

Psychotherapy

The causes for mental stress can very frequently be found in the patients' childhood, marriage or occupation. Their own needs and feelings are inhibited and repressed until at some point in time they realize that their lives are not determined by themselves but by others. All these factors give rise to depressions, feelings of guilt, overburdening, despair and hopelessness – elements of severe mental stress, often unconscious, but paralysing our immune system and causing disease.

Le Shan, Bernie Siegel, Simonton, Lerner and many others have impressively pointed out the connection between mental disorders and the development of a tumour. Doctors or psychotherapists can only make suggestions or show ways, but it is up to the patients to use them. In a broader sense it is part of the psychotherapy that the patients inform themselves. Support groups can be a first contact point.

Even if you should be firmly convinced that mental problems do not play a role in your life, we would nevertheless sincerely invite you to take advantage of our various psychotherapeutic offers. Perhaps you will break new ground that can make your life even richer. The point is not to dig up problems. We have arranged our programmes in such a way that they will help you with simple hints and techniques to deal with your disease and with yourself. Apart from individual sessions well-tried therapeutic methods such as relaxation, meditation, hypnotherapy and the Bochum health training are applied.

Individual sessions

You will be able to talk about your questions and difficulties with our psychologist, Mrs. Weidner, in a relaxed atmosphere. Thus you can take stock of your mental situation, cleaning up so to speak and making room for fresh courage to face life.

Methods of relaxation

These methods are efficient means of reducing stress, stabilizing your psyche and supporting the healing process. Both in individual and group sessions we employ well-established methods of relaxation such as autogenic training according to Schultz, progressive muscle relaxation according to Jacobsen, relaxation of breathing as well as phantasy travels.

Meditation

In his book „Love, Medicine and Miracles“ Bernie Siegel describes the essence of meditation so meaningfully that we would like to quote him:

„Someone once said: ‚Praying is talking, meditating is listening.‘

With this method you can indeed forget the stress and distraction of everyday life for a while thus being able to perceive other things: your deep thoughts, emotions, products of the subconscious, the peace of pure consciousness and spiritual concerns. There are many ways of achieving this state of mind. Some teachers of meditation recommend to concentrate on a symbolic sound or word (mantra) or on a single picture, the flame of a candle or a visual symbol (mandala). Others concentrate on the relaxed flow of the breath or they shut themselves off from thoughts flickering at the surface. Eventually all methods have the same effect: a deep and peaceful emptiness or trance strengthening the mind which is now free from the usual chaos.“

In the Hufeland Klinik we offer different techniques of meditation such as meditation of breath or mettameditation (the so-called meditation of love and kindness) which are practised individually or in groups.

Hypnotherapy

With the assistance of a therapist you will try to achieve a transformed state of consciousness called ‚trance‘. The purpose of hypnotherapy is to create an access to the subconscious and to activate unused interior power sources and the ‚interior healer‘. New ideas and solutions for problems and questions can be stimulated. It is up to you to decide which method you accept and wish to apply. We offer hypnotherapy in individual and group sessions.



Bochum Health Training

This holistic training programme was developed at 'Ruhr University' in Bochum in 1982. It is based on the insights of the 'Simonton Training' and comprises the acquisition of relaxation techniques as well as guided imagination and visualisation. Furthermore vitalising activities such as dancing, painting and singing are of importance. In this way the immune system can be strengthened, the chances of healing be increased, and the patient's quality of life be improved.

