



Risiken und Nebenwirkungen von Psychotherapie: Erfassung, Bewältigung, Risikovermeidung (German Edition)

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Keine Therapie ohne Risiken, Nebenwirkungen oder gar Komplikationen

Das gilt auch für die Psychotherapie. Nicht nur die Wirkung der Therapie selbst, sondern ebenso die Interaktion zwischen Therapeut und Patient, das Verhalten des Therapeuten oder das Setting bergen Risiken für beide Seiten.

Ausgehend von einer grundlegenden Definition, Klassifikation und den empirischen Befunden zu Psychotherapienebenwirkungen werden die wesentlichen Risiken verschiedener Psychotherapieverfahren und -formen dargestellt. Das Thema wird aus der Perspektive des Therapeuten wie auch des Patienten abgehandelt, die beide Nebenwirkungen erleiden können. Es werden konkrete Strategien zur Vorbeugung und Reduktion von Risiken und Nebenwirkungen gegeben. Das Buch wendet sich an Wissenschaftler sowie Praktiker und will zu einer offenen und sachlichen Diskussion des Themas beitragen.

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