



Therapeutisches Arbeiten mit Symbolen: Wege in die innere Bilderwelt (German Edition)

Brigitte Dorst

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Dieses Arbeitsbuch - basierend auf der Analytischen Psychologie C. G. Jungs - schafft Zugänge zur inneren Welt der Bilder und Symbole und zeigt, wie sie für Prozesse der Heilung und Selbstwerdung aktiviert werden können. Die Autorin gibt eine fundierte Einführung in das tiefenpsychologische Verständnis von Symbolen, ihre Bedeutungsvielfalt und ihre Wirkungen. Das Buch bietet zahlreiche Beispiele und methodische Anleitungen für die therapeutische Arbeit mit Träumen, Märchen, Bildern, Geschichten und Imaginationen sowie Übungen zur vertieften Selbsterfahrung. Ein besonderer Schwerpunkt ist die analytische Arbeit in und mit Gruppen. Die 2. Auflage wurde aktualisiert und erweitert um Themen wie die therapeutische Beziehung, Tier- und Zahlensymbolik und die Schattenproblematik.

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