

Anne Iris Miriam Attersee Anders

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Selbstreferenz Dynamisches Selbstreferenzmodell Graduellem Kognitivem

Anne Iris Miriam Attersee Anders



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Selbstreferenz Anne Iris Miriam Attersee Anders, 2015-12-05 Die Autorin beschreibt Effekte eines Graduellen Kognitiven Trainings Seine Ergebnisse im Bereich der Entspannung haben klinische Implikationen für die Prävention und Behandlung stressbedingter Erkrankungen Da es die Beobachtungs- und Reflexionsfähigkeit fördert ist es für Persönlichkeitsentwicklung wie auch Psychotherapie bedeutungsvoll

Introspektion als Wirkfaktor in der Psychotherapie Anne Iris Miriam Attersee Anders, 2017-04-07 Die Autorin entwickelte aus den in der buddhistischen Philosophie und tibetischen Medizin überlieferten Techniken und Theorien ein Graduelles Kognitives Training Die Evaluationsergebnisse umfassen neben einer detaillierten Darstellung von Trainingstechniken essentiellen Aspekten Effektspektren und deren Integration auch eine Modellbildung im Kontext der Psychotherapiewissenschaft Deren Grundlage sind die Beschreibungen von Psychotherapeuten Psychotherapiepatienten und Studierenden selbst Dabei beinhaltet der Diskurs über psychotherapeutische Anwendungsmöglichkeiten sowohl Regulationsfähigkeit Beziehungsgestaltung wie auch den psychotherapeutischen Prozess

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