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Carl-Auer

The specialist publisher for systemic therapy,
consulting and systemic management

ADHD – so what?

A book about the healing handling of active and highly perceptive children



Helmut Bonney
ADHD – so what?

A book about the healing handling of active and highly perceptive children
139 pages, paperback, 2012
€ (D) 16,95/€ (A) 17,50
ISBN 978-3-89670-834-2

“Attention-Deficit Hyperactivity Disorder” is a diagnosis, which nowadays is made quickly and more often. Not only is medication often times the only form of treatment but the condition is frequently misdiagnosed. In those cases in which the diagnosis is accurate, medications may alleviate some acute symptoms for a certain period of time but they do not cure the disorder. Also, possible side effects are rarely mentioned. But what are you supposed to do, if your environment urges you to seek treatment for your child and your physician is quick at reaching for his prescription pad?

This book is written for parents and pedagogues who want to understand their child and the “disorder” and who seek an effective approach to deal with this difficult

and stressful situation. The child and adolescent psychiatrist Helmut Bonney views ADHD from another perspective than the norm: He regards “active and highly perceptive children” as being exposed to an environment in which they are required to process more and more information in less and less time.

With the help of several case studies the author demonstrates the various therapeutic treatment possibilities when viewed from this perspective: for working exclusively with the child, for including the entire family or for the cooperation with the school. This book does not only provide knowledge to parents and pedagogues but also orientation and security of dealing with the child and its professional helpers.

Helmut Bonney, MD, physician for pediatrics, child and adolescence psychiatrist and psychotherapist, specialist for psychotherapeutical medicine, systemic family therapist (SG). Private social-psychiatric practice for child and adolescence psychiatry; director of the systemic Seminar in Heidelberg. Publications on approaches of outpatient child and adolescence psychiatry and ADHD-questions: “Neues vom Zappelphilipp” (together with G. Hüther, 8th ed. 2007), “ADHS – Kritische Wissenschaft und therapeutische Kunst” (2008). [“News from the fidgety child” (together with G. Hüther, 8th ed. 2007), “ADHD – Critical science and therapeutic art” (2008).] Speaker and training activities in Germany, Austria and Switzerland.

CARL - AUER
Zest for Living

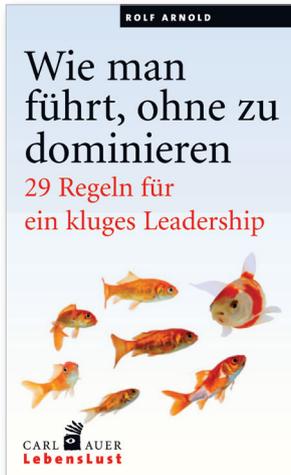
Following the motto “Life can be so easy”, Carl-Auer’s series **ZEST FOR LIVING** provides easily comprehensible systemic knowledge and a lot of information useful for your everyday life.

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Carl-Auer Verlag 

How to lead without dominating. 29 rules for an intelligent leadership.



Rolf Arnold
How to lead without dominating
 29 rules for an
 intelligent leadership
 158 pages, paperback, 2012
 € (D) 17,95/€ (A) 18,50
 ISBN 978-3-89670-833-5

Whether on your job, in an honorary position or anywhere else – when trying to “lead” people, you can quickly reach your limits – yours or those of other people. How do you overcome them? How can you claim leadership and at the same time achieve your goals in cooperation with others?

By strengthening the momentum of groups, teams or organizations, intelligent leadership promotes contexts, it shapes relationships and creates “spirit”. Intelligent leaders rarely exercise their authority or even use instruments of power even if they are aware of them and their appliance. Intelligent leadership is (and remains) risky because whoever makes use of it does not operate in a world of if-then-certainties.

Rolf Arnold provides tools for the successful organization of “typical” leadership requirements. On the one hand he relies on the latest knowledge of leadership research and on the other hand on his extensive practical experience, which he gained in diverse management functions, as consultant and as supervisor of companies and organizations throughout the entire world during the last three decades.

The author does not expect his readers to understand these 29 rules as recipes but as an appeal for self-reflection. Thereby, the last of the 29 rules is also indicative for the management style suggested by him: *Mistrust rules and discover your own!*

Rolf Arnold, Ph. D., Professor of Pedagogy; scientific director of the Distance and Independent Studies Centre (DISC) at the Technical University of Kaiserslautern; systemic consultant on a national and an international basis (main focus: managers, education system development). Teaching at the Universities of Bern, Heidelberg and Klagenfurt and at the Pedagogical University of Luzern. Publications amongst others: “Aberglaube Disziplin” (2007), “Ich lerne, also bin ich” (2007), “Seit wann haben Sie das?” (2009), “Wie man ein Kind erzieht, ohne es zu tyrannisieren” (2011). [“Superstition discipline” (2007), “I’m learning, therefore I am” (2007), “Since when do you have this?” (2009), “How to raise a child without tyrannizing it” (2011).]

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Carl-Auer Verlag 

Introduction to campaigning



Andreas Graf von Bernstorff
Introduction to campaigning

120 pages, 14 illustrations,
 22 photographs, paperback, 2012
 € (D) 13,95/€ (A) 14,40
 ISBN 978-3-89670-831-1

Look out of the window. If you are lucky, you will see a nice tree. It is supposed to be cut down. What are you going to do about that, who do you talk to first, and who gets to decide in the end?

Modern campaigns are systematic interferences in politics, society or market development seeking sustainable change: Campaigning for Change. They do not want any revolutions or radical system changes for the sake of change but they try to modify the advised system with pictures and symbols for continuing change. With such a subversive campaigning current potentials are used tactically.

In this introduction the former leader of international campaigns at the environmental protection organization Greenpeace provides tools for an optimal organization of campaigns. A set of criteria for the planning efforts – up to the final evaluation – and various exercises are complementary to the theoretical part of this book. Particularly impressive are the illustrated reports on exemplary campaigns which made history.

Andreas Graf von Bernstorff is a cooperating partner at Heitger Consulting in Vienna and freelance consultant for campaigning and strategic communication. From 1989 to 2005 he organized international campaigns for Greenpeace. He is author of several publications on international environmental questions and questions on campaign strategies in general; he also gives lectures at the Universities of St. Gallen and Heidelberg, at the Humboldt-Viadriana School of Governance and at the AMAK-Kontext (University of Mittweida).

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Carl-Auer Verlag 

Introduction to the theory of family business



Fritz B. Simon
**Introduction to the theory
 of family business**

126 pages, paperback, 2012
 € (D) 13,95/€ (A) 14,40
 ISBN 978-3-89670-843-4

Family businesses account for two thirds of all companies in Germany – there are more than 700,000 family enterprises in Germany. Despite their indisputable economic importance the relevant scientific disciplines such as business economics or sociology still do not offer any workable models to describe this special union of family and business.

With this introduction, for the first time, Fritz B. Simon provides a comprehensible theory for anybody who practically and scientifically deals with family businesses, whether as a family member, as a member of such a family business, as a consultant or researcher.

Based on the system and social theory characterized by Luhmann and on constructivism, family and business are described as social systems each with its own communication and dynamic, which, once enmeshed in a family business, present a series of paradoxes and double bonds to the parties involved. By those means it is possible to understand the systems' rules, to manage the contradictions and to derive promising instructions.

This book provides orientation for the daily management routine, for multigenerational family businesses, for dealing with conflicts and power struggles and not least for a successful succession.

Fritz B. Simon, MD, Professor of Management and Organization at the Institute for Family Businesses at the University Witten/Herdecke. Systemic organizational consultant, psychiatrist, psychoanalyst and systemic family therapist. Co-founder of the "Management Zentrum Witten GmbH" and the systemic organizational consultancy "Simon, Weber and Friends GmbH". Author and publisher of about 240 scientific articles and 27 books, which were translated into 13 languages.

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Carl-Auer Verlag 

Introduction to the systemic personnel management



Dietrich von der Oelsnitz
Introduction to the systemic personnel management

124 pages, 8 illustrations,
 paperback, 2012

€ (D) 13,95/€ (A) 14,40

ISBN 978-3-89670-830-4

In times of post heroic management the question of “right” personnel management is as up-to-date as the answers are diverse. Can’t the “knowledge workers” and team workers lead themselves in times of a modern knowledge based society? Is it not rather a matter of acknowledgement and self-development at most working places nowadays instead of hierarchical management and control? And don’t most of the executives become the object of play rather than player in the end?

In his “Introduction to the systemic personnel management” Dietrich von der Oelsnitz gets to the heart of this and other questions. For this purpose, he applies cybernetic, sociological and psychological concepts to

specifically examine interactive personnel management of superiors. The author focuses on economic organizations, that is companies and administrations.

In a concise and comprehensible manner, the Professor of personnel and business management introduces his readers to the theoretical basics: to functions of traditional management, to the model of systemic management and even to detailed perspectives on leadership behavior, -situations and characteristics. Considerations of “Leadership 2.0” and the interrelation between management and employee health complete this compact introduction.

Dietrich von der Oelsnitz, Ph. D., University Professor and director of the Institute for Organization and Management at the Technical University in Braunschweig. He is also the executive editor of the magazine “Zeitschrift für Management”. His main focus of work is strategic business management as well as experts and leadership research.

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Introduction to systemic family medicine



Susanne Altmeyer/
Askan Hendrichske
**Introduction to systemic
family medicine**

126 pages, paperback, 2012
€ (D) 13,95/€ (A) 14,40
ISBN 978-3-89670-829-8

Severe, chronic or even fatal illnesses are one of the largest stress sources, which we as involved persons have to cope with. Not only the patient but also his environment needs some form of help and support in this situation. The involvement of family and friends in therapy helps anyone to endure the burdens and uncertainties, which an illness typically causes.

The systemic family medicine focuses on the impacts of physical illness on the patient's life and the family's interpersonal relationships. It combines bio-psychosocial and systemic perspectives and at the same time

uses them for the work with patients, families, the employees of medical institutions, self-help groups and social services.

In this introduction Susanne Altmeyer and Askan Hendrichske provide practical reference to when and how the family system should be involved in treatment. They differentiate between the various phases of the illness and they describe the possible challenges which may arise during those single stages. Numerous practical examples illustrate the therapeutic approach.

Susanne Altmeyer, MD, physician for psychosomatic medicine and psychotherapy, physician for neurology; senior physician at the "Röher Parkklinik" for Psychotherapeutic Medicine in Eschweiler/Rheinland, leading physician of the Psychosomatic Care Center in Cologne-Lindenthal; board member of the German Society for Systemic Therapy, Counseling and Family Therapy [Dt. Ges. für Systemische Therapie, Beratung und Familientherapie (DGSF)].

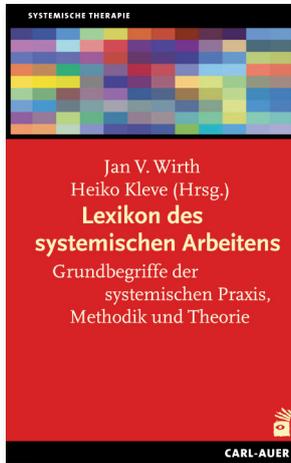
Askan Hendrichske, MD, physician for psychosomatic medicine and psychotherapy, physician for general medicine; head physician at the clinic for psychosomatics and psychotherapy "Ostalb Klinikum Aalen/Württemberg"; founding member of the German section of Collaborative Family Healthcare Coalition (CFHcC).

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Encyclopedia of systemic work. Basic terms of the systemic practice, methodology and theory



Jan V. Wirth/Heiko Kleve (Ed.)
Encyclopedia of systemic work
 Basic terms of the systemic practice,
 methodology and theory
 507 pages, hardcover, 2012
 € (D) 54,-/€ (A) 55,60
 ISBN 978-3-89670-827-4

This “Encyclopedia of systemic work” is the result of several years of cooperation between renowned systemic practitioners, scientists, and lecturers in German-speaking countries and it contains explanations on 141 basic terms of practice, methodology and theory. As a transdisciplinary, practice-oriented reference book it should assist in the daily consulting, therapy, supervision, and educational practice as well as organizational development.

The articles’ structure follows a clear pattern: each article begins by mentioning the particular term in different languages and continues with a short definition:

what does the term or method refer to? How do you approach this phenomenon in a systemic way? How can you apply this particular method in practice? Furthermore, this book includes detailed information on the sources which are frequently used in the text and a list of secondary literature. Cross references link the keywords.

Following the main part, an appendix lists German reference books, important systemic journals and current websites on “systemic work”. An extensive index of persons and subjects completes the encyclopedia.

Jan V. Wirth, *Diploma in Social Work/Social Pedagogy (FH); systemic social scientist and organization developer; currently administrator of a professorship for Methods of Social Work at the University of Emden/Leer. Lecturer at the Alice-Salomon-University of Berlin and at the University of Applied Science of Lausitz. Publications among others: “Helfen in der Moderne und Postmoderne. Fragmente einer Topographie des Helfens” (Verlag für Systemische Forschung, 2005). [“Helping in the modern and postmodern era. Fragments of a topography of helping” (2005)].*

Heiko Kleve, *Ph. D., social worker/social pedagogue and sociologist as well as systemic consultant (DGSF), supervisor (DGSv)/systemic supervisor, conflict-mediator and case manager/case management trainer (DGCC). Professor for sociological and social-psychological fundamentals and the scientific discipline of social work at the college of Potsdam. He is the author of several specialist books and numerous articles: “Systemisches Case-Management. Falleinschätzung und Hilfeplanung in der Sozialen Arbeit” (3rd revised ed. 2011). [“Systemic case management. Case assessments and assistance planning in the field of social work” (3rd revised ed. 2011).]*

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Multiple family therapy practice (2nd completely revised and expanded edition)



Eia Asen/Michael Scholz
Multiple family therapy practice
 240 pages, paperback, 2nd completely
 revised and expanded edition 2012
 € (D) 24,95/€ (A) 25,70
 ISBN 978-3-89670-822-9

Anyone stuck in a conflict situation usually has a narrow view of their own problem but a great deal of understanding, empathy and solution competence when it comes to similar problems of other people. The multiple family therapy takes advantage of this fact: it focuses on families as experts for the problems of the other participants. By those means a social network emerges, which provides the families with support, confidence and ideas for a solution to their problems.

This detailed handbook describes the psychotherapeutic principles, techniques and fields of application of multiple family therapy, which is also increasingly in demand and applied in Germany. By employing typical examples from the consultation practice the authors introduce about 75 disorder-specific, family- and parental-related exercises and concrete instructions.

Eia Asen, MD, is a child and adult psychiatrist and psychotherapist. He is the director of the Marlborough Family Service, an outpatient psychiatry and psychotherapy center near London.

Michael Scholz, MD, child and adolescence psychiatrist, psychotherapist and family therapist, former director of the clinic and polyclinic for child and adolescence psychiatry and psychotherapy at the Dresden University Hospital.

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The other side of “health”

Attempts of a systemic illness and therapy theory



Fritz B. Simon

The other side of “health”

Attempts of a systemic illness and therapy theory
207 pages, 32 illustrations, paperback,
3rd revised and corrected edition 2012
€ (D) 24,95/€ (A) 25,70
ISBN 978-3-89670-817-5

What is health? What hides behind the definition of health as “absence of illness”? And is this definition sufficient? Would illness then be the “absence of health”? It becomes equally vague when the question of “healing” and “therapy” arises: everyone seems to know what it is but no one can explain it.

In this book Fritz B. Simon examines how such ambiguities affect theory and practice in the health sector

and how they ultimately affect the handling of so-called psychosomatic and psychiatric disorders.

Upon close examination of the criteria of the phenomena “healthy” and “ill”, the author develops a systems theoretical model of illness and health, formulates a general theory of therapy and from this derives principles for interventions in physical, psychological and social systems.

Fritz B. Simon, MD, Professor of Management and Organization at the Institute for Family Businesses at the University Witten/Herdecke. Systemic organizational consultant, psychiatrist, psychoanalyst and systemic family therapist. Co-founder of the “Management Zentrum Witten GmbH” and the systemic organizational consultancy “Simon, Weber and Friends GmbH”. Author and publisher of about 240 scientific articles and 27 books, which were translated into 13 languages.

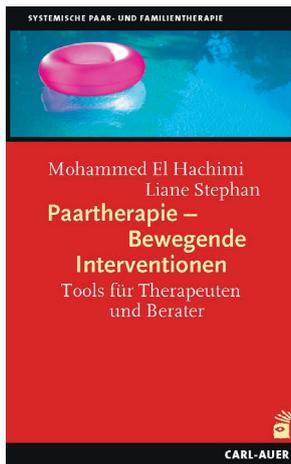
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Couples therapy – Inducing interventions

Tools for therapists and consultants



Mohammed El Hachimi/Liane Stephan
Couples therapy – Inducing interventions

Tools for therapists and consultants
 254 pages, 55 illustrations, paperback,
 3rd expanded edition 2012
 € (D) 24,95/€ (A) 25,70
 ISBN 978-3-89670-841-0

Couples therapy is foremost about initiating a communication process, in which the partners can express their needs, anxieties and fears and clarify them. But which methods are available to the therapist to initiate such a process without it coming to a standstill again? Mohammed El Hachimi and Liane Stephan provide their extensive experience with tested interventions and

their therapeutic knowledge. Along with the essential topics of couple therapy, they introduce and describe creative exercises, interventions or questionnaires in a very informative and practice-oriented way. The alphabetic order of the book's topics simplifies its practical application.

Mohammed El Hachimi, systemic therapist and organizational consultant with his own office in Berlin and Zurich. Instructional therapist and supervisor at the Institute for Family Therapy in Weinheim (IFW/SG/ECP). Trainer and author.

Liane Stephan, Diploma in Sports Science, systemic therapist, supervisor, coach and trainer; founder of "systemotion – systemische Konzepte in Aktion" ["systemotion – systemic concepts in action"].

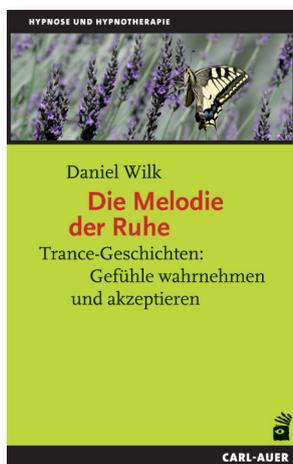
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Carl-Auer Verlag 

Melody of silence

Trance-stories: To perceive emotions and accept them



Daniel Wilk
Melody of silence

Trance-stories: To perceive emotions and accept them

245 pages, paperback, 2012

€ (D) 24,95/€ (A) 25,70

ISBN 978-3-89670-825-0

Emotions influence our health and well-being – whether we are aware of it or not. Therefore, it is important to perceive your own emotions and to accept them. Only accepting them will enable us to recognize their origins and purpose. This acceptance will eventually lead to a noticeable relief; it will increasingly give a feeling of inner calmness, harmonious self-perception and self-determination.

The book's 101 stories, which are based on hypnotherapeutic concepts, will promote this development. They will lead to a deep relaxation and stimulate subconscious healing powers. Thereby it benefits your health at all levels.

The first part of this book explains the contents of the different stories, their objective and the applied methods of hypnotherapy. The second part is completely reserved for the stories. After the stories, which are designed in a way that allows the reader to extend them himself, there are texts on "positive feelings". This chapter is followed by texts about emotions that are perceived as "negative". These stories are helpful to reassess these emotions and to modify their effects in a mollifying manner. Finally, the book's last chapter is dedicated to uplifting feelings.

Daniel Wilk, *Diploma in Psychology, psychological psychotherapist, he holds a certificate for clinical hypnosis (M.E.G), additional training in conversational psychotherapy (GWG) and further education in other different methods including behavior therapy and NLP. From 1985 to 2002 he was employed at the Rehabilitation Clinic in Sinnighofen and since then he has been working at the Schwarwaldklinik orthopedics in psychotherapeutic single and group sessions. In training courses he teaches autogenic training and hypnosis for the "Deutsche Gesellschaft für Entspannungsverfahren" (DG-E). ["German association for methods of relaxation."]*

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How to teach without instructing

29 rules for wise teaching



Rolf Arnold
How to teach without instructing
 29 rules for wise teaching
 190 pages, 49 illustrations,
 paperback, 2012
 € (D) 17,95/€ (A) 18,50
 ISBN 978-3-89670-838-0

You cannot force anyone to learn, you can only encourage, support and accompany the student's learning process. For this to be successful the instructors need to know how learning works. And they also have to be capable of initiating, arranging, advising and accompanying learning processes.

With his 29 rules for wise teaching, Rolf Arnold provides concrete instructions on how to arrange a typical teaching-learning-situation within school, university

and adult education. Checklists and planning grids as well as tools for self-reflection support the teachers and lecturers to employ this new teaching method. Protocols from training seminars document the resistance against, but also the great potential of this paradigm shift. Arnold encourages a multiple, systemic professional form of handling the learning process – appreciating and resource-oriented; following the motto “change from the inside”.

Rolf Arnold, Ph. D., Professor of Pedagogy; scientific director of the Distance and Independent Studies Centre (DISC) at the TU in Kaiserslautern; systemic consultant on a national and an international basis; teaching at the Universities of Bern, Heidelberg and Klagenfurt and at the Pedagogical University of Luzern. Publications at the Carl-Auer publishing house amongst others: “Ich lerne, also bin ich” (2007), “Seit wann haben Sie das?” (2009), “Wie man ein Kind erzieht, ohne es zu tyrannisieren” (2011). [“I’m learning, therefore I am” (2007), “Since when do you have this?” (2009), “How to raise a child without tyrannizing it” (2011).]

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Carl-Auer Verlag 

Time eats the soul

The time factor in therapy and consultation



Ulrike Borst/Bruno Hildenbrand (Ed.)

Time eats the soul

The time factor in therapy
and consultation

237 pages, paperback, 2012

€ (D) 24,95/€ (A) 25,70

ISBN 978-3-89670-826-7

We live in a fast moving, ever accelerating world. The field of consultation and therapy is affected by this in several ways: firstly, by clients or patients who exhibit certain symptoms and, secondly, by the acceleration which cost bearers expect from consultation and therapy processes; and finally, by the therapy forms which claim to work faster than others. Against this backdrop, this book argues that psychosocial consultation and psychotherapy are disciplines of slowness.

The purpose of this book is to discuss the consequences of changed time structures and changed time experience for individual lifestyle; furthermore, to analyze their consequences for the therapeutic field and, finally, to establish a relationship between the therapeutic field and the time factor in the late modern era. Additionally, this book examines the time factor within organizations.

Ulrike Borst, Ph. D. in natural science, specialist psychologist and specialist in clinical psychology certified by the Federation of Swiss Psychotherapists (FSP), training therapist and supervisor (SG). Since 2006, she has been the director of the Training Institute for Systemic Therapy and Counseling in Meilen/Zurich. She has her own practice for single, couple and family therapy in Zurich. Co-editor of the magazine "Familiendynamik".

Bruno Hildenbrand, Ph. D., Professor and director of the research area socialization theory and micro-sociology at the Institute for Sociology at the University of Jena; lecturer and supervisor at the Training Institute for Systemic Therapy and Counseling of Meilen/Zurich. Author of "Unkonventionelle Familien in Beratung und Therapie" (2009) and "Einführung in die Genogrammarbeit" (3rd revised ed. 2011). ["Unconventional families in counseling and therapy" (2009), "Introduction to genograms" (3rd revised ed. 2011).]

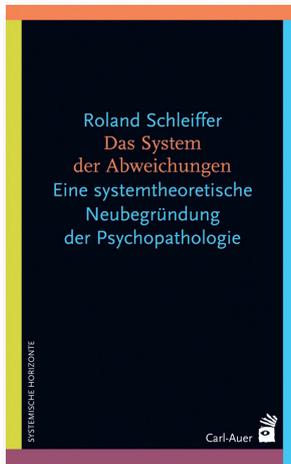
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The system of deviations

A systems theoretical reassessment of psychopathology



Roland Schleiffer
The system of deviations
 A systems theoretical
 reassessment of psychopathology
 266 pages, paperback, 2012
 € (D) 34,-/€ (A) 35,-
 ISBN 978-3-89670-828-1

In this book Roland Schleiffer describes psychopathological behavior with the conceptual means of the modern systems theory developed by Niklas Luhmann. The author focuses on the function, the “sense” of a mental disorder. Behavioral disorders are considered as an approach to certain problems, which can be “reconstructed” by functional analysis. By this means, mental disorders or diseases can be understood as self-help mechanisms, which people use to maintain their threatened identity.

Following a brief presentation of several basic theorems of systems theory, Schleiffer describes the development of the mental sense system. From this perspective, disorders within the spectrum of autism, psychosis, depression and affective disorders are concretely addressed and reevaluated.

This new understanding of mental disorders has dual benefits at the same time: it provides professional helpers with new intervention ideas and relieves clients of stigmatization.

Roland Schleiffer, MD., child and adolescence psychiatrist and specialist for psychotherapeutic medicine; additional psychoanalytic training. After working in a stationary child and adolescence psychiatry, he has been a professor for psychiatry and psychotherapy at the therapeutic pedagogy department of the University of Cologne since 1995.

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Organization and consultation

Systems theoretical perspectives for its practice



Rudolf Wimmer
Organization and consultation
 Systems theoretical perspectives
 for its practice
 352 pages, hardcover,
 2nd expanded ed. 2012
 € (D) 34,95/€ (A) 36,—
 ISBN 978-3-89670-849-6

The industry of organizational consultancy is going through a phase of profound reorientation: Overblown management methods are fading, traditional consultant tasks have become obsolete, disillusionment and perplexity are prevailing. In this book Rudolf Wimmer pursues the crucial questions, which any organizational consultant has to confront:

- How do organizations work nowadays and how can you manage them?
- Where is the current structural change in economy and society headed to and which consequences for the consultancy of businesses result from it?
- To what extent can organizations be changed at all? Wimmer's future-oriented answers indicate opportunities, limits and the future of organizational consultancy.

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**Carl-Auer-Systeme Verlag
 und Verlagsbuchhandlung GmbH**
 Vangerowstr. 14
 69115 Heidelberg
 Germany

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