

ABOUT US

The Freiburg Psychosomatic Department has a long and lively history up to the present day. It was founded in 1949 by the distinguished Internist Ludwig Heilmeyer. Today we follow a balanced concept for illness and treatment as forerunners for medical practice of our day. Focus is placed on the interaction between physical, mental and social influences for maintaining health as well as on the development and progress of physical or mental illnesses.

Our **holistic treatment concepts** include psychotherapeutic, medical and social-therapeutic approaches. The psychotherapy follows an integrative patient-oriented or solution-oriented model: psychodynamic therapy, systemic methods (couples and family therapy), and behavioral therapy are applied as well as a variety of other methods, such as physical therapy, meditation and creativity classes.

For **vocational training** this biopsychosocial perspective poses a great challenge. An all-encompassing understanding of health and illness should be conveyed. Medical and psychology students benefit from this as much as practicing medical or psychological psychotherapists, social workers, etc., who attend our classes on psychosomatic medicine, psychotherapy, or couples and family therapy.



Prof. Dr. Michael Wirsching
Medical Director



In **research**, systemic and interactive concepts require interdisciplinary approaches. In cooperation with neurobiologists, psychologists, social scientists and other natural scientists and humanists, therapeutic studies and research on eating disorders, pain disorders or burnout are conducted alongside transcultural studies – together with universities worldwide – on globalization effects.

On-site cooperation is very important to us. Many practicing colleagues are lecturers or participants in our seminars. Within the **Psychosomatic Network** in southern Baden-Wuerttemberg we cooperate with psychosomatic clinics in our area: Thure-von-Uexküll Clinic in Freiburg, Psychosomatic Departments at the hospitals in Offenburg and Lahr, Michael Balint Clinic in Königfeld and the new Psychosomatic Department at the hospital in Lörrach.

Further information: www.psychosomatik-freiburg.de

We are proud to have the first endowed professorship named after one of the founders of the German Psychosomatic, Thure von Uexküll, in our department, which since 2008 has been filled by our Senior Physician, Professor Dr. Carl Eduard Scheidt, who is at the same time Chief Physician and Medical Director of the Thure-von-Uexküll Clinic.



WELCOME ...

IF YOU DESIRE TREATMENT

or a consultation, please first contact our **Outpatient Clinic** (T +49 761 270-68410). Within a short period of time you will be given an appointment for your first consultation. After that we will discuss with you whether psychosomatic or psychotherapeutic treatment is indicated and if so, in which form. We will be helpful in finding a suitable treatment for you. This involves making very individual decisions, for which we devote much time for you, gladly involving your partner or other relatives.

The most common disorders, which may be partially clarified in **special consultations**, are: Depression, anxiety, physical complaints without diagnostic findings (e.g. somatoform pain disorders), work-related stress (e.g. burnout), results of trauma, overcoming physical illnesses and all types of mental and psychosomatic illnesses, with the exception of acute psychoses, dementia, alcoholism or drug addiction.

Through the integration within the **Freiburg University Medical Center** our patients profit from its highest competence in all areas of medicine.



The **connection between the different treatment phases** is important to us. If, for example, in the beginning an in-patient treatment is necessary, this will be continued in the day clinic as soon as possible and then be followed up on an outpatient basis. The in-patient and day clinic treatments are very intensive and comprehensive. An individual program will be planned with you, which provides for individual and group therapy, with psychodynamic therapy, behavioral therapy or systemic therapy, as well as creativity classes, physiotherapy and relaxation methods. This generally includes physical activities, physical therapy and also complementary treatments (e.g. acupuncture). Accommodation is provided predominantly in single rooms in a quiet area close to the city.

The medical costs are covered by all public or private health insurance plans, as well as federal subsidy programs, according to prior approval if necessary.



Further information: www.psychosomatik-freiburg.de

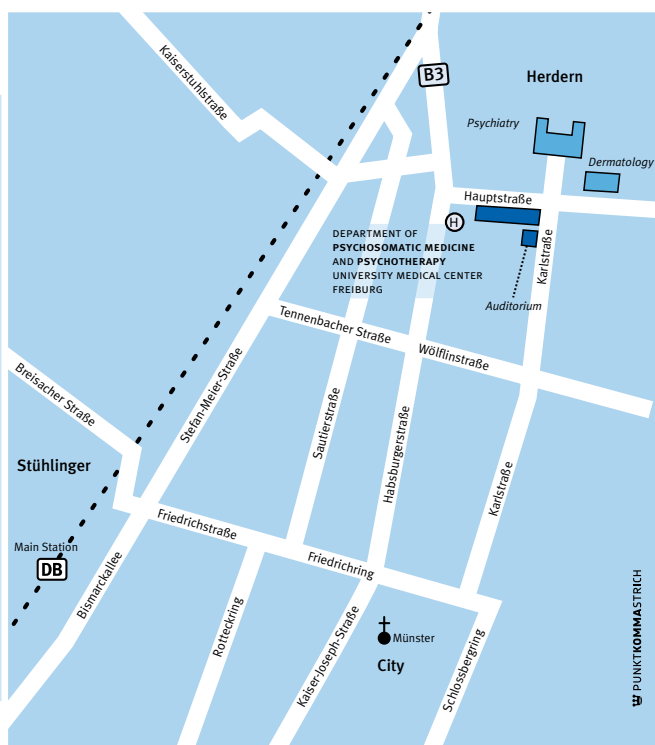
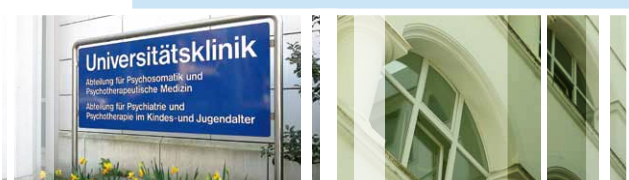
... TO ONE OF THE MOST TRADITIONAL PSYCHOSOMATIC CLINICS IN GERMANY

WHERE TO FIND US

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JUST IN CASE, SPECIALIZED OUTPATIENT CLINICS

... for Somatoform Illnesses

This clinic is dedicated to patients with chronic psychosomatic physical ailments, chronic pain in particular.

... for Eating Disorders

This is the place to go for patients with anorexia, bulimia or other eating disorders. Here you'll find the possibility for individual or group psychotherapy on an outpatient basis.

... for Couples and Family Therapy

Partnerships and families are important resources for health, but in the case of unsolved problems or conflicts, they can be the source of health disorders.

... for stress-related Syndromes (e. g. Burnout)

Increasing pressure to perform, more difficult requirements in the workplace, and conflicts with superiors or co-workers result in more and more



Appointments for the Outpatient Clinic T +49 761 270-68410

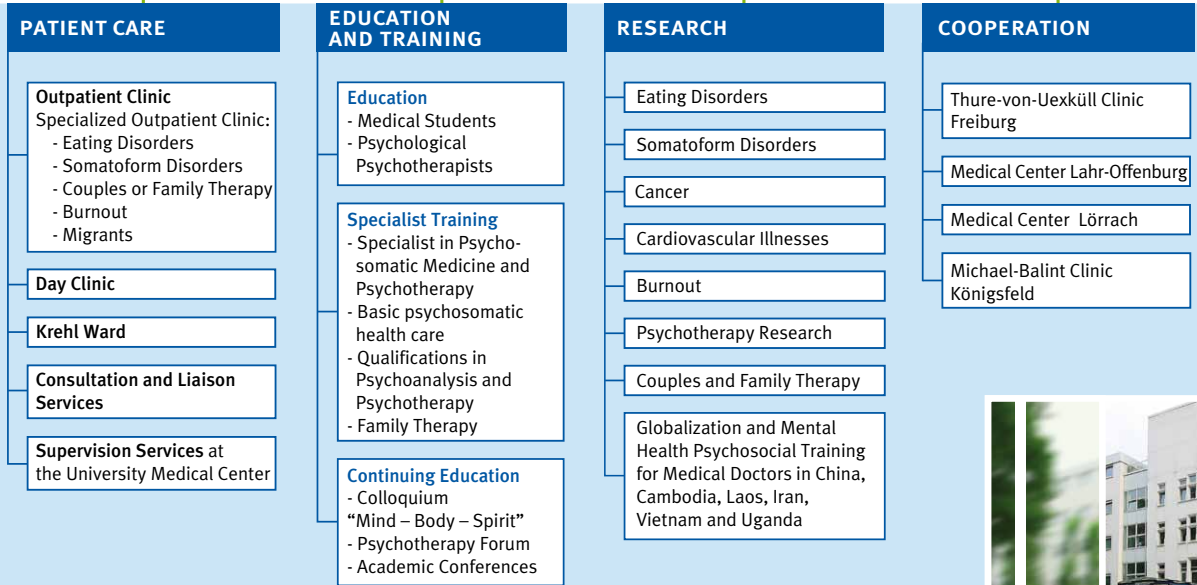
people developing stress-related syndromes and burnout symptoms. Our Department has a prevention project specifically for teachers.

... for Illnesses resulting from Trauma and for Migrants

Traumatization (e.g. violence or crime) often leads to lifelong emotional problems such as anxiety, reenactment of the trauma, and sleep disorders with nightmares. Migrant women are most commonly affected.

DEPARTMENT OF PSYCHOSOMATIC MEDICINE AND PSYCHOTHERAPY

Medical Director | Prof. Dr. med. Michael Wirsching



Since 2003 we are quality certified according to DIN EN ISO 9001:2000



WHAT WE PASS ON



Training

Every year we train over 1000 doctors, psychologists and members of contiguous specialty fields in the area of Psychosomatic Medicine and Psychotherapy.

Medical students and psychology students acquire the basics of Psychosomatic Medicine and Psychotherapy.

Doctors of all specialties participate in courses in basic psychosomatic health care for the qualification in psychotherapy or psychoanalysis.

For advanced training as a Specialist in Psychosomatic Medicine and Psychotherapy we offer full-time courses.

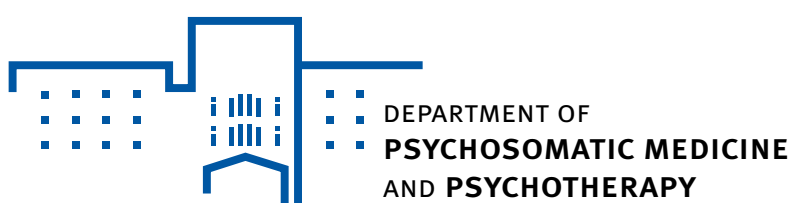
Psychological Psychotherapists are trained at our state-approved Institution. Members of all social professions have access to classes in systemic Couples and Family Therapy (in collaboration with the Freiburg Family Therapeutic Research Group).

The lectures and seminars of the Freiburg Psychotherapy Forum and the Colloquium "Mind – Body – Spirit" address a wide audience.

Our current offerings in furthering education can be found under www.psychosomatik-freiburg.de

Our task is to represent psychosomatic medicine and psychotherapy in basic research and in clinical research. With the support of the German research community (DFG), the German Academic Exchange Service (DAAD), the European Union, the Federal government and the state of Baden-Wuerttemberg, as well as other endowments, the following focus is made:

- Effectiveness of psychosomatic and psychotherapeutic intervention with somatoform disorders, eating disorders and physical illnesses
- Prevention of psychosomatic illnesses, particularly among teachers
- Evaluation of psychosomatic and psychotherapeutic qualification programs
- Globalization and mental health



AN INTRODUCTION

