

Gemeinsamkeiten Und Unterschiede Von Beratung Und Psychotherapie - Nancy Kunze-gro?

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Während eines Studiums der Erziehungswissenschaft und der Psychologie werden einem Studenten viele Bereiche beider Disziplinen nahegebracht. In einem Grenzbereich zwischen Psychologie und Erziehungswissenschaft tauchen dann Fragen wie 'Was ist Beratung?' und 'Was ist Psychotherapie?' auf. Fragen zur Unterscheidung stellen sich. Damit wird der Gegenstand dieser Hausarbeit deutlich: es wird versucht, die Gemeinsamkeiten und Unterschiede von 'Beratung' und 'Psychotherapie' darzustellen. In diesem Zusammenhang wird zuerst auf 'Beratung' eingegangen, es folgt die 'Psychotherapie'. Zuletzt wird das Ergebnis, also welche Gemeinsamkeiten und Unterschiede vorhanden sind, herausgearbeitet.

Beratung - Was ist das? In der Literatur sind eine Vielzahl verschiedener Definitionen zu finden. Das zeigt die Komplexität des Themas. Beratung kann also nicht eindeutig zum Beispiel durch eine (mathematische) Formel definiert werden, daher wird dieser Abschnitt nur ein Definitionsversuch darstellen. Psychologische Nachschlagewerke kennzeichnen Beratung als zwischenmenschliche Interaktionsform (Asanger / Wenninger, S. 78; Brem-Gräser, Band 1, S. 11 f; Arnold / Eysenck / Meili, S. 253), bei der die Erwartung, besser mit Problemen umgehen zu können im Fordergrund steht (Brockhaus, S. 72). Da eine immer komplexer werdende Gesellschaft eine wachsende Zahl von Problemen mit sich bringt, steigt ebenso der Beratungsbedarf (a.a.O.) wie auch die Beratungsbereiche immer umfangreicher werden: Verbraucherberatung, Versicherungsberatung, Gartenberatung, Rechtsberatung, Unternehmensberatung, ... (Asanger / Wenninger, S. 78; Brockhaus, S. 72). Doch hier steht oft nur der wirtschaftliche Faktor im Fordergrund (a.a.O.). [...]

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