

## APPOINTMENTS

- You do not need a referral slip for your appointment, your health insurance card is sufficient.
- Parents who register a child should bring the insurance card of the child to be treated.
- We are an „ordering practice“ – please contact our office by telephone or e-mail to make an appointment.
- New patients are admitted discreetly. Patient-related data is treated in strict confidence.

## AVAILABILITY

### TELEPHONE AVAILABILITY OF THE SECRETARIAT

Tuesday	11:00 am - 01:00 pm
Friday	08:00 am - 10:00 am
Fon	+49 7023 95 03 13
Fax	+49 7023 95 03 60
Email	sekretariat@praxisschaefer.de

### ON THE INTERNET

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



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Dipl.-Psych.  
**Sabine Schäfer**

Psychological Psychotherapist  
Supervisor



# PRAXIS FOR PSYCHOTHERAPY

We treat adults,  
children and adolescents



## OUR PSYCHOTHERAPEUTIC PROCEDURES AND SPECIALISED SERVICES

We are a team of psychotherapists with many years of practical experience. We work with behavioural therapy, psychodynamic therapy (in Germany: „Tiefenpsychologisch fundierte Psychotherapie“ and „analytische Therapie“) and person-centered therapy (Carl Rogers)

The core of our work lies in the fact that you can feel professionally cared for and looked after by us - and also in the fact that you feel comfortable in a personalised practice atmosphere when dealing with our team.

### • **Psychotherapy is covered by all health insurance companies**

Psychotherapeutic treatment is covered by your statutory or private health insurance. Psychotherapy methods recognised by health insurance companies are behavioural therapy, psychodynamic therapy and systemic therapy.

### • **Adults**

Psychotherapy helps to treat mental disorders and thus to cope better with related problems. Overall, personal skills in dealing with challenges are enhanced.

### • **Children and adolescents**

It is part of growing up for children and adolescents that problems and disorders occur. This is not always an expression of mental illness. However, crises and disorders can also occur that make it difficult for them to develop well. If a disorder persists, parents, carers, teachers and doctors are right to be concerned. This is when professional help is right and important. Accompanying parental discussions are always an integral part of psychotherapy for children.

### • **Psychotherapy in groups**

Psychotherapy in a group is a very effective therapeutic setting for all age groups.

## ADDITIONAL OFFERS

### • **Couples therapy**

For couples who want to work on their problems

### • **Supervision**

- Individual/group and case supervision
- Supervision for those working in healing and educator professions
- Teaching supervision for psychotherapists in training and further education

### • **Individual MPU preparation**

MPU preparation after the withdrawal of your driving licence

### • **Advanced training for psychotherapists**

Sabine Schäfer is a lecturer at DPTV Campus. The offers can be found here:

[www.dptv.de/veranstaltungen/dptv-campus/](http://www.dptv.de/veranstaltungen/dptv-campus/)