

Clinic Director

Prof. Dr. Georg W. Alpers, Dipl.-Psych.

- Chair of Clinical Psychology and Biological Psychology and Psychotherapy
- Director Otto-Selz-Institute for Applied Psychology
- Psychotherapist
- Supervisor of therapists in training

Head Therapists

Dipl.-Psych. Sabine Filbert

- Psychotherapist (CBT)
- Psychotherapist for Children and Adolescents
- Hypnotherapy
- Group psychotherapy

Dipl.-Psych. Silvia Schad

- Psychotherapist (CBT)
- Neuropsychologist (GNP, LPK-BW)
- Supervisor of therapists in training

M.Sc.-Psych. Jonna Südhof

- Psychotherapist (CBT)

Dipl.-Psych. Maria Zangl

- Psychotherapist (CBT)
- Group psychotherapy

Dipl.-Psych. Josepha Zimmer

- Psychotherapist (CBT)

Outpatient Clinic Therapists

Prof. Dr. Dr. Robert Olbrich, Dipl.-Psych.

- Medical specialist for psychiatry and neurology, CBT

Dipl.-Psych. Robert Saper

- Psychotherapist (CBT)

Dr. Simkje Sieswerda, Dipl.-Psych.

- Psychotherapist (CBT)

Dipl.-Psych. Christoph Singer

- Psychotherapist (CBT)

Dr. Frauke Steiger-White, Dipl.-Psych.

- Psychotherapist (CBT)

Secretary and administration

Kerstin Scopelliti

Phone:

+49 621 181 3480

(This number will reach our answering machine. If you leave your name and phone number, we will get back to you as soon as possible.)

Contact for Appointment

Please visit our homepage for details.

Homepage:

www.osi.uni-mannheim.de/ambulanz

Fax:

+49 621 181 3405



Email:

ambulanz@osi.uni-mannheim.de

Address:

Otto-Selz-Institut
Psychologische Ambulanz
University of Mannheim
L 13, 17
68161 Mannheim

The Otto-Selz-Institute (OSI) is opposite Mannheim's central train station (Hbf).



Psychotherapy Outpatient Clinic

Academic outpatient clinic for
research, teaching and training



Outpatient Clinic

The outpatient clinic at the Otto-Selz-Institute for Applied Psychology (OSI), University of Mannheim, has a goal to combine research, teaching and training. This allows us to integrate new research findings into clinical practice, improve existing treatments, and develop new treatment approaches.

We provide cognitive and behavioural therapies to treat a range of psychological disorders. These therapies are evidence-based and help clients learn skills to cope with life's challenges.

What is Cognitive Behavioural Therapy (CBT)?

Cognitive Behavioural Therapy is a goal-oriented psychological treatment for mental health issues. It involves working towards understanding the factors that cause distress and developing strategies to enhance wellbeing in both the long and short term.

Therapists and clients work collaboratively throughout therapy: to agree on goals for therapy; to understand problems and to examine their causes; and to identify the thoughts, beliefs, and behaviours that serve to maintain problems.

CBT is a practical approach to dealing with problems and we encourage clients to complete assignments between therapeutic sessions to practice newly learnt strategies.

Our therapists work in a friendly, respectful way to tailor therapy to client's needs. Working in this way, we are able to help clients manage their difficulties and to address life's challenges.

Focus of treatment

The faculty and clinical staff have a breadth of experience and provide psychological assessment and treatment of:

- Anxiety disorders, particularly specific phobia
- Depression and other affective disorders
- Chronic pain (e.g., back pain, headache, fibromyalgia)
- Somatic symptom disorder
- Obsessive compulsive disorder (OCD)
- Eating disorders
- Posttraumatic stress disorder
- Personality disorders
- Organic, including symptomatic, mental disorders
- Psychotherapy for children and adolescents

Therapeutic methods

In addition to individual psychotherapy, we offer therapy in group settings, including:

- Training of the senses
- Step-by-step smoking cessation program
- Stress relaxation / Stress coping
 - Autogenic training
 - Progressive muscle relaxation

How to start therapy

During several initial sessions, you and the psychotherapist will get to know each other and find out whether you have a complaint that requires treatment. Available treatment options will be discussed, if necessary, the therapist will make a diagnosis and recommend a treatment. If you both decide to start the therapy afterwards, you can submit an application to your health insurance. In case of additional medical problems, we closely cooperate with treating physicians and create a tailored care-plan.

How long does therapy last?

Two forms of therapy are possible:

- Short-term, which includes up to 24 therapy sessions, or
- Long-term, which includes up to 60 sessions.

The client and the therapist agree on the number and frequency of therapy sessions. Therapy sessions are initially scheduled on weekly basis, though this interval can be extended as therapy progresses.

Who covers the costs?

In order to be treated, you must submit an application to your health insurer. This application is required to cover treatment costs and must be approved before you can begin treatment. You can obtain an application form as well as further help from our psychotherapists. The services provided by private health insurer are not uniform. It is therefore advisable to contact your insurer ahead of time to obtain written confirmation about the costs that will be reimbursed.

Therapy sessions can be undertaken in both German and English.