

Kognitive Umstrukturierung - Isabelle Glauner

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Im Folgenden soll der verhaltenstherapeutische Ansatz der kognitiven Umstrukturierung beleuchtet werden, der bei oben genannten Studenten B Anwendung finden wÃ¼rde. Es werden drei verschiedene Methoden und ihr Vorgehen dargestellt, die Rational- Emotive Verhaltenstherapie nach Ellis, die Kognitive Therapie nach Beck und zuletzt das Stressimpfungs-training nach Meichenbaum. Ein schematischer Ablauf einer kognitiven Umstrukturierung, wie sei bei allen drei Methoden Anwendung findet, wird nach der Beschreibung der drei Methoden folgen. Zum Schluss wird der Bezug zur Sportpsychologie hergestellt. Author: Glauner, Isabelle Publisher: GRIN Verlag Illustration: N Language: GER Title: Kognitive Umstrukturierung Pages: 00013 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640762811 Category: Sports & Recreation : General

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