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Burnout und Erschöpfungsdepression Barbara Hochstrasser, 2023-10-23 Burnout bezeichnet einen Risikozustand der bei Chronifizierung einer andauernden Stressbelastung zu psychischen und somatischen Folgeerkrankungen führen kann. Gekennzeichnet ist das Burnout Syndrom durch eine ausgeprägte Erschöpfung bei gleichzeitig beeinträchtigter Erholungsfähigkeit begleitet von Stresssymptomen. Reduzierte Belastbarkeit, vegetative Symptome und kognitive Störungen können damit einhergehen. Bisher existieren nur wenige umfassende Studien zur Therapie von Burnout, obwohl Behandlungsempfehlungen angesichts seiner Verbreitung unbedingt benötigt werden. Barbara Hochstrasser hat innerhalb der Schweiz das erste integrierte Behandlungsprogramm für Patientinnen und Patienten mit Burnout und Erschöpfungsdepression entwickelt, implementiert und beforscht. Basierend auf dem aktuellen Erkenntnisstand der Forschung der klinischen Praxis und ihrer jahrelangen Erfahrung erläutert sie Grundlegendes zum Burnout Syndrom, wobei neben verschiedenen Modellen und Risikofaktoren auch die komplexe Symptomatik und Aspekte bei der Diagnose thematisiert werden. Davon ausgehend präsentiert und bewertet Barbara Hochstrasser mögliche Therapieformen und deren Wirksamkeit. Die Autorin berücksichtigt dabei nicht nur psychotherapeutische Interventionen, sondern auch körper- und erlebnisorientierte Therapien, Achtsamkeitsübungen, Yoga, Meditation, Qigong, Shiatsu, Sport, Biofeedback, komplementärmedizinische Anwendungen oder berufliche Rehabilitations- und Reintegrationsprogramme. Dieses Buch ist ein umfassendes Referenzwerk zur Orientierung bei der Behandlung von Burnout. Die in diesem Buch enthaltenen Arbeitsblätter können nach erfolgter Registrierung von der Hogrefe Website heruntergeladen werden. **Meditation For Dummies** Stephan Bodian, 2006 *Meditation For Dummies®*

Stephan Bodian, 2011-03-03 The popular guide over 80 000 copies sold of the first edition now revised and enhanced with an audio CD of guided meditations. According to Time magazine over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book: from tuning in to one's body, transforming suffering and replacing negative patterns to grounding oneself, consulting the guru within and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian, Fairfax, CA and Sedona, AZ is a licensed psychotherapist and the former editor in chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light and Tricycle and is the coauthor of *Buddhism For Dummies*. 0 7645 5359 3 **Meditation For Dummies** Stephan Bodian, 2016-05-23 Take an inward journey for a happier, healthier life. Meditation has been used for centuries to reduce stress, increase energy and enhance overall health and well-being, so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation and psychological

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