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**UNIVERSITÄT
BERN
PSYCHOTHERAPEUTISCHE
PRAXISSTELLE**

CLARIFYING AND OVERCOMING PROBLEMS
IDENTIFYING AND USING RESOURCES

Psychological Therapy

DEUTSCH FRANÇAIS **ENGLISH**

Who are we?

- Our outpatient clinic is part of the Institute of Psychology of the University of Bern. Our clinic is an internationally recognized institution for therapy, research and training. At its head is Prof. Dr. Franz Caspar, Department of Clinical Psychology and Psychotherapy, University of Bern.

Our profile

- We work according to the concept of Psychological Therapy. This approach is independent of traditional schools of psychotherapy, it is based on the most recent findings of empirical research in the fields of psychology, neuroscience, and psychotherapy.
- For each patient we elaborate an individualised therapy plan, which is based on a detailed evaluation of the patient's situation.
- Our therapeutic approach does not focus only on psychological disorders and problems, it also focuses on the resources of the patient and his or her social context.
- The quality of therapy is monitored and optimized through supervision by senior psychotherapists.
- Progress in therapy is systematically monitored using questionnaires.

Who may benefit from psychotherapy?

- Adults and adolescents from the age of 16 who seek outpatient psychotherapy.
- Individuals suffering from depression, anxiety, obsessive-compulsive disorders, post-traumatic stress, eating disorders, psychosomatic disorders, psychological problems related to chronic illness, sleeping disorders, sexual disorders, impulse control disorders or other psychological problems.
- Individuals experiencing a difficult life situation.
- Individuals encountering problems at work, in social contexts, or in private circumstances.
- Individuals experiencing difficulties within their partnerships or families.
- Individuals who wish to improve their health, their relationships and their life satisfaction.

What happens at intake?

- An interview, without obligation, with a member of our staff.
- A detailed assessment will take place before therapy is considered.
- The clarification of the question whether psychotherapy is appropriate.
- The identification of the main problem areas and therapy goals.
- The elaboration of a custom-tailored therapy offer.

Who will be your therapist?

- We have a large team of well trained psychotherapists. Following the diagnostic phase, we will choose the therapist who is most appropriate to carry out the therapy.
- All our psychotherapists have a university degree, and they have followed post-graduate training which ensures that they are up to date with the most recent findings in the field of psychotherapy.

The different kinds of therapies we offer

- The type of therapy depends both on the patient's wishes and on the recommendations of the person who carried out the assessment. The most frequent type of therapy is individual therapy. However, we also offer therapy for couples, families, and groups. In certain cases we may also include significant others in the therapy process.
- A therapy session usually lasts 50 minutes and takes place on a weekly basis. However, this can vary according to the kind of problem that must be dealt with. Therapies last on average 30 sessions.
- The question of payment depends on the kind of health insurance (or on other insurances) the patient has. This topic is discussed and clarified before therapy begins.

Where to find us:

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Psychotherapeutische Praxisstelle
der Universität Bern
Gesellschaftsstrasse 49
3012 Bern

Phone (8:30 to 11:30 am): 031 631 45 81
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Before your first encounter with a member of our staff, you will receive detailed information enclosed with our invitation letter.

