

Carl-Auer
New Releases
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Carl-Auer

**The specialist publisher for systemic therapy,
consulting and systemic management**

How to face your fears calmly



Tobias Conrad/Carola Timmel
→ How to face your fears calmly
 Mindfulness meditations for strength, courage and confidence
 140 pages, paperback, 2012
 € (D) 17.95
 ISBN 978-3-89670-864-9
Spoken trances online available

Target groups:

- People who suffer from phobias
- Therapists

Content:

Fear has various facets but one attribute always stays the same: Fear affects our lives. In their guidebook Tobias Conrad and Carola Timmel illustrate how you can regain new strength and gain control over your fears with the help of exercises for mindfulness, relaxation and meditation.

The authors' most important tool is mental images. As a resource of strength and confidence, these images are often underestimated even though they are encouraging and inspiring and helpful when one is coping with involvements and anxieties. As soon as we draw a positive mental image we are already one step further on the way to inner serenity and external changes.

In an explanatory part of the book the authors introduce their readers to topics such as relaxation, strengthening impulses, breathing techniques and power of language. There are meditation exercises to the topic integrated in those texts. This structure enables the reader to start reading the book at any random passage. Furthermore, the attentive and pictorial language makes this book an inspiring mindfulness pleasure.

The Authors:

Tobias Conrad, MD, practice for holistic medicine in Vienna, further training in clinical hypnosis (MEG and DGH). Apart from his medical practice, he is also a purser and member of the special assistance teams (SAT) of the Deutsche Lufthansa. One of his main focuses of work is healing meditation for the treatment of phobias and stress-related diseases as well as crisis interventions.

Carola Timmel, freelance journalist in Vienna, writes for daily newspapers and magazines; co-founder and designer of a radio series; professional speaker for the news and report presentation sector.



Following the motto "Life can be so easy", Carl-Auer's series **ZEST FOR LIVING** provides easily comprehensible systemic knowledge and a lot of information useful for your everyday life.

Introduction to teamwork



Cornelia Edding / Karl Schattenhofer

→ **Introduction to teamwork**

127 pages, paperback, 2012

€ 13,95

ISBN 978-3-89670-762-8

Target groups:

- Supervisors
- Coaches
- Personnel developers
- Team leaders
- Team members

Content:

"Ultimately you can reduce all economic processes to three words: people, products and profits. People come first. If you do not have a good team, you cannot accomplish much with the other two." Lee Iacocca

But how can you acquire a good team? How can difficult situations in a team be solved? How can a team gain the ability to reflect and self-regulate?

In their field-tested guide Cornelia Edding and Karl Schattenhofer provide potential solutions to problem situations in teams. Their new team offers a clearly structured framework for different views and approaches and it also makes various distinctions possible.

Based on seven cases from their practice the authors illustrate how difficult situations in teams can be solved. They offer different perspectives from which the situations can be viewed. Each one leads to different interventions – and different results. With each example the reader gets to decide if they would make the same decision or embark upon another path. They can have different perspectives, broaden their views on teams and therefore become more secure in their analysis and conclusions.

Team consultants, team leaders and members will find concrete assistance for their daily decisions.

The Authors:

Cornelia Edding, DPhil., Diploma in Psychology; trainer for group dynamics (DAGG), organizational consultant, supervisor (DGsv) and trainer for supervision. For many years she has been the chairwoman for the section group dynamics at the German work group for group psychotherapy and group dynamics (DAGG), founder and first leader of the educational institute TOPS Berlin e. V.; coach and consultant with her own practice in Berlin.

Karl Schattenhofer, DPhil., Diploma in Psychology; trainer for group dynamics for the German society for group dynamics and organizational dynamics (DGGO), supervisor (DGsv) and trainer for supervision, psychological psychotherapist. For many years he has been the leader of the section group dynamics at the German work group for group psychotherapy and group dynamics (DAGG). Trainer and consultant with his own practice for profit and non-profit organizations; lecturer at universities. Leader of TOPS Munich-Berlin e. V., a fusion of group dynamic trainers, who offer further training and consulting for teams and team workers and who train supervisors.

Carl-Auer Compact

The titles of our series **Carl-Auer Compact** each get to the heart of the systemic basics and their range of application for different, clearly defined topics.

Renowned authors guarantee a first-class survey and didactically clearly structured contents at the state of the art. More than 250.000 copies sold!

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Carl-Auer Verlag

Introduction to the systemic school education



Christa Hubrig/Peter Herrmann
→ Introduction to systemic school education
 128 pages, paperback, 2012
 € 13,95
 ISBN 978-3-89670-863-2

Target groups:

- Teachers of all school levels
 - School principals
 - Social pedagogues
- Trainers of teachers
- Social pedagogues
 - Students

Content:

The systemic school education is a successful concept, which focuses on the network of relationships between everyone who is involved with the "system school". Systemic pedagogues see the solutions, not the problems and they orientate themselves towards the children's strengths. This view relieves children, parents and even the pedagogues.

In this introduction Christa Hubrig and Peter Herrmann explain the necessary basics and competences of this concept in a compact manner and with the assistance of concrete questions.

From the analysis of current studies, a systemic understanding of the "organization" school and results from brain and motivation researches they draw comprehensible conclusions for the educational practice. The goal is a solution-focused and resource-oriented communication between teachers and students, between teachers and parents and within the teaching staff. This introduction is rounded off by guiding principles and contents, which Hubrig and Herrmann formulated for principal and teacher training.

The Authors:

Christa Hubrig, Dr., Diploma in Psychology, has her own practice. Retired teacher at a secondary school and guidance counselor. Together with Peter Herrmann, Hubrig manages the Institute for Systemic Solutions at School (ISIS Institute) in Cologne. Her main focus of work is the training of teachers. Further training in systemic therapy, supervision, hypnotherapy, NLP and Gestalt therapy.

Peter Herrmann, Dr., has a degree in education and a doctorate in psychology and further training as a Gestalt trainer, in client centered psychotherapy, systemic therapy, hypnotherapy and as NLP trainer. Conversation guide of a consulting company. Together with Christa Hubrig Herrmann manages the Institute for Systemic Solutions at School (ISIS Institute) in Cologne.

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A story comes to mind



Bernhard Trenkle

Dazu fällt mir eine Geschichte ein

Direkt-indirekte Botschaften
für Therapie, Beratung und
über den Gartenzaun

CARL-AUER

Bernhard Trenkle

→ A story comes to mind

Direct-indirect messages for therapy,
consulting and to be told over
the garden fence

With a preface by Manfred Lütz

167 pages, paperback, 2012

€ 21,95

ISBN 978-3-89670-774-1

Target groups:

- Psychotherapists
 - Consultants
 - Coaches
- Supervisors
- Educators

Content:

Inspiration, words of advice or suggestions, which are put in a story, often unfold a “depot effect” that is significantly stronger than any direct intervention. With his narratives about found and personally experienced stories, Bernhard Trenkle follows this tradition of indirect interventions of Milton H. Erickson.

Embedded in short case vignettes from therapy, coaching and supervision the various fields of application quickly become obvious. Nine basic rules for the telling of personal stories pave the way to access this form of consulting. Assistance on how you can think of a suitable story at the right moment facilitates the implementation in daily practice.

In addition to its practical use this book has a high entertaining value because of its sometimes funny, other times touching, and often surprising stories and it provides an insight into the treasure chest of one of the most experienced and internationally most renowned hypnotherapist.

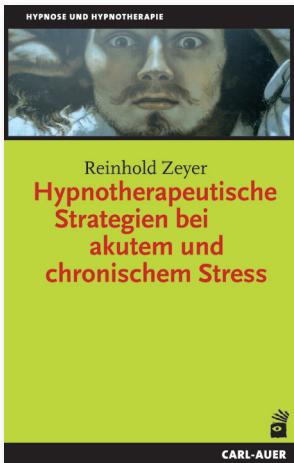
“Bernhard Trenkle is a bright shining star in the heavens of psychotherapy. Because he understands it like no one else to tell stories, healing stories, which show patients the way out of their impasse and quite gently weave potential solutions into the problem entanglements. ‘A story comes to mind’ is a wise textbook and an entertaining reader at the same time; but above all it is a wonderful, instructive reading pleasure.”

Manfred Lütz, Bestseller author and Psychiatrist

The Author:

Bernhard Trenkle, one of the best-known therapists on Hypnosis worldwide, Diploma in Psychology, Diploma in Industrial Engineering; Member of the executive board of the Milton Erickson Foundation Phoenix, USA. Member of the board of the International Hypnosis Society ISH. 1996–2003 chairman of the Milton Erickson Society for Clinical Hypnosis (MEG); 1999 Lifetime Achievement Award of the Milton Erickson Foundation, USA. Since 1986 he has his own practice and institute in Rottweil. Organizer of many large congresses with up to 6000 participants. Author of the two “Ha-Handbooks of Psychotherapy”, of the “Aha-Handbook” and of “The lion-story”, an introducing revision book of modern hypnotherapy. Coeditor of the six volume German edition of the collected writings of Milton H. Erickson and of two books on child and youth hypnotherapy (“Die Pupille des Bettnässers” [“The pupil of the bedwetter”], “Neugierig aufs Großwerden” [“Curious to grow up”]).

Hypnotherapeutic strategies for acute and chronic stress



Reinhold Zeyer
**→ Hypnotherapeutic strategies
 for acute and chronic stress**
 188 pages, paperback, 2012
 € 24,95
 ISBN 978-3-89670-854-0

Target groups:
 • Hypnotherapists
 • Psychotherapists,
 who wish to expand
 their repertoire

Content:

Stress causes headaches, anxieties make your heart beat faster, and trouble upsets your stomach. Fears of failure, exhaustion depression or burnout are only a few of the well known physical and mental causes of excessive stress. Their treatment raises a severe challenge for physicians and therapists.

Modern hypnotherapy offers a variety of effective methods to overcome stress and the consequences, which derive from it. In this book Reinhold Zeyer introduces tried and tested hypnotherapeutic strategies,

techniques of stress reduction and methods for the stimulation of resilience. The spectrum ranges from practical instructions for a symptom-orientated approach to the detailed presentation of methods, which use and stimulate unconscious knowledge and decision-making processes.

A comprehensive manual for prospective as well as experienced hypnotherapists.

The Author:

Reinhold Zeyer, PhD, Diploma in Psychology, hypnotherapist, behavioral therapist and systemic family therapist with his own practice. After many years of teaching and research in the fields of self management, stress and hypnosis he today is a coach, supervisor and consultant, trainer and lecturer for several companies and organizations and for the Milton Erickson Society for Clinical Hypnosis.

Gradual couple therapy



Konrad Peter Grossmann
→ Gradual couple therapy
 With a preface by Ilse Gschwend
 190 pages, paperback, 2012
 € 24,95
ISBN 978-3-89670-855-7

- Target groups:**
- Psychotherapists
 - Psychologists
 - Mediators
 - Psychiatrists

Content:

Most of the times problems in a relationship do not develop overnight but over a longer period of time. The same applies to the professionally accompanied way back to a fulfilling relationship: Couple therapy launches a learning process that requires time and avoids "solution stress", if possible.

In this book Konrad Peter Grossmann describes how gradual systemic couple therapy unfolds its potential through small-scaled, repeated, multimodally designed interventions. In such a decelerated atmosphere new cooperation can be developed – first between the therapist and client and then also between partners.

On the basis of numerous case descriptions Grossmann shows possibilities to overcome levels of stress such as sexual dissatisfaction, violence or infidelity of couples. In addition he introduces techniques of negative as well as positive externalization, visualization and the work with timelines, which support the treatment processes. Considerations of the limits of couple therapy complete this book.

"While reading this book, I continuously felt the desire for and anticipation of doing my next couple therapy session." Ilse Gschwend, Family therapist

The Author:

Konrad Peter Grossmann, University lecturer, DPhil., is psychologist and psychotherapist. The experienced couple therapist works as a trainer at the academy institution for systemic family therapy (lasf) and is an employee of the Ambulant Systemic Therapy (AST) in Vienna. Lectureships take him to the University of Klagenfurt and to the University for social work in Linz. Publications at the Carl-Auer publishing house so far: "Die Selbstwirksamkeit von Klienten. Ein Wirkverständnis systemischer Therapie" (2005) [“The self-efficacy of clients. An understanding of the effects of systemic therapy” (2005)], "Therapeutische Landkarten" (2007) [“Therapeutical maps” (2007)], "Die Verwandlung der Selbstbeziehung: Therapeutische Wege zur Freundschaft mit sich selbst" (2011, together with Ulrike Russinger) [“The transformation of self-relationship: Therapeutical ways to a friendship with yourself” (2011, together with Ulrike Russinger)].

Invitation to wonderland



Carmen Kindl-Beilfuß

Einladung ins Wunderland

Systemische Feedback- und
Interventionstechniken

→ **Invitation to wonderland**
Systemic techniques of feedback
and interventions

268 pages, 59 images, paperback, 2012

€ 29,95

ISBN 978-3-89670-856-4

Additional work sheets online available

Target groups:

- Systemic consultants
 - Systemic therapists
 - Physicians
 - Psychotherapists
 - Coaches
 - Social educators

Content:

Nowadays, there are plenty of dry collections of systemic tools for therapy and consulting. Many of those disregard an important fact: Professional helpers have to show a high degree of creativity to successfully support their clients and patients.

In this book Carmen Kindl-Beilfuß guides you through a "wonderland" of imaginative, surprising and highly effective techniques of feedback and interventions, which the reader does not want to leave anymore. The path leads through all phases of consultation and therapy process: starting with the collection of material

arising from questions, followed by steps based on the forming of hypotheses and the planning of interventions and ending with the architecture of solutions and the structure of comments and feedback.

First of all, the introduced interventions, exercises and techniques are sophisticated and field-tested, so that they can identically be applied in your own practice. At the same time, they are designed in an open and flexible manner, which permits therapists, coaches and consultants access to their own ideas and solutions. Simply follow the white rabbit!

The Author:

Carmen Kindl-Beilfuß, DPhil., Diploma in Psychology; psychological psychotherapist, training therapist, supervisor; lectureship at the University for Applied Science of Magdeburg and at the University of Magdeburg; founder and manager of the Institute for Systemic Research, Therapy and Consultation (isft) Magdeburg.

Main focus of work: systemic psychotherapy, couple consultation and couple coaching, family therapy and parents coaching, team and organization development, coaching of managers, health coaching.

Mobbing – a conflict system



Holger Wyrwa
→ Mobbing – a conflict system
 A theory and practice model
 for therapy and consultation
 250 pages, paperback, 2012
 € 29,95
 ISBN 978-3-89670-857-1
Additional work sheets online available

- Target groups:**
- Psychotherapists
 - Supervisors
 - Coaches
 - Social workers

Content:

Current estimations assume that over one million people are being harassed in Germany – in companies, at school, in public service and at social service institutions. Even families and relationships do not have “harassment free” zones. Everyone can become a victim of this special form of psycho terror.

Holger Wyrwa dedicates himself to this matter in an objective, sound and respectful way. His developed systemic-existential harassment-inventory (SEMI) for therapy and consultation divides harassment cases into three phases: an acute, a reflexive and an existential phase. Each one of them is characterized by special be-

havior patterns. To take those into account is of crucial importance for the success of a therapy or consultation. On the basis of these phases Wyrwa describes single consultation modules, the implementation of which he demonstrates in five case studies. For every module you will find practical checklists in the appendix.

With this book Holger Wyrwa succeeded in designing an efficient analytical instrument and a competent guideline for the practice. The combination of both helps therapists, consultants, supervisors and coaches to give affected persons their autonomy and their self-esteem back – and to deal with harassment.

The Author:

Holger Wyrwa, DPhil., is a pedagogue and psychotherapist. He manages a consulting institute and has his own practice for systemic consulting in Gelsenkirchen and he is working as lecturer for adult education. His main focus of work is personality development, coaching, personnel management and harassment-consulting. For many years Wyrwa himself has been a victim of harassment and he successfully defended himself.