Motivierenden Gesprächsführung** Andreas Jähne,Cornelia Schulz,2018-07-18 Innere Motivation durch das Auflösen von Ambivalenzen In diesem Buch präsentieren die Autoren übersichtlich fundiert und anhand vieler Fallbeispiele die Grundlagen der Motivierenden Gesprächsführung Motivational Interviewing MI ihre Entwicklung bis zum heutigen Stand die Einsatzfelder und praktischen Umsetzungsmöglichkeiten Seit ihrer Begründung in den 80er Jahren hat das MI immer neue Anwendungsbereiche gefunden Neben dem erfolgreichen Einsatz in der Suchttherapie Essstörungen Drogenmissbrauch pathologisches Spielen etc kann das MI auch Betroffenen mit Angststörungen oder im Umgang mit chronischen Krankheiten helfen ihre Selbstwirksamkeit zu erfahren und zielführende Verhaltensweisen umzusetzen Die innere Motivation des Klienten wird durch ein Erörtern und Auflösen von ambivalenten Einstellungen bewirkt Da es bei der MI vor allem um eine Grundhaltung und eine universelle Technik in Beratungssituationen geht lässt sie sich in vielfältige Beratungs- und Therapieformen integrieren So gelingt Veränderung in jedem Setting Motivational Interviewing Antoine B. Douaihy,Thomas M. Kelly,Melanie A. Gold,2015-01-02 This work will help you learn about how to engage patients in a

discussion about behaviour change Whatever field you pursue patient care will be at the heart of your practice Motivational Interviewing is transforming the way we engage with patients and colleagues alike This manual is ideal for any medical doctors at all levels in their career Psychotherapie von Anfang bis Ende Markus Gmelch, 2024-05-14 Die Ergebnisse der Psychotherapieforschung können am stimmigsten von einem kontextuellen Metamodell interpretiert werden In der therapeutischen Beziehung werden hilfreiche Kontexte für KlientInnen angeboten und individuell angepasst die diese zu Klärung Veränderung und Ermutigung nutzen können Vor diesem Hintergrund stellen sich angehenden PsychotherapeutInnen ganz praktische Fragen Was macht denn eine Beziehung therapeutisch Wie kann ich den Prozess von Beginn an hilfreich strukturieren Wie gelange ich zu wohl formulierten Therapiezielen Wie kann ich KlientInnen ihre eigenen Interventionen finden und erfinden lassen Wie gehe ich mit unmotivierten KlientInnen um Und was mache ich bei Rückschritten Wie kann ich mich auf jede einzelne KlientIn individuell einstellen und anschlussfähige Fragen stellen Und was kann ich tun dass KlientInnen langfristig auch ohne mich zurechtkommen Dieses Lehrbuch vermittelt PsychotherapeutInnen Grundlagen zum gesamten therapeutischen Prozess und bietet Orientierung und Struktur für zahlreiche schwierige Situationen an Heuristiken die wiederum genutzt und angepasst werden können Viele Transkripte und Beispiele veranschaulichen und konkretisieren die Vorgehensweise Experiencing Motivational Interviewing from the Inside Out, *Motivational Interviewing* William Robert Miller, Stephen Rollnick, 1995 Alkoholmissbrauch und -abhängigkeit Tilman Wetterling, 2021-03-24 Alkoholmissbrauch und Alkoholabhängigkeit sind in Deutschland sehr verbreitet Die Betroffenen haben oft große Schwierigkeiten ihre Sucht zu bewältigen Hierfür sind vor allem die Wirkungen von Alkohol auf das Gehirn insbesondere auf das psychische Befinden verantwortlich Bei längerem erhöhtem Alkoholkonsum kommt es sehr häufig auch zu körperlichen Erkrankungen und sozialen Folgeerscheinungen Das Buch stellt all diese Aspekte der alkoholbezogenen Störungen fundiert dar Aufbauend auf der über 35-jährigen klinischen Erfahrung des Autors werden praktische und auf den Alltag bezogene Behandlungsstrategien aufgezeigt insbesondere therapeutische Interventionsmöglichkeiten in verschiedenen Behandlungskonstellationen Think Again - Die Kraft des flexiblen Denkens Adam Grant, 2022-01-27 Wer noch mal nachdenkt geht schlauer durchs Leben Intelligenz wird üblicherweise verstanden als die Fähigkeit zu denken und zu lernen Doch in einer Welt die sich rasant verändert brauchen wir etwas ganz anderes genauso dringend die Fähigkeit Gedachtes zu überdenken und sich von Erlerntem wieder zu lösen Anhand zahlreicher Beispiele aus dem täglichen Leben zeigt der internationale Bestsellerautor Adam Grant Nur wer die Komfortzone fester Überzeugungen verlässt wer Zweifel und unterschiedliche Ansichten zulässt ohne sich in seinem Ego bedroht zu fühlen eröffnet sich die großartige Chance wirklich neue Erkenntnisse zu gewinnen Wissen ist Macht Erkennen was wir nicht wissen können ist Weisheit Adam Grant ist der Meinung dass geistige Offenheit eine Fähigkeit ist die man lernen kann Und von keinem kann man diese immensen täglichen Fähigkeiten besser lernen als von ihm Die bemerkenswerten Einsichten seines brillanten Buches werden dazu führen dass Sie Ihre

Ansichten und Ihre wichtigsten Entscheidungen bedenken Garantiert Daniel Kahneman Nobelpreisträger und Bestsellerautor Schnelles Denken langsames Denken **Soziale Arbeit in der Suchthilfe. Lehrbuch** Daniel Deimel, Diana Moesgen, Henrike Schecke, 2024-06-17 Drogen und Suchthilfe verstehen und anwenden Dieses umfassende Grundlagenwerk komplementiert die Trilogie aus Lehr und Fallberichten der Klinischen Sozialarbeit und führt in eines der wichtigsten Arbeitsfelder der Suchthilfe ein Wie beim Lehrbuch Soziale Arbeit in der Psychiatrie wurden Lehrende und Praktikerinnen aus verschiedenen Hochschulen und Praxissettings als Mitschreibende gewonnen die ihre Erfahrung weitergeben wollen Die Autorinnen nutzen alle die gleiche didaktische Struktur mit Lernzielen Kursten Exkursen Zusammenfassungen und Reflexionsfragen Neben einer Beschreibung von Suchtmodellen Behandlungsmöglichkeiten und Rahmenbedingungen werden unterschiedliche Methoden und Zugänge zu einer Klientel vorgestellt die neben medizinischer Behandlung vor allem psychosoziale Unterstützung braucht Studierende und Berufsanfängerinnen lernen spezialisierte Angebote für verschiedene Personengruppen und Lebenssituationen kennen Ein konkurrenzloses Kompendium der Suchthilfe mit einem exzellenten Einblick in Forschung Praxis und Weiterbildung Verhaltenstherapie der Sucht Thomas Schnell, 2024-10-01 Die Behandlung von Suchterkrankungen stellt an Therapeuten hohe Anforderungen Dieses Buch zeigt für den therapeutischen Umgang mit der typischen Ambivalenzhaltung ambigier Menschen gegenüber ihrem eigenen Suchtverhalten und für den Aufbau einer Änderungsmotivation erprobte Strategien auf Evidenzbasierte verhaltenstherapeutische Interventionen werden vorgestellt und im Sinne einer wirkfaktorenorientierten Suchttherapie mit Erkenntnissen der Wirksamkeitsforschung kombiniert Im Fokus stehen dabei auch die Lebensqualität und eine individuelle die eigenen Bedürfnisse befriedigende Lebensgestaltung für Menschen die ihre Sucht überwinden wollen Die 2. Auflage enthält die Aktualisierungen der ICD 11

Arbeits-, Organisations- und Personalpsychologie für Bachelor Simone Kauffeld, 2018-07-19 Dieses Lehrbuch enthält alle praxisrelevanten Themen des psychologischen Anwendungsfachs Arbeits Organisations und Personalpsychologie Doch es bietet noch viel mehr Die begleitende Website enthält kostenlose Lerntools für Studierende zahlreiche Zusatztexte mit Vertiefungen und Praxisanleitungen Videos Folien sowie mp3 Hörbeiträge zum Download Das A und O und P der Wirtschaftspsychologie hier kompakt verständlich und praxisnah in einem Band Psychologie in der medizinischen Rehabilitation Jürgen Bengel, Oskar Mittag, 2016-03-05 Dieses Buch ist das Lehrbuch zur Psychologie in der medizinischen Rehabilitation für alle Berufsgruppen Es ist für Reha Psychologen und klinische Psychologen als Basisbuch verwendbar Als Praxishandbuch enthält es alle Informationen die in der medizinischen Rehabilitation gebraucht werden und dient als Begleitbuch zur Fortbildung Fachpsychologinnen in der Rehabilitation Geschrieben für Psychologinnen in der medizinischen Rehabilitation sowie für Ergo und Physiotherapeuten Sportlehrer Pflegekräfte und Studierende mit Ziel Masterabschluss Psychologie Aus dem Inhalt Grundlagen und Geschichte Selbstverständnis Krankheitsverarbeitung Diagnostik und Dokumentation und psychische Komorbidität berufliche Belastungen Entlassbericht Psychologische Interventionen und

Beratung motivierende Gesprächsführung Handlungs- und Bewältigungsplanung Themenspezifische Maßnahmen u. a. MBOR Stressbewältigung Entspannungsverfahren Schmerzbewältigung Nichtrauchertraining Gewichtsreduktion Nachsorge Team Forschung u. a. Teamentwicklung Qualitätsmanagement Die Herausgeber Prof. Dr. phil. Dr. med. Jürgen Bengel, Dipl. Psych. Arzt Psychotherapeut und Prof. Dr. rer. nat. Oskar Mittag, Dipl. Psych. Psychotherapeut, Universität Freiburg *Building Motivational Interviewing Skills* David B. Rosengren, 2017-08-14 Many tens of thousands of mental health and health care professionals have used this essential book now significantly revised with 70% new content reflecting important advances in the field to develop and sharpen their skills in motivational interviewing. MI Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises and practice opportunities. Readers build proficiency for moving through the four processes of MI: engaging, focusing, evoking and planning, using open-ended questions, affirmations, reflective listening and summaries, OARS plus information exchange. In a large size format for easy photocopying, the volume includes more than 80 reproducible worksheets. Purchasers get access to a companion website where they can download and print the reproducible materials. New to This Edition Fully revised and restructured around the new four process model of MI. Chapters on exploring values and goals and finding the horizon. Additional exercises now with downloadable worksheets. Teaches how to tailor OARS skills for each MI process. Integrates key ideas from positive psychology. Winner First Place American Journal of Nursing Book of the Year Award Adult Primary Care Category. See also *Motivational Interviewing Fourth Edition: Helping People Change and Grow* by William R. Miller and Stephen Rollnick and *Motivational Interviewing and CBT: Combining Strategies for Maximum Effectiveness* by Sylvie Naar and Steven A. Safren. This book is in the Applications of Motivational Interviewing series edited by Stephen Rollnick, William R. Miller and Theresa B. Moyers. [Psychotherapy for the Advanced Practice Psychiatric Nurse](#) Kathleen Wheeler, 2020-09-10 The leading textbook on psychotherapy for advanced practice psychiatric nurses and students. Award winning and highly lauded *Psychotherapy for the Advanced Practice Psychiatric Nurse* is a how-to compendium of evidence-based approaches for both new and experienced advanced practice psychiatric nurses and students. This expanded third edition includes a revised framework for practice based on new theory and research on attachment and neurophysiology. It advises the reader on when and how to use techniques germane to various evidence-based psychotherapy approaches for the specific client problems encountered in clinical practice. This textbook guides the reader in accurate assessment through a comprehensive understanding of development and the application of neuroscience to make sense of what is happening for the patient in treatment. Contributed by leaders in the field, chapters integrate the best evidence-based approaches into a relationship-based framework and provides helpful patient management strategies from the first contact through termination. This gold standard textbook and reference honors the heritage of psychiatric nursing, reaffirms the centrality of relationship for psychiatric advanced practice and celebrates the excellence, vitality, depth and breadth of knowledge of the specialty. New to This Edition Revised framework for practice based on new theory and

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Social Workers' Desk Reference ,2015-04-20 People all over the world are confronted by issues such as poverty a lack of access to quality education unaffordable and or inadequate housing and a lack of needed health and mental services on a daily basis Due to these issues there is a need for social workers who have access to relevant and timely scholarly materials in order to meet the needs of those facing these issues The social psychological and biological factors resulting from these issues determine the level of a person s mental health at any given point in time and it is necessary for social workers to continue to evolve and develop to the new faces and challenges of the times in order to adequately understand the effects of these issues In the first and second editions of the Social Workers Desk Reference the changes that were occurring in social work practice education and research were highlighted and focused upon This third edition continues in the same tradition and continues to respond to the changes occurring in society and how they are impacting the education research and practice of social work as a whole With 159 chapters collaboratively written by luminaries in the profession this third edition serves as a comprehensive guide to social work practice by providing the most recent conceptual knowledge and empirical evidence to aid in the understanding of the rapidly changing field of social work Each chapter is short and contains practical information in addition to websites and updated references Social work practitioners educators students and other allied professionals can utilize the Social Workers Desk Reference to gain interdisciplinary and interprofessional education practice and research

Psychogastroenterology for Adults Simon R. Knowles,Laurie Keefer,Antonina A. Mikocka-Walus,2019-09-16 The brain gut connection has been increasingly implicated in biopsychosocial well being While there are numerous factors that directly and indirectly impact on how the gut and the brain interact there is a growing awareness that gastrointestinal conditions need to be viewed and treated as part of a multidisciplinary approach Psychogastroenterology for Adults A Handbook for Mental Health Professionals is the first book to provide mental health professionals with an evidence based practical guide for working with patients living with gastrointestinal conditions Timely and accessibly written this book provides a unique comprehensive introduction to psychogastroenterology offering a step by step guide to evidence based psychological treatment protocols Broad in scope and expertise the book is divided into four parts It opens with an overview of the field moving on to outline psychological concerns and conditions in gastroenterological GI cohorts Further it covers various approaches to psychogastroenterology including psychopharmacological and eHealth

practices In closing the book looks to the future providing guidance on supervision in psychogastroenterology and exploring challenges in the field Written by experts in the field this book will be an indispensable resource for those who wish to enhance their knowledge and practice of psychogastroenterology in the mental health profession including psychologists psychiatrists psychosomatic medicine specialists nurses and social workers

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