



Psychologische Methoden zur Rauchentwöhnung (German Edition)

Tony Majid

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Studienarbeit aus dem Jahr 2008 im Fachbereich Psychologie - Beratung, Therapie, Fachhochschule Düsseldorf, Sprache: Deutsch, Abstract: Diese Hausarbeit bietet einen umfassenden Überblick über effektive psychologische / verhaltenstherapeutische Methoden und Ansätze zur Rauchentwöhnung.

[...]

Die vorliegende Hausarbeit widmet sich im Rahmen der Schwerpunktprüfung für den Bereich Gesundheit den psychologischen Methoden der Rauchentwöhnung. Zu Anfang möchte ich auf die pharmakologischen Faktoren eingehen, um sodann die psychosozialen Prozesse, die eine Abhängigkeit begünstigen, zu beleuchten. Im Hauptteil werde ich auf die wichtigsten verhaltenstherapeutischen Maßnahmen zur Rauchentwöhnung eingehen. Zum Schluss dieser Hausarbeit stelle ich die weltweit erfolgreiche "Easy-Way"-Methode nach Allen Carr vor.

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