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Studienarbeit aus dem Jahr 2007 im Fachbereich Psychologie - Persönlichkeitspsychologie, Note: 1,0, Universität Koblenz-Landau, Sprache: Deutsch, Abstract: Der amerikanische Psychotherapeut Eugene T. Gendlin stellte in Untersuchungen fest, dass Menschen, die gut mit Krisen und Problemen umgehen können, offenbar über eine andere Art der Selbstwahrnehmung verfügen: Sie beziehen körperliche Empfindungen ein und äußern sich nicht nur theoretisch oder abstrakt über ihre Lage. Von dieser Beobachtung ausgehend, entwickelte Gendlin eine Methode, solche Art der Selbstwahrnehmung zu lehren.

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