

CADUCEUS CLINIC
CLINIC FOR
PSYCHOTHERAPEUTIC MEDICINE
PSYCHOSOMATICS - PSYCOTHERAPY

As a **specialized hospital** for psychotherapeutic medicine with 33 beds we treat patients with psychogenic conditions, i.e. with diverse psychosomatic, neurotic and in individual cases also psychiatric disorders and diseases. Our concept is especially suitable for individuals, who find themselves in a crisis looking for reorientation, as when grieving after having suffered loss, when undergoing crises connected to the life cycle, when suffering from life threatening illness as well as in crises arising from the cultural context or in spiritual crises.

One focus of our work is therapy for patients, who suffer from the consequences of sexual abuse, violence and other traumas.

Special consideration is given to the problems of men and women in responsible positions and in the helping professions suffering from burnout-syndrome. Treatment usually lasts for four to six weeks, but may be longer. The therapeutic programme may be offered in a condensed and intensified form and is therefore suited for shorter stays as well.

The psychotherapeutic treatment is adapted to the patient; the basic orientation is to depth psychology and psychodynamics. The various procedures and approaches are compatible with each other, for example behavioural therapy, body psychotherapy, gestalt therapy, family group therapy and systemic therapy. In addition we offer: art therapy, ergotherapy, musical therapy, sociotherapy, milieu therapy, relaxation and methods using the imagination.

The psychotherapy takes place in a protected space, which is made available and maintained by the team as a field of relationships. The size and structure of the building facilitates the feeling of being supported by the clinic community.

Therapeutic plans are assembled for each individual and involve individual treatment with group therapy as an adjunct.

A crucial element of our approach is **an orientation to the resources and creativity** of the patient. (In the sense of a salutogenesis this is combined with a knowledge of the factors which maintain human health, as for example the ability to act and to take stress and the appreciation of problems and above that transpersonal aspects). We support the process of finding personal sources of power and new psychological qualities and their strengthening as well as exploring transpersonal aspects of the individual.

The medical treatment of physical consulting is closely coordinated with psychotherapy. The diagnostics of general medicine within the hospital will be extended to consultants if required. Furthermore, naturopathy and homoeopathy are taken into consideration as well.

We also offer physiotherapeutic measures like massages and balneotherapeutic applications.

High quality nutrition is an important part of our treatment program. Offers for a healthy vegetarian diet on vegetarian and high quality nutrition, food mainly from organic farming is used. Corresponding to the medical indications various forms of diet are possible, including vegetarian diet.

The daily and weekly programme has a clear structure. Apart from the appointments for the different treatments there is individual time, time for retreats, and special events. The structure and the small size of our building generate a feeling of safety, which facilitates a space for experiences characterized by a balance between individuality and community life in an atmosphere of freedom and acceptance.

Some places are also available for the treatment of outpatients. This can serve as a substitute for fully in-patient therapy or may form a gradual transition to everyday life.

Introductory interviews, consultations and in-patient psychotherapies will be carried out in the **casualty ward** and in a psychotherapeutical office. The in-patient psychotherapies are conducted both as individual and as group therapies. Self-help groups of former patients can be part of the aftercare.

Meditation is an optional offering. Experience and our own research have shown that meditation helps in physical and psychological healing, has a stabilizing effect on self-esteem and contributes to a meaningful life. It is integrated in the daily routine and is also used in therapeutically guided retreats. Different meditation techniques are applied in groups or with individuals.

Connected to the hospital is a **retreat centre**, where individual guidance is offered during days of contemplation and introspection to beginners and advanced participants. The retreat process aims at renewal and transformation. In this respect meditation acts also preventively.

The house is situated in an idyllic location within a hilly forested parkland, where you can experience the healing power of nature. The interior of the building is bathed in light, has a warm atmosphere and is renovated and maintained on ecological guidelines.

Accommodation is mostly available as single bedrooms. The rooms have a harmonious design and lovingly created details. Some have their own bathroom with a shower and a separate WC; half of the rooms have a balcony or terrace.

Our logo represents the staff of Hermes, the soul guide. Originally a sign of peace, the staff brings into balance two polar forces, which ascend as snakes. The heart symbolically indicates the healing power of love.

Contact

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Head physician and responsible for the clinic: Peter Findeisen, neurologist, psychiatrist and psychotherapist specializing in psychotherapeutic medicine.

How to get there

Bad Bevensen is situated on the railway line Hannover-Hamburg and has its own railway station. The hospital, located on the outskirts of the town, is some five minutes away from the station by car.

You reach Bad Bevensen by car from Uelzen or Lüneburg via the federal road (Bundesstraße) B4.

When in Bad Bevensen you take the Römstedter Straße, direction Himbergen / Göhrde. Turn left into Niendorfer Weg, the first road beyond the Elbe-Seiten-Kanal. At the end of this road turn right into the forest road. The next entry to the left after 300 metres leads to our car park.