



Ich kann nicht anders! Wie Zwangsstörungen das Leben beeinflussen (German Edition)

Alice Herwig, Sascha Krüger, Undine Thiemeier, Silke Bachert

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Fachbuch aus dem Jahr 2013 im Fachbereich Psychologie - Beratung, Therapie, , Sprache: Deutsch,

Abstract: Hab ich den Herd ausgeschaltet? Sich die Frage einmal nach dem Kochen zu stellen, ist ganz normal. Aber dreimal, zehnmal oder alle 10 Minuten? Wann handelt es sich um eine Zwangsstörung? Fest steht: Sobald Betroffene ihren Alltag nur noch eingeschränkt bewältigen können, tut Hilfe Not ...

In diesem Buch werden Ursachen und Erklärungsmodelle von Zwangsstörungen vorgestellt. Außerdem informieren die Autoren über Therapiemöglichkeiten und nehmen eine Abgrenzung zur Zwanghaften Persönlichkeitsstörung vor.

Aus dem Inhalt: Ursachen einer Zwangsstörung, Erklärungsmodelle, Verhaltenstherapie, Abgrenzung Zwanghafte Persönlichkeitsstörung und Zwangsstörung, Phänomen Messie

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