



Stressmedizin: Beratung, Vorbeugung, Behandlung (German Edition)

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Stress wird von der WHO als eine der größten Bedrohungen der Neuzeit angesehen. Ein Reaktionsmuster, das sich im Laufe der Evolution entwickelt hat, wird durch eine rasante Veränderung der Lebensgewohnheiten immer mehr zu einer medizinischen Herausforderung, da chronischer Stress krank machen kann.

Ärzte und Psychologen werden immer mehr mit Krankheiten und Störungen konfrontiert, die ihre eigentliche Ursache in langanhaltenden Stressoren haben. Gesundheitsprobleme, Störungen und Krankheiten, die durch Stress verursacht werden, benötigen jedoch eine spezielle therapeutische Herangehensweise, in der die Symptome unter Einbeziehung eines systemischen Denkens und Handelns betrachtet werden müssen. Stressmedizin spannt genau diesen großen Bogen um ein gesellschaftlich, medizinisch und ökonomisch bedeutsames Phänomen, dessen (Krankheits-)Genese bisher nur unzureichend beachtet wurde.

Das Buch vermittelt Therapeuten, Beratern und Gesundheitsmanagern praxisorientiert die Zusammenhänge zwischen Stress und Gesundheit, das diagnostische Vorgehen und die therapeutischen Interventionsmöglichkeiten bei stressbedingten Erkrankungen. Dazu gehören auch Entspannungsverfahren, Coaching, Hilfe zur Selbsthilfe und Selbstorganisation. Ein Teil des Werkes widmet sich außerdem dem Management von Stress und Stressfolgen im Kontext von Arbeit und betrieblichem Gesundheitsmanagement.

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