



Magische Momente der Veränderung: Was Focusing bewirken kann. Eine Einführung (German Edition)

Klaus Renn

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Focusing bezeichnet den Prozess, durch Beobachtung underspüren von körperlichen Empfindungen persönlichen Problemen auf den Grund zu gehen und zu verarbeiten. Basierend auf jahrelanger Praxiserfahrung erklärt Klaus Renn, der bekannteste Focusing-Therapeut im deutschsprachigen Raum, die Grundlagen dieses psychotherapeutischen Verfahrens. Er führt in die Umsetzung in der therapeutischen und beratenden Anwendung ein, veranschaulicht dies durch zahlreiche Fallbeispiele und macht sie durch Übungen und konkrete Interventionsvorschläge nachvollzieh- und anwendbar. Ein hilfreiches Buch für alle, die Focusing in ihrer Arbeit anwenden wollen.

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