

}essentials{

Samuel Pfeifer

Weisheit als Ressource in der Psychotherapie

Ein Überblick

 Springer

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 Überblick über verschiedene Weisheitsmodelle und entwirft ein didaktisches Basismodell der Weisheit von Empathie Kontextualismus Zeitperspektive und Werthaltungen. Einer biologistischen personalisierten Psychiatrie steht eine personenzentrierte Haltung gegenüber. Effektive Therapie zeigt erstaunlich viele Parallelen zu grundlegenden Tugenden der Weisheit. Als Therapiekonzept können Weisheitskompetenzen als Psychoedukation bei psychischen Störungen vermittelt werden. Weisheit ist aber auch eine persönliche Grundhaltung der Balance in der eigenen Existenz. Dieses Essential schlägt einen Bogen von alten Weisheitsquellen zu aktueller Praxis in helfenden Berufen. Über 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 zurückverfolgt, dann aber auch in aktueller Form für die Psychologie unserer Zeit relevant gemacht.

Immerse yourself in the artistry of words with Experience Art with is expressive creation, **Weisheit Als Ressource Psychotherapie Essentials** . This ebook, presented in a PDF format (PDF Size: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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