

Psychotherapy for young refugees with Posttraumatic Stress Disorder

What is Posttraumatic Stress Disorder (PTSD)?

Many people have problems after bad experiences:

Unwanted memories or nightmares.

Less happiness, preference to be alone.

Fear, anger, and problems concentrating.

➔ **Our therapy can help to feel better!**



1. Getting to know each other and information

1 hour



2. Examination

2 + 2 hours

Assessing problems and planning therapy
(Interview and questionnaires)



3. Therapy

15 hours

Our therapy can help with problems (PTSD):

- ⬇ Less tension
- ⬇ Less stress because of reminders
- ⬇ Fewer painful thoughts and feelings
- ⬆ **More safety and hope**

Information:

What is psychotherapy?

What is a **psychotherapist**?



- Your therapist can help you after bad experiences.
- Your therapist talks with you about those bad experiences. By talking about it you can feel better. There are no pills against painful memories.
- A psychotherapist is a little like a doctor, but for thoughts and feelings. A psychotherapist does not give pills, but talks with you.
- Your therapist cannot decide on your asylum status.

What is a **psychotherapy**?

- You can attend a therapy when you are not feeling well. A therapy is voluntary.
- You can try therapy. In case you do not like it or you are not comfortable with the therapist, you can quit therapy.
- You decide what you would like to tell in therapy and what you would not like to tell.
- Your therapist is not allowed to tell anyone what you tell him in therapy. He has to keep it to himself. He has the duty to maintain confidentiality.
- Your therapist speaks German. If you like, a translator will help you. The translator has the duty to maintain confidentiality, too.
- Therapy takes place for one hour every week.
- You do not have to pay for therapy. Your health insurance pays for your therapy.

After therapy many young people feel better, spend more time with their friends, and are better in concentrating at school.