

Familienberatung - Überblick über Verschiedene Beratungsansätze Und Studien Zum Thema - Petra Effenberger

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Die wesentlichen Punkte einer Beratung sind von Schwarzer Posse 1986 wie folgt festgehalten worden: 'Beratung ist eine freiwillige, kurzfristige, oft nur situative, soziale Interaktion zwischen Ratsuchenden (Klienten) und Berater mit dem Ziel, im Beratungsprozess eine Entscheidungshilfe zur Bewältigung eines vom Klientenvorgegebenen aktuellen Problems durch Vermittlung von Informationen und/oder Einüben von Fertigkeiten zu erarbeiten.' (vgl. Schwarzer, Ch. Posse, N., 1986, S.634). Dietrich (1983) hebt v.a. den aktiven Lernprozess, der von Seiten des Beraters beim Klienten in Gang gebracht wird, hervor, durch den v.a. die Selbsthilfebereitschaft des Klienten verbessert werden soll. (vgl. Krause, Chr., 2003, S.22). Drei verschiedene Anlässe zu einer Beratung können unterschieden werden: Einmal Informationsbedarf, den man bei bestimmten anstehenden Entscheidungen evtl. entwickelt, einmal die inadäquate Belastung bzw. Entlastung, und Prävention zur Verhinderung von antizipierten Problemen, die ohne Beratung auftreten könnten. (S. 28). [...]

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