

# Psychotherapy Guide

Multilingual advice brochure for migrants living in Bavaria



# Impressum

## **Wegweiser Psychotherapie**

Mehrsprachiger Ratgeber für die in Bayern lebenden  
Migrantinnen und Migranten

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When groups of persons are named in this guide, the male form has been chosen for  
the written text, although naturally, both female and male persons are meant to the  
same extent. This is for the sole purpose of improving the flow of reading, and is not  
intended to be discriminatory.

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# Foreword

Dear readers

The number of mental disorders has increased significantly in recent years, and is also reflected on a daily basis at the workplace. Work incapacity due to mental illnesses is continuously on the rise. For those affected, the illness generally imposes strong limitations on their quality of life.

The need for information about mental disorders and treatment options is as great for those affected and their families as the diversity of their symptoms can be. Health education in this context is particularly important.

With this guideline, we would like to make a contribution to this and inform the migrants living in Bavaria about the possibilities of psychotherapeutic treatment. At the same time, we would like to arrange contact for them with persons and organisations who work within a culturally sensitive framework in this sector, and provide advice and care for migrants.

The guideline is based on the "Psychotherapy Guide" booklet, published by the BKK Regional Association of Bavaria, but it has been supplemented by topics of particular importance to migrants. During the practical work of the "With migrants for migrants" health project, funded by the Bavarian Ministry of Health and the BKK Regional Association of Bavaria, it became apparent that there is great interest in the topic of mental illnesses, and a corresponding demand for accessing custom-fit information on the topic. The central focus of the project is on instruction courses with interesting prevention and health topics which are taught by specially trained migrants (so-called transcultural health pilots) to their fellow countrymen.

The multilingual "Psychotherapy guide" is the second publication within the "With migrants for migrants – intercultural health in Bavaria" health project. It is the follow-up to the "Stay healthy" guide, which was published in 15 languages in 2009.

"With migrants for migrants" has been conducted in Bavaria since 2008, within the framework of the Bavarian health initiative "Living Healthily in Bavaria" and the BKK's nationwide scheme "More health for everyone". The main objective of the project is to make barrier-free, equal rights access to local health facilities possible for migrants.

We hope that this guide will help many of those affected and their families to cope with difficult circumstances in their lives, and to use the assistance available.



Sigrid König  
Managing Director  
BKK Regional Association Bavaria



Dr. Markus Söder, Member of the Bavarian State Parliament  
Bavarian State Minister of  
the Environment and Public Health

## Introduction

More than half of the world's population suffers once in their lifetime from a mental disorder. Particularly stressful for those affected is the fact that psychological problems in many societies are a taboo subject. Thus, they are not spoken about half as openly as about physical illnesses. The need for information on this subject is immense, of course, especially for immigrants who are not yet familiar with treatment options in Bavaria, and in Germany as a whole – and who probably have to overcome the added difficulty of language barriers. The “Psychotherapy guide” is intended to enable those experiencing migration, and seeking help, to find their bearings. It tackles questions which all the parties involved ought to discuss and concretise before commencing with psychotherapy. In addition, it provides the addresses of advice centres and migration-specific institutions in Bavaria and throughout Germany.

Mental health problems can occur at any age, even in children and adolescents. The most widespread mental illnesses are depression, anxiety and addictions like alcoholism (substance abuse).

For many immigrants, migration represents a special challenge. Although most of them manage to cope with it, unfavourable circumstances can cause health problems and mental disorders, in particular when painful experiences from the personal or family history come on top of it, like being refugees, and/or having experienced a war. Expectations that they had placed in Germany are disappointed (for example, the lack of recognition of their previous professional performance); or they have problems with becoming integrated, in their partnership, with their children – all of these factors can negatively affect their mental health. But timely support through counselling can contribute to maintaining mental health; moreover, if a mental problem still does occur, there are still many ways to be helped.

Most mental illnesses can be treated well through psychotherapy. In general psychotherapy in Germany is paid for by health insurance. The earlier therapy starts, the greater the likelihood that the symptoms won't become chronic. It is also possible to treat mental illnesses with medication, or to combine medication and psychotherapy.

# 1 What do we mean by psychotherapy?

Psychotherapy (Greek) *psycho* = "soul" and *therapía* = "to heal" is an umbrella term for various forms of psychological treatment methods.

*By "psychotherapy" we mean the treatment of mental problems with the assistance of scientifically recognised therapeutic methods.*

Through psychotherapeutic sessions, behavioural exercises, relaxation techniques or methods promoting helpful thoughts, disorders of thinking, feeling, experiencing and acting are identified and treated. These include, for example, depression, anxiety, compulsions, eating disorders, behavioural disorders in children and adolescents, addictions, and also illnesses with a psychosomatic or partially psychosomatic background.

Psychotherapeutic measures are also used as a supplement to medical treatment, such as for chronic pain, cancers or cardiovascular diseases.



## 2 For which psychological problems can psychotherapy be helpful?

Psychotherapy can help you to handle a mental problem or disorder better, and to manage difficult circumstances, sometimes supplemented by medication, too. Psychotherapy can also be helpful for the relatives of the mentally ill.

### **As examples, the following problems can be treated with psychotherapy:**

- ▶ Depression
- ▶ Anxieties, for example, panic attacks, generalised anxiety, phobias and social anxiety
- ▶ Obsessive-compulsive disorders
- ▶ Eating disorders (anorexia, bulimia and overweight)
- ▶ Addictive behaviour (alcohol, nicotine, drugs and medical drugs abuse)
- ▶ Behaviour disorders in children and adolescents
- ▶ Mentally-caused physical malfunctions (high blood pressure, sleep disturbance and adverse effects on sexuality)
- ▶ Physical illnesses triggered off by mental factors and then perpetuated
- ▶ Consequences of traumas (for example through rape, an accident, or experiences of war or torture)
- ▶ Aftercare, rehabilitation and support in cases of severe physical or chronic illnesses
- ▶ Personality disorders
- ▶ Life crises, caused, for example, by separation or bereavement

### 3 When is psychotherapy necessary?

There can be many reasons for psychotherapy. Since there are no universally accepted criteria for consulting a therapist, many of those affected find it difficult to make the decision to start a therapy.

Some people are also afraid of others' prejudices, or think they are "crazy"; or "not normal" if they resort to using a psychotherapist's support. If you think this, too, then rest assured: the opposite is true. You are not mad, but rather concerned about yourself if you opt for a therapy. It is a sign that you recognise problems, and that you want to work at overcoming them. Just as you would go to a lawyer to help you, for example, with legal problems, you should enlist the services of the professionals to support you when you have mental problems, for example, the specialists at the advice centres, psychotherapists and doctors.

You should consult a psychotherapist,

- ▶ if you are no longer able to fulfil your daily duties;
- ▶ if you have already tried to help yourself, but are at the end of your tether;
- ▶ if you are so distressed that you are thinking of suicide;
- ▶ if you "fight" your problems with alcohol or other addictive substances;
- ▶ if you have been suffering for more than four weeks from anxieties or depressions;
- ▶ if you are suffering from pain, insomnia, lack of sexual feelings, heart palpitations, dizziness or other physical problems and your doctor cannot discover a physical cause.



## 4 What types of psychotherapy are there?

There are different kinds of treatment in the field of psychotherapy. In Germany, three scientifically recognised methods of psychotherapy are paid for by the statutory health insurance funds:

### **Behavioural therapy**

In behavioural therapy, the trouble in the person's life story and his present circumstances undergo a differentiated analysis. An attempt is made to bring about a change in his current problem areas in thinking, feeling and acting – with the help of concrete exercises, too. Why is the patient suffering from these complaints at the moment? How does he have to think, feel and act differently, in order to overcome them? The patient can learn new attitudes and ways of behaviour for the present and future, so that he can, for example, overcome his anxieties or boost his self-confidence.

### **Analytical psychotherapy**

The aim of analytical psychotherapy is to make the person aware of conflicts from the distant past, unresolved and repressed. In the course of his therapy, the patient learns to understand better the correlations of repressed conflicts and present pressures. This helps him to develop strategies for solutions. It is this process of development which gives the patient emotional relief and makes a change in his personality structure possible.


### **Psychodynamic psychotherapy**

Psychotherapy based on in-depth psychology has evolved from analytical psychotherapy. This form of treatment is also based on the assumption that the present problematic situation has its roots in an inner psychological conflict. However, in psychodynamic psychotherapy, current events are much more in the foreground, and the duration of treatment is considerably shorter.

For the treatment of mental disorders in children and adolescents, there are specially trained child and adolescent psychotherapists. These also work in the three therapy approaches named: behavioural, analytical psychotherapy and psychodynamic psychotherapy. For the psychotherapeutic treatment of children and adolescents, the parents are involved. Special attention is given to the current development status and the specific life circumstances.

## 5 Which people offer psychotherapy and which differences are indicated by their different job titles?

In Germany, providers of psychotherapy who are financed by health insurance are medical and psychological psychotherapists, and also child and adolescent psychotherapists with the professional and legally defined prerequisites (medical licence).



*Medical psychotherapists, psychiatrists and neurologists are entitled to prescribe medication, as opposed to psychological psychotherapists.*

*Psychological psychotherapists* are qualified psychologists who have completed a psychology degree, and also at least another three years of state-recognised therapy training.

Psychological psychotherapists do not use medication to treat mental disorders; they work exclusively with psychological methods of treatment (for example for changing thinking and behaviour patterns and resolving inner psychological conflicts).

*Child and adolescent psychotherapists* are qualified psychologists, educators (teachers), social education workers or social workers, who have completed at least another three years of state-recognised therapy training.

*Medical psychotherapists* are doctors whose training included psychotherapy or who have completed an extra qualification in psychotherapy or in psychoanalysis.

*Psychiatrists* are doctors with specialist training in psychiatry.

*Neurologists* are doctors with specialist training in neurology.

## 6 Outpatient, day clinic and inpatient/residential therapy

*Outpatient psychotherapy* is suitable for patients who can cope with their daily lives, despite their mental illness.

As well as outpatient treatment, it is possible to have *inpatient/residential psychotherapeutic treatment* in a clinic. This is suitable for people who are in serious life crises, unable to cope in their daily life and familiar surroundings, or for whom a spatial distance from their home situation seems sensible.

For patients who not only suffer from a mental illness, but also a physical one, a stay in a clinic can be a sensible decision.

Inpatient/residential psychotherapy is offered, for example, in hospitals for psychiatry and psychotherapy, or in hospitals with departments for psychosomatic medicine.

Normally, you will get information about inpatient/residential psychotherapy from your attending doctor or psychotherapist (necessity, referral, suitable facility, who bears the costs etc).

In emergency situations, you can contact a clinic directly.

If your workplace is endangered because of your mental illness, residential psychotherapeutic rehabilitation treatment is also possible for adults. The German Pension Fund is the contact address for this.

Children, students and pension recipients can also get rehabilitation measures from their healthcare insurance.

Some clinics also offer *day-patient treatment* in a day clinic. Here, patients are treated during the day, and in the evenings and at weekends they can go home.


## 7 What forms of treatment are covered by health insurance, and what conditions must be met for this?

The statutory health insurance companies cover the costs of the three types of psychotherapy described:

- ▶ Behavioural therapy
- ▶ Analytical psychotherapy
- ▶ Psychodynamic psychotherapy

For these, the following conditions must be fulfilled:

- ▶ A mental disorder with illness status must have been diagnosed.
- ▶ The therapy must be conducted by a psychologist or medical psychotherapist with healthcare fund approval. In special cases, the healthcare insurance refunds costs which were incurred at the private practices of psychotherapists, but these have to be applied for. This is, for example, the case if there is no psychotherapist with healthcare insurance authorisation available within reasonable accessibility – both distance-wise and time-wise (the so-called reimbursement procedure).
- ▶ Where there are insufficient language skills, psychotherapy can also be conducted with the assistance of an interpreter. However, financing the work of interpreters in Germany is not regulated by law, which means that the costs are not covered by healthcare insurance. There are some psychiatric hospitals and psycho-social facilities who pay for the services of interpreters.



**Please note:** *since the terms “therapist” and “therapy” are not legally protected, there are also less respectable therapies and providers. In this respect, find out whom you’re dealing with before you start psychotherapy!*

All forms of therapy named so far can be conducted on a one-to-one basis, or as group therapy; this applies to both adults and adolescents.

Residential facilities offer a large number of further therapies (for example body or movement therapy, music therapy, art therapy, drama therapy etc). For therapy within residential treatment, no extra costs are incurred.

In addition to the statutory health insurances in Germany, there are also private funds. Their services depend on the type of charges. It's best to check this beforehand with your healthcare insurance.

## 8 How long does psychotherapy last?

The duration of a therapy depends on the therapy process, the individual goal of the therapy, and how the therapy itself runs.

Behavioural therapy usually takes one hour per week and up to 45 hours in total. In special cases it can be extended up to 80 hours.

Analytical psychotherapy takes longer than other forms of therapy. Normally, two to three hours per week are estimated, and it usually takes 160 hours in total. In special cases it can be extended up to 300 hours.

Psychodynamic psychotherapy usually takes one hour per week, and up to 50 hours in total. In special cases it can be extended up to 100 hours.




## 9 How do I find the appropriate form of therapy for me?

The ways to begin psychotherapy can look different. What is important is that you make your own, free decision to accept therapeutic help in the hope of improving the situation in your life.

### **Support from your doctor**

You can, for example, address your problem in a talk with your doctor (GP, psychiatrist, neurologist), and ask him for his support. He can advise you as to which therapy method would be suitable for you. Maybe he



*Don't let others persuade you to have psychotherapy, if you're not convinced about it yourself.*

knows suitable therapists, or can even take over the therapy himself.

When children and adolescents have mental disorders, the attending paediatrician, the school psychologist in charge, or a child psychiatrist can be the first point of contact.

### **Advisory centres**

There are also facilities where you can receive advice on whether psychotherapy is a treatment option at all, which type of therapy would be suitable, and who could conduct this. These advisory centres include, for example:

- ▶ Psychiatric clinics and outpatient facilities
- ▶ Social psychiatric services
- ▶ Advice centres of the welfare associations (AWO and Caritas, among others)
- ▶ Municipal education and child and adolescent counselling centres

It may also be helpful to ask other patients about their experiences. But basically, no one can stop you from taking the initiative and looking for a psychotherapist on your own.

## 10 How do I find a suitable psychotherapist?

First, you should consult the above-mentioned contact persons on which treatment method is suitable for your case. Normally, you get the addresses of psychotherapists you can turn to from your contact person. The health insurance companies keep lists in which all the registered psychotherapists are entered, with their corresponding therapeutic orientation. If you use the internet to help you, at [www.psychotherapeutenkammer.de](http://www.psychotherapeutenkammer.de) you will find information of the Bavarian Association of Psychotherapists for people seeking advice and for patients. At Section 15 of this brochure you will find the addresses of numerous other facilities, where you can also get contact details of psychotherapists in Bavaria. The Association of Statutory Health Insurance Physicians in Bavaria can also be helpful (see address list). On their website they offer assistance in finding a therapy place.

### **In your choice of therapist you should think carefully about the following criteria:**

- ▶ If German is not your mother tongue, you should consider beforehand whether it's important for you to take part in therapy in your own language. If this is the case, you should look specifically for native speaker therapists. Counselling offices and facilities who work in the migration and integration sector can help here. In addition, therapists who can speak different languages can be searched for on the websites of the Association of Statutory Health Insurance Physicians in Bavaria, and the Bavarian Association of Psychotherapists.

However, please keep in mind that there is not a sufficient number of therapists for all the languages required, and therefore long delays can be expected. Moreover, it may be that there is no therapist who can speak your mother tongue.

Another possibility is psychotherapy supported by a professional interpreter. The Bavarian Centre for Transcultural Medicine (Bayerisches Zentrum für Transkulturelle Medizin e.V.) (see address list) provides suitably qualified interpreters in Munich. You should ask your psychotherapist or attending doctor in advance whether the costs for the interpreter will perhaps be covered in your case, and if so, by which institution.



*Even if you think you have found the right therapist for yourself: keep a bit of distance and make up your own mind.*

- ▶ Psychotherapy is based on the trustful dialogue between the patient and the therapist. The basic prerequisite for successful therapy is therefore the building of an open and trusting relationship between these two people. This is why it's important that the "chemistry" is right between you and the psychotherapist.

You should feel accepted and understood by your psychotherapist. If you have the feeling that you can't tell him everything openly and honestly, then something is amiss. Don't leave it up to the therapist or even a third party to decide, but rather take your own, personal impression as the most important criterion when

deciding which therapist you'll choose. Remember – it's about your life and it's your problems that you want to solve, with some support. You are telling a stranger about your intimate thoughts. That's why you have to decide with whom you could build up a trusting relationship, and cooperate with accordingly.

- ▶ When you begin your search for a suitable therapy, make some enquiries by phone first: describe your problem briefly, and the therapy method which you consider would be meaningful for you. Ask the therapist for his views: does he agree with you? Can he offer you this method? Or can he convince you to take an alternative proposal? By all means, ask the therapist about his qualifications. Prepare yourself well for the conversation. Make notes for yourself.
- ▶ Ask about the waiting times for a therapy place. If it appears to you to be too long, you can always contact another therapist. At the psychotherapists' who offer psychotherapy in different languages, like Turkish or Russian, the waiting times are usually very long. Don't let that discourage you. If therapy in your own language is important and necessary for you, then it's worth it to wait for treatment at the appropriate therapist. You can get yourself registered on several waiting lists simultaneously.



### **If you are insured at a statutory healthcare fund:**

- ▶ Ask the psychotherapist if he can have his invoice settled by the health insurance, and how long he thinks the therapy will take. It would be a good idea to ask the following questions, too: "Which kinds of therapies do you use?" "Are you experienced in treating depression in patients with a migration background?"
- ▶ Next, you ask about an appointment for an initial consultation. For this, you don't require a doctor's referral, but notwithstanding, you also have to pay € 10 per quarter at the psychotherapist's if you have no referral. You have the option of having a maximum of five trial sessions (so-called probationary sessions) for behavioural therapy, and a maximum of eight sessions of psychoanalysis. These serve the purpose of getting to know the therapist better, and speaking to him about the goals, methods and extent of your therapy. After this, you decide with the therapist whether he will apply for therapy for you at the healthcare fund. If you don't get on with the therapist, you may make appointments at another therapist for probationary sessions. If you have seen a psychological psychotherapist, you have to see a doctor (it can be your GP) after completing the probationary sessions, so that he can clarify whether there are any medical reasons for you not to have psychotherapeutic treatment (conciliar report).

*You can go to the psychotherapist directly with your healthcare insurance card.*



### **If you have private healthcare cover:**

Find out beforehand from your private healthcare company whether they cover the costs for psychotherapy. Ask detailed questions such as:

- ▶ Which criteria does the psychotherapist have to fulfil: does he require a licence? Does he have to be registered with the statutory insurance funds? Which forms of therapy are acknowledged? How many sessions in total or per year are paid for? Which other conditions have to be observed before starting therapy? For example, do you need an expert's report?
- ▶ Wait for written confirmation of the payment of the benefits before you begin psychotherapy.

Once you have thought through all the basic considerations properly, you start looking specifically for a suitable psychotherapist with a healthcare fund registration.

**If you receive benefits according to the Asylum Seekers' Benefits' Law:**

Recipients of basic benefits according to the ASBL get benefits for medical care in the first 48 months from the welfare office (Sozialamt). Medical treatment is given for acute illnesses and states of pain, according to Section 4 ASBL. According to Section 6 ASBL, benefits can also be granted which are absolutely necessary to safeguard health.

If an asylum-seeker would like to start outpatient psychotherapy, he has to make an application for coverage of the costs at the welfare office. For this, it's necessary to have a certificate written by the medical officer, or from the specialist he has named. The coverage of costs for outpatient psychotherapy is usually based on Section 6 of ASBL. Advice centres for migrants like REFUGIO (address in chapter 15) offer advice and support on pushing through claims. The assertion of claims is usually quite laborious. But on the other hand, the costs and travel expenses for interpreters can be covered – for people insured with a statutory healthcare fund, these are benefits they have to pay for themselves, as a rule.

After 48 months of basic benefit payments, those entitled to benefits receive a healthcare insurance card – as long as they have not illegally influenced the length of their stay. So, if necessary, they can proceed in the same way with regard to psychotherapeutic treatment as those insured at the statutory insurance.



## 11 Some general rules of psychotherapy

- ▶ The psychotherapeutic relationship is based on mutual respect and trust.
- ▶ The psychotherapist is bound to medical confidentiality. This means that information about the patient may not be disclosed to third parties without his consent.
- ▶ The psychotherapist is also subject to the rule of abstinence, which means that he may not pursue any interests of his own in the therapy, and may not engage in any private contact with his client.
- ▶ If, in addition to psychotherapy, you also go to a traditional healer or priest (like a hoca), then you should speak openly with your therapist about it in your therapy.

## 12 Is it possible to change psychotherapists during the therapy?

If there is a loss of trust, or in the course of events it turns out that a different form of therapy makes more sense, then a change of therapist is possible. First, talk to your psychotherapist if something annoys or bothers you. This is probably important for the therapy process. Just as in any relationship with other people, there can be misunderstandings occasionally. Make an issue of it, too, if you have the impression that you're not making any progress in the therapy.

*If you cannot resolve a real case of conflict with your psychotherapist, then you can switch to another psychotherapist.*



## 13 How can I tell if my psychotherapy is successful?

The aims of psychotherapy are changes in thinking, feeling and acting, or behaviour. Ultimately, everyone determines for himself which objectives he's setting himself. In the course of therapy, you should get to know and understand yourself better, and be able to change your behaviour patterns while keeping sight of your goals. But psychotherapy doesn't run in a straight line. It is completely normal to fall back into the old patterns of thought and behaviour.

## 14 Supplementary measures

### **Psycho-education**

Psycho-education is helpful for patients and their families, that is, comprehensive education about mental illnesses.

Psycho-education is basically part of any therapy, and is usually offered independently at the appropriate specialist clinics. In individual cases, there are also outpatient providers. Health insurance may, under certain circumstances, cover the costs, and often has helpful brochures in relation to the symptoms of various diseases, too.

For family members of the mentally ill, the Bavarian Regional Association for Family Members of the Mentally Sick (Landesverband Bayern der Angehörigen psychisch Kranker e.V.) has psycho-education on offer (address in chapter 15). In the case of bipolar disorder, there are offers of support from the German Society for Bipolar Disorders (Deutsche Gesellschaft für bipolare Störungen e.V.) ([www.dgbs.de](http://www.dgbs.de)).

### **Support groups**

It is also helpful to visit a support group. Here you will find people with similar problems, where you are understood and taken seriously. You can exchange thoughts and benefit from the experience of others involved.

The local self-help centres or self-help organisations of those concerned will name points of contact for you. Family members can contact the Regional Association of Relatives of the Mentally Sick.

### **Social-psychiatric services on offer**

For persons with severe and chronic mental disorders (for example psychoses or drug addiction), there are numerous social-psychiatric services and help options in Bavaria. People seeking help can turn to the Social Psychiatric Services (SPDi), who have offices in every Bavarian administrative district, and in the individual municipalities in large towns, too. For the mentally ill, they set up contacts to work projects, sheltered housing, outpatient and inpatient care services.

## 15 Addresses

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### **Bayerische Landeskammer der Psychologischen Psychotherapeuten und der Kinder- und Jugendlichenpsychotherapeuten (PTK-Bayern)**

Postal address: Postfach 151506 · 80049 München  
 Office address: St.-Paul-Straße 9 · 80336 München  
 Phone: 089 515555-0 · Fax: 089 515555-25  
 E-mail: [info@ptk-bayern.de](mailto:info@ptk-bayern.de) · [www.ptk-bayern.de](http://www.ptk-bayern.de)

The Bavarian Regional Association of Psychological Psychotherapists and Child and Adolescent Psychotherapists, is the legal professional association of Bavarian psychological psychotherapists and child and adolescent psychotherapists. The association (PTK-Bayern) has multifarious tasks, including: representing the interests of psychotherapists in Bavaria, the safeguarding of their professional right to practise, the prevention of mental illnesses, the evaluation of the care of mentally ill and disabled people, and the execution of training for professionals and others. On the homepage of the PTK, you will find a search engine to look for acknowledged psychotherapists in Bavaria (with a search function for the desired treatment language).

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### **Bayerischer Flüchtlingsrat**

Augsburger Straße 13 · 80337 München  
 Phone: 089 762234 · Fax: 089 762236  
 E-mail: [kontakt@fluechtlingsrat-bayern.de](mailto:kontakt@fluechtlingsrat-bayern.de)  
[www.fluechtlingsrat-bayern.de](http://www.fluechtlingsrat-bayern.de)

The Bavarian Refugee Council is a human rights organisation that campaigns for the rights of refugees and migrants. Its work focuses on, among other things, the provision of legal services, case work, project work, campaigning and lecture series.

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### **Bayerischer Landesverband Psychiatrie-Erfahrener e.V.**

c/o MüPE, Thalkirchnerstraße 10 · 80337 München  
 Phone & fax: 089 26023025  
 E-mail: [BayPE@gmx.de](mailto:BayPE@gmx.de) · [www.psychiatrie-erfahrene-bayern.de](http://www.psychiatrie-erfahrene-bayern.de)

The association is a group of people with psychiatric experience in Bavaria. The objectives and tasks of the association include, among other things, representing the interests of psychiatric patients and former patients, the promotion of contact and information points for self-help, self-help in itself, the improvement of the legal, social and economic status of psychiatric patients and former patients, as well as education and information on the possibilities, limitations and risks of psychiatric treatment.

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**Bayerisches Zentrum für Transkulturelle Medizin e.V.**

Sandstraße 41 · 83035 München

Phone: 089 189378760 · Fax: 089 189378769

E-mail: [info@bayzent.de](mailto:info@bayzent.de) · [www.bayzent.de](http://www.bayzent.de)

The Bavarian Centre for Transcultural Medicine has set itself the goal of improving the medical and psychosocial care of migrants. To overcome language barriers and to take the culture-related perceptions of illness, crises or social problems into consideration, the centre coordinates a local interpreter service for the health and social services in Munich. The MiMi project Bavaria, as their regional project partners, coordinates it.

Furthermore, it runs conferences, training courses, continuing and further education on intercultural qualification, and promotes the interdisciplinary collaboration of staff from medical, social, psychological and ethnological work and research fields in their work with migrants.

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**Dachverband der transkulturellen Psychiatrie, Psychotherapie und Psychosomatik im deutschsprachigen Raum e.V.**

Postfach 2622 · 59016 Hamm

E-mail: [info@dtppp.com](mailto:info@dtppp.com) · [www.dtppp.com](http://www.dtppp.com)

The DTPPP is a non-profit umbrella organisation for professional staff and institutions involved in the field of transcultural psychiatry, psychotherapy and psychosomatic medicine. It would like to help improve the networking of clubs, individuals and organisations working in this field.

In addition to the preparation and dissemination of cross-cultural research results and therapy concepts, the confederation organises qualifying measures and advanced training for doctors and psychologists, and scientific conferences.

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**Deutsche Gesellschaft für Psychiatrie, Psychotherapie und Nervenheilkunde (DGPPN)** Referat Transkulturelle Psychiatrie und Migration  
Reinhardtstraße 14 · 10117 Berlin · [www.dgppn.de](http://www.dgppn.de)

The DGPPN is a scientific association of physicians and scientists who work in the fields of psychiatry, psychotherapy, psychosomatics and neurology in Germany.

About 150 German-speaking psychiatrists, psychotherapists, psychologists, sociologists, ethnologists and members of other professional groups active in psychiatry are organised in the unit "Transcultural Psychiatry and Migration". The unit develops culturally sensitive methods to improve the care of mentally ill people from other cultures, organises training and further education, and supports cross-cultural research.

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**Deutsch-Russische Gesellschaft für Psychiatrie, Psychotherapie und psychosoziale Gesundheit e.V.**

c/o Krisendienst Mittelfranken · Hessestraße 10 · 90443 Nürnberg  
E-mail: [infopsy@drhpp.de](mailto:infopsy@drhpp.de) · [www.drhpp.de](http://www.drhpp.de)

The DRGPP is a forum for all professional groups in the mental health sector who work with Russian-speaking people in Germany. The goal is to build up a network for mutual support.

The DRGPP wants to improve the psychosocial care of the Russian-speaking migrants in Germany. One of the tasks of the society is the organisation of events for migrants which serve the promotion of mental health.

The company also has as its goal promoting the contact and exchange of ideas with colleagues in Russian-speaking countries.

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**Deutsch-Türkische Gesellschaft für Psychiatrie, Psychotherapie und psychosoziale Gesundheit e.V.**

c/o Klinik für Psychiatrie und Psychotherapie

Cappeler Straße 98 · 35039 Marburg

Phone: 030 23112786 · Fax: 030 23112787 · [www.dtgpp.de](http://www.dtgpp.de)

It's the DTGPP's goal to promote the psychiatric and psychotherapeutic care of migrants with Turkish roots in Germany. Over and above, the DTGPP furthers the bi-national scientific and practical exchanges between Turkish and German doctors, psychologists, social workers, nurses and others who participate in the psychiatric and psychotherapeutic care of the population.

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**Deutsch-Türkische Mediziner-gesellschaft Bayern e.V.**

Allersberger Straße 81 · 90461 Nürnberg

Phone: 0911 476363 · Fax: 0911 473477 · [www.dtm-bayern.de](http://www.dtm-bayern.de)

The German-Turkish Medical Association Bavaria is a regionally active association of doctors of Turkish and German origin. Among the objectives of the association are the acquisition and dissemination of specialised medical knowledge, the promotion of mutual understanding between the representatives of both societies, of both Turkish and German origin, and also the integration of the Turkish population living here, including helping to remove socio-cultural barriers and prejudices.

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**Deutsch-Türkische Mediziner-gesellschaft e.V.**

Schmiedestraße 31 · 30159 Hannover

Phone: 0511 2352350 · Fax: 0511 2352366 · [www.dtmev.de](http://www.dtmev.de)

Members of the German-Turkish Medical Association are Turkish and German doctors and medical students who are interested in peer exchange. The association organises training courses and conferences for physicians and interested lay people, promotes collegial exchange and is the umbrella organization of four regional German-Turkish medical societies in Bavaria, Berlin, Baden-Wuerttemberg and North Rhine Westphalia.



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## Marriage, life and family counselling offices

You can find addresses of marriage, life and family counselling centres in your area at:

[www.stmas.bayern.de/familie/beratung/ehefamilie/index.htm](http://www.stmas.bayern.de/familie/beratung/ehefamilie/index.htm)

The spectrum of advice on marriage, life and family at the counselling centres ranges from the preparation for partnership and marriage, to advice on marriage, partnership, family and life issues, as well as education on family planning in terms of responsible parenthood; but advice is also available for situations of separation and divorce.

The marriage and family counselling centres of the dioceses (Catholic Church), and the leading associations of independent charities conduct these advice sessions across denominations, in individual and group counselling.

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## Child guidance centres in Bavaria

You can find the addresses of child guidance centres in your area at: [www.stmas.bayern.de/familie/beratung/erziehung/index.htm](http://www.stmas.bayern.de/familie/beratung/erziehung/index.htm)

Child guidance centres are specialised services for youth welfare. They support parents, guardians, children, adolescents and young adults, especially in problematic situations within the family, separation and divorce, traumatic experiences, innate dispositions and prevalent risk factors. The overcoming of stressful and traumatic experiences, and the activation of protective conditions and resources, conducive for child development, are tasks of child guidance. Advice is free and confidential.

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## **exilio Hilfe für Flüchtlinge und Folterüberlebende e.V.**

Reutinerstraße 5 · 88131 Lindau

Phone: 08382 409450 · Fax: 08382 409454

E-mail: [info@exilio.de](mailto:info@exilio.de) · [www.exilio.de](http://www.exilio.de)

exilio is a non-profit organization which fights for the rights of migrants and refugees, and, in particular, offers torture survivors both psychological and medical help.

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## Agencies for caregivers in Bavaria

You can find addresses of agencies in your area at:  
[www.stmas.bayern.de/pflege/ambulant/ang-fachst.htm](http://www.stmas.bayern.de/pflege/ambulant/ang-fachst.htm)

The tasks of these specialised agencies are psycho-social counselling, with the accompanying support and relief for caregiving relatives. What the agencies offer rounds off care consultation according to Section 7 Book XI, and care management according to Section 11, IV of Book V, Social Code. It is intended for all caregivers, and especially important is the help they often provide for the family members of dementia patients – with groups for family members, support groups and volunteers' circles.

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## Gesellschaft für türkischsprachige Psychotherapie und psychosoziale Beratung e.V. (GTP)

c/o Sanem Aygün · Am Langen Seil 74a · 44803 Bochum  
E-mail: [GTP@aktpt.de](mailto:GTP@aktpt.de) · [www.aktpt-online.de](http://www.aktpt-online.de)

The GTP (formerly a working group of Turkish-speaking psychotherapists) is an association of Turkish-speaking psychotherapists and mental health workers, who wish to increase the quality of their professional work with immigrants from Turkey through peer networking and education.

On the homepage of the GTP you will find a nationwide list of Turkish-speaking psychotherapists.

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## Kassenärztliche Vereinigung Bayerns (KVB) Landesgeschäftsstelle

Office address: Kassenärztliche Vereinigung Bayerns  
Elsenheimerstraße 39 · 80687 München

Postal address: Kassenärztliche Vereinigung Bayerns · 80684 München  
E-mail: [patienten- hotline@kvb.de](mailto:patienten- hotline@kvb.de) · [www.kvb.de](http://www.kvb.de)

As the representative of physicians and psychotherapists, the Medical Association in Bavaria (KVB) secures the outpatient medical and psychotherapeutic care of the population in Bavaria. On the website of the KVB, there is a search engine available for insured persons and patients looking for doctors and psychotherapists (with a search function for the desired treatment language).

On their service number 01805 809 680\*, the Psychotherapy Coordination Point also provides the contact details of therapists who have informed them of free therapy places in their practice.

On their service number 01805 797 997\*, and at the e-mail address [Patienten-Infoline@KVB.de](mailto:Patienten-Infoline@KVB.de), the KVB offers comprehensive expert information about outpatient medical care in Bavaria. In addition, visit the website [www.kvb.de](http://www.kvb.de) for useful information material on various health topics (for example vaccination, early detection of cancer, Alzheimer's, etc.).

\*0,14 €/min from the landline, and a maximum of 42 cents per minute from mobile phone networks

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**Krisendienst Mittelfranken –  
Hilfe für Menschen in seelischen Notlagen**

Hessestraße 10 · 90443 Nürnberg

Phone: 0911 4248550 (German-speaking)

0911 42485520 (Russian-speaking)

Tue 18.00–20.00, Thur 20.30–22.30, Sat 17.00–19.00

0911 42485560 (Turkish-speaking)

Mon, Wed, Fri and Sun 20.00–22.00

[www.krisendienst-mittelfranken.de](http://www.krisendienst-mittelfranken.de)

The Mittelfranken crisis service provides help for people in emotional distress in the evenings and at night, but also for the relatives, friends or acquaintances who are looking after them. The catchment area of the crisis service is the Mittelfranken district.

The services offered by the crisis service include, among others, telephone advice in German, Russian and Turkish, and personal conversations at their office.

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**Landeshauptstadt München Referat für Gesundheit und Umwelt**

Fachstelle Migration und Gesundheit

Bayerstraße 28a · 80335 München

Phone: 089 23347928 · Fax: 089 23347903

E-mail: [maria.gavranidou@muenchen.de](mailto:maria.gavranidou@muenchen.de) · [www.muenchen.de](http://www.muenchen.de)

The Office for Migration and Health is committed to promoting the health of migrants in that it initiates and conducts various measures in the interests of migrants' health, like project work, networking, multiplier work, public relations, the intercultural penetration of specialist services and expert opinions on health and migration.

At the Office you can access information on counselling services and treatment provision for migrants in Munich.

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**Landesverband Bayern der Angehörigen psychisch Kranker e.V.  
(LApK)**

Pappenheimstraße 7 · 80335 München

Phone: 089 51086325 · Fax: 089 51086328

Opening hours: Mon–Fri 10.00–14.00

E-mail: lvbayern\_apk@t-online.de · www.lvbayern-apk.de

The Bavarian Regional Association for Relatives of the Mentally Sick (LApK) is a non-profit umbrella organization of relatives' self-help in Bavaria. In this organization, individual members, support groups and self-help associations have joined forces to improve the lives of the mentally ill and their families. The LApK conducts the following activities, among others: personal advice and information, support of family members' groups, information and training programmes, educational seminars for group leaders, and special theme conferences for family members. LApK also advises non-members.

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**open.med**

Görresstraße 43 · 80797 München

Open.med hotline: 0177 5116965 (Mon–Fri 9.30–17.00)

Opening hours: Tue 17.00–20.00 and Fri 10.00–13.00

<http://www.aerztderwelt.org/projekte/openmed-muenchen.html>

open.med is the drop-in centre providing medical care for the non-insured, and is an offshoot of the organisation "Doctors of the World" (in cooperation with Café 104).

The doctors of open.med offer anonymous and free medical assistance, counselling, the arranging of further offers of help, education and assistance for health prevention.

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**Psychologischer Dienst für Ausländer**

Caritasverband der Erzdiözese München und Freising e.V.

Landwehrstraße 26 · 80336 München

Phone: 089 23114950 · Fax: 089 23114959

E-mail: pda@caritasmuenchen.de · www.czm-innenstadt.de

The Psychology Service for foreigners offers advice in their mother tongue – anonymous and free for migrants and their families. Here, for example, you receive advice and support for educational issues, relationship problems, and in mental crises. Through sheltered housing in one-person flats, mentally ill people with migrant backgrounds are given some support.

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### **Psychologischer Dienst für Migrantinnen und Migranten**

Beratungsdienste der Arbeiterwohlfahrt München gemeinnützige GmbH  
Goethestraße 53 · 80336 München · Phone: 089 54424753

The aim of the Psychological Service of the AWO is the psycho-social care of migrants by an interculturally competent team of psychologists, equipped with the languages required. The Psychology Service is the contact partner for doctors, clinics, schools, social services and other consulting agencies, and the migrants themselves. It offers individual counselling, brief therapy, crisis intervention, education counselling, and also marriage and family counselling. The advice is given in German, Turkish, Bosnian, Serbian and Croatian.

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### **REFUGIO München**

Mariahilfplatz 10 · 81541 München  
Phone: 089 9829570 · Fax: 089 98295757  
E-mail: [info@refugio-muenchen.de](mailto:info@refugio-muenchen.de) · [www.refugio-muenchen.de](http://www.refugio-muenchen.de)

REFUGIO: the counselling and treatment centre for refugees and victims of torture offers psychotherapy, social counselling, medical diagnostics and assessment for refugees and victims of torture in Munich. Support in art and play therapy are offered, especially for refugee children. A wide range of different projects expands and differentiates the work of REFUGIO.

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### **Rummelsberger Dienste für junge Menschen gGmbH**

Psychosoziales Zentrum für Flüchtlinge (PSZ)  
St.-Johannis-Mühlgasse 5 · 90419 Nürnberg  
Phone: 0911 39363-55 · Fax: 0911 39363-61  
E-mail: [jugendhilfe-nuernberg@rummelsberger.net](mailto:jugendhilfe-nuernberg@rummelsberger.net)

As a nationwide advisory body for the North Bavarian area, the PSZ provides refugees with its services free of charge and regardless of their nationality, religion and residence status.

The main focuses of the work at the counselling centre are: psychotherapy and psychological counselling for refugees with mental disorders, psychosocial and psychological counselling, and treatment of unaccompanied refugee minors, plus comprehensive socio-educational counselling on asylum residence and socio-legal questions.

The advice languages are German, English, Slovak, Czech, Russian and French.

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## Sozialpsychiatrische Dienste in Bayern

You can get addresses of the local services, for example, at the local health offices, or at the Association of Bavarian Districts ([www.bay-bezirke.de](http://www.bay-bezirke.de)).

You will find a list of Bavarian public health offices on the internet at: [www.oegd-bayern.de/html/bayerische\\_gas.html](http://www.oegd-bayern.de/html/bayerische_gas.html)

The social psychiatric services offer free advice and assistance for people with addictions, for geronto-psychiatric patients and people with mental illness. Not only the individuals themselves, but also relatives, friends, acquaintances and work colleagues can turn to the social psychiatric services. The staff of the services are subject to medical secrecy. Some services provide culturally sensitive counselling in multiple languages.

## Useful internet addresses:

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[www.kompetenznetz-depression.de](http://www.kompetenznetz-depression.de)

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[www.kompetenznetz-schizophrenie.de](http://www.kompetenznetz-schizophrenie.de)

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[www.psychotherapie-netzwerk.de](http://www.psychotherapie-netzwerk.de)

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[www.buendnis-depression.de](http://www.buendnis-depression.de)

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[www.emdria.de](http://www.emdria.de)

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[www.zwaenge.de](http://www.zwaenge.de)

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[www.asylnetz.de](http://www.asylnetz.de)

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[www.dgbs.de](http://www.dgbs.de)

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## Reading tips:

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Collatz, J. & Heise, T. (Hrsg.). (2002). **Psychoziale Betreuung und psychiatrische Behandlung von Spätaussiedlern**. Das transkulturelle Psychoforum (Bd. 3). Berlin: VWB-Verlag.

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Hegemann, T. & Lenk-Neumann, B. (Hrsg.). (2002). **Interkulturelle Beratung. Grundlagen, Anwendungsbereiche und Kontexte in der psychosozialen und gesundheitlichen Versorgung**. Forum Migration Gesundheit Integration (Bd. 2). Berlin: VWB-Verlag.

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Das Gesundheitsprojekt

**MiMi**

Mit Migranten  
für Migranten.

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