

1. Record Nr.	UNINA9910886088703321
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Titolo	Depression, Trauma, and Anxiety : In Management and Public Affairs / / by Sven J. Matten, Markus J. Pausch
Pubbl/distr/stampa	Wiesbaden : , : Springer Fachmedien Wiesbaden : , : Imprint : Springer, , 2024
ISBN	9783658454326 3658454326
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (146 pages)
Collana	Behavioral Science and Psychology Series
Altri autori (Persone)	PauschMarkus J
Disciplina	158.7
Soggetti	Psychology, Industrial Clinical psychology Counseling Personal coaching Psychological consultation Work and Organizational Psychology Clinical Psychology Counseling Psychology Coaching Consulting
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Objective of this guide for those affected, relatives, and professional helpers -- The role of stress/stress spectrum disorders -- The biology of our psyche -- The psyche: thoughts, feelings, body, behavior -- Learning theory models.-Strategies for better understanding problematic behavior, feelings, thoughts, or bodily reactions.- Mindfulness -- Resilience -- Self-esteem -- Values -- Toxic masculinity -- Trauma -- Fears -- Depression -- Helpful tools/skills -- EMDR (Eye Movement Desensitization and Reprocessing) -- Prophylaxis and enhancement -- Dealing with stress spectrum disorders.
Sommario/riassunto	The collective term used by the authors, "stress spectrum disorder",

explains the major causal factors that determine and maintain symptoms of physical and psychological overload. Specific recommendations are given for those who suffer from symptoms or have already been diagnosed with a psychological disorder. Special attention is given to people in the public eye, such as managers or executives. The explanatory, conditional, disorder and maintenance model is based on phylogenetic patterns of people in general as well as individual biography-specific patterns. In addition to the explanation of the disorder models, concrete assistance is provided, be it phylogenetic-human or individual-biographical. The authors Dr. Markus J. Pausch is a specialist in psychosomatic medicine, psychiatry, and psychotherapy, serving as a senior physician at the Trauma Therapy Center of the kbo-Isar-Amper-Klinikum in the Munich region and as a lecturer, among others, in the kbo education network and at the Munich University of Applied Sciences. Sven J. Matten, MBA, has held executive positions in companies in the real estate investment, renewable energy and entertainment industries in the EU and Canada and, together with Dr. Markus J. Pausch, coaches personalities in international management as part of the "phocamento" platform at locations in Munich and Toronto. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.
