

SETTING AND COSTS

At the Zentrum für Psychosomatik, psychiatrists and psychologists conduct psychotherapy. When treated by a psychologist, a psychiatrist is responsible for the medical treatment if needed. The sessions are covered by basic health insurance.

REGISTRATION

Patients can apply in person or by assignment through a general practitioner, psychiatrist or a psychologist. You can apply for outpatient appointments at the Zentrum für Psychosomatik Zürich City. For inpatient treatment please contact the central admission at Sanatorium Kilchberg by calling 044 716 42 75 or by writing an E-Mail to aufnahme@sanatorium-kilchberg.ch.

FURTHER INFORMATION

For further information please contact our specialized experts within the outpatient and inpatient treatment setting. They will gladly help you. For organizational questions please contact our office management at:

Zentrum für Psychosomatik Zürich City
Selnastrasse 6
8001 Zürich
Telephone 044 716 38 38
zentrum@sanatorium-kilchberg.ch



Individual and group psychotherapy in English

at the **Zentrum für Psychosomatik Zürich (ZPZ)**

Sanatorium Kilchberg AG

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Individual and group psychotherapy in English

INDIVIDUAL TREATMENT SESSIONS (PSYCHOTHERAPY AND MEDICATION)

Psychotherapy focuses on talking about problems and identifying and changing difficult experiences and behaviour. The goal is to enhance mental health and to increase quality of life. Successful psychotherapy leads to new ways of thinking, feeling and behaving. Many studies have shown that psychotherapy alone, and in some cases in combination with medication, is highly effective in reducing mental health problems.

CONDITIONS

We offer individual sessions for people with the following conditions: Anxiety disorders, Attention Deficit (Hyperactivity) Disorder (ADHD / ADD), Burnout and Stress, Chronic pain, Depression, Eating disorders, Obsessive Compulsive Disorder (OCD), Personality disorders, Sexual problems, Sleep disorders, Women's mental health problems.

BIOFEEDBACK

Biofeedback is a cognitive behavioural technique that involves visual or auditory feedback to gain awareness of bodily functions, such as heart rate, muscle tension, blood flow, and breathing. It is especially helpful for stress and stress-related disorders, burnout, chronic pain, migraine, sleep disorders, high blood pressure, anxiety disorders, depression and ADHD.



GROUP PSYCHOTHERAPY: AFFECT REGULATION TRAINING (ART)

Affect regulation training is a group psychotherapy for people with difficulties in awareness of emotions, as well as coping with stress and difficult feelings. Low coping skills increase the risk for mental health difficulties and their maintenance. The training includes 10 weekly sessions (105 minutes each) with 10-12 participants. The training is especially helpful for people with depression, anxiety disorders, eating disorders, OCD, and stress-related disorders.