



Gewalt vermeiden: Vom Wissen zum Können!: Wie Soziale Kompetenztrainings effektiv wirken (German Edition)

Matthias Wolter

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"Der hat mich provoziert!" Reflexartig und ohne rationales Abwägen reagieren Jugendliche auf Provokation häufig mit verbaler oder körperlicher Gewalt. In Sozialen Kompetenztrainings wird versucht dem entgegenzuwirken und Jugendlichen adäquate alternative Konfliktreaktionen zu vermitteln. Theoretisches Wissen um Problemlösestrategien ist dabei essenziell, reicht jedoch nicht aus: Um nachhaltige Verhaltensänderung zu erreichen, bedarf es ebenso konkreter, praktischer Trainings unter alltagsnahem Stress. Matthias Wolter untersucht die Effektivität vier verschiedener Trainingsansätze und zeigt, wie sie wirken.

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