

{essentials{

Samuel Pfeifer

Weisheit als Ressource in der Psychotherapie

Ein Überblick

Weisheit Als Ressource Psychotherapie Essentials

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Weisheit Als Ressource Psychotherapie Essentials:

Weisheit als Ressource in der Psychotherapie Samuel Pfeifer, 2015-05-14 Samuel Pfeifer gibt einen berblick ber verschiedene Weisheitsmodelle und entwirft ein didaktisches Basismodell der Weisheit von Empathie Kontextualismus Zeitperspektive und Werthaltungen Einer biologistischen personalisierten Psychiatrie steht eine personzentrierte Haltung gegen ber Effektive Therapie zeigt erstaunlich viele Parallelen zu grundlegenden Tugenden der Weisheit Als Therapiekonzept k nnen Weisheitskompetenzen als Psychoedukation bei psychischen St rungen vermittelt werden Weisheit ist aber auch eine pers nliche Grundhaltung der Balance in der eigenen Existenz Dieses Essential schl gt einen Bogen von alten Weisheitsquellen zu aktueller Praxis in helfenden Berufen ber die letzten 30 Jahre wurde an verschiedenen Zentren intensiv zur psychologischen Bedeutung von Weisheit geforscht Weisheit wird dabei auf ihre historischen spirituellen und philosophischen Wurzeln zur ckverfolgt dann aber auch in aktueller Form f r die Psychologie unserer Zeit relevant gemacht

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