



INSTITUTO | DR. SCHEIB

International Medical Centre

for Psychosomatic medicine, Psychiatry & Psychotherapy

THERAPY CONCEPT



The international address for individual psychotherapy | German medicine on Mallorca Island

CLÍNICA LUZ | Palma de Mallorca



WWW.PSYCHOSOMATIK.COM

Psychological and psychosomatic disorders are common.

26% of adults are reported to have at least one mental health problem diagnosed at some time. In 2014/15, people in contact with UK mental health and learning disability services spent a total of 8,523,323 days in hospital in that year.

- **Mental disorders are often the cause of higher absenteeism from work and often lead to early retirement.**

The Office for National Statistics report that, in England between October 2014 and September 2015, 64.9 per cent of people with a health condition or illness lasting more than 12 months were in employment. Five per cent of people with a health condition or illness lasting more than 12 months were classified as unemployed

The therapy problem:

- **The treatment offered in many countries is often inadequate.**

Waiting times for a place in out-patient psychotherapy normally take a number of months, sometimes up to a year. Here there are considerable regional differences, with people in rural areas waiting longest. Even waiting times for in-patient treatment takes weeks or months.

- **Long waiting times and inadequate intensive therapy not only intensify suffering but also worsen the prognosis!**

Long waiting times lead, especially when there is incapacity for work, to chronification of the problem.

A low treatment frequency does not establish fast or sufficient changes. Psychotherapy is learning! The patient learns to re-evaluate things, to behave in a new way, to change his way of thinking.

As far as the intensity and the effects of therapeutic influences are concerned, one may have to rethink psychotherapy. The possibility exists that many of today's therapists' efforts to change stubborn problem behaviours do not lead to success because the effects are in principle strong but not intense and focused enough. (*Klaus Grawe: Neuropsychotherapie; 2004*)

Most of out-patient psychotherapy sessions are held once a week, sometimes even less, psychotherapeutical individual discussion during inpatient therapies sometimes even less!

About us

We are an international Team of experienced Doctors, Psychologists, Sports scientists and Physiotherapists on Mallorca – most of us have been trained in Germany or Switzerland.

We are specialised in individualised and intensive short-time therapy for burnout, depression, anxiety disorders, addiction and psychosomatic disorders in an extremely comfortable and discrete atmosphere.

Our concept: fast, intensive and long lasting!

- **Immediate begin of therapy! No waiting.**

When a person is in a crisis, he needs help immediately. We always keep therapy places available for emergencies.

- **Therapy duration two to three weeks.**

Longer therapies often lead to problems at work. If the patient needs more time, we recommend a fractionated procedure: A first therapy is followed by a couple of week-long dismissals the patient's home and then a new therapy. The patient can use the newly learnt strategies at home and can introduce the experiences in the new therapy.

- **Individualized, multimodal therapy.**

The therapy must be oriented towards the patient's needs, not the patient toward the therapy! We create an individual therapy plan with our patients – in-patient, day-clinic or out-patient. Depending on the patient's problem, different psychotherapeutic procedures, bio- and neurofeedback, sports therapy, pharmacotherapy and complementary procedures are used.

- **High sustainability and satisfaction.**

We evaluate the results of our treatments on an ongoing basis. 83% of our patients were very or mostly satisfied with the therapy and thus experienced help. Almost all patients would recommend our therapy concept.





ADMISSION

Whether you are treated on an out-patient, day-care or hospital basis, we will start with a thorough examination.

Here, you will be asked about your medical history, previous treatments and your current complaints, already existing findings are discussed together and further investigations are initiated.

In addition to a psychological test diagnosis, we usually also perform a measurement of brain currents, a so-called quantitative EEG, in order to plan the possible use of neurofeedback.

Apart from the psychological, neurological and psychiatric findings, we also conduct an internal or other specialist examination, depending on the clinical picture.

In some cases, depending on the nature of the complaint we also carry out a measurement of night sleep by means of a sleep laboratory. For this purpose, we use a small device, which records the sleep data over night, which are then evaluated the next day.

Afterwards we plan your therapy together with you.



In cooperation with:



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PSYCHOTHERAPY

- Out-patient psychotherapies often are **not available when you need it**. Waiting times of half a year or even more are not unusually.
- Our therapy starts when you need it. **We always provide places for emergencies**. The duration of our therapies - inpatient or out-patient - have an **average between 2 and 3 weeks**.



An essential part of your therapy is the individually tailored psychotherapy. Duration and intensity depend on your possibilities and needs and according to our professional judgment. We will also advise you when deciding on the appropriate procedures and the therapists that are most suitable for you. Basically, however, you should feel comfortable with your therapists and trust them.

Most of our patients are looked after by two therapists, who use different angles and procedures. Sometimes, however, the limitation to a single therapist makes sense.

Psychodynamic therapy

This involves the recognition and understanding of unconscious concepts, which are based on the life story and influence our actions and feelings in the here and now. Psychoanalysis is the basis for further development. In the transfer relation to the therapist, unconscious attitudes and concepts emerge and can be processed.

Behavioural therapy

Cognitive behavioural therapy is based on the fact that our thoughts directly affect feelings and actions. By altering existing patterns of thought, changes in current feelings and problems can also be made.

Classical behavioural therapy uses psychological learning models to create new patterns of experience and behaviour. Thus, fears and constraints can be forgotten by confrontation with simultaneous anguish. We not only use real exposure training, but also exercises in virtual reality.

Gestalt therapy

The integral, humanistic therapy method developed by Fritz Perls also includes body language and other non-verbal forms of expression. Learning processes are initiated by immediate experience. Gestalt therapy assumes that a topic will appear until we manage to bring it to a conclusion.

EMDR

(Eye Movement Desensitization & Reprocessing)

The method developed by Francine Shapiro makes use of the physiological changes that occur during rapid eye movements or other bilateral stimulation. This method proves to be particularly effective in the treatment of trauma disorders. However, it is also used for pain or addiction.

Hypnosis

In hypnosis, one uses the focus of attention to reduce pain and anxiety. The procedure is particularly helpful as a supportive measure in the treatment of cancer and in chronic pain. As a hypnotherapy according to Milton Erickson, it represents an independent therapeutic procedure.

BIOFEEDBACK

- The method is **non-invasive** and can **reduce or eliminate the need for drug administration**.
- In the near future, this method, unknown as it is today, is a **real alternative in the fight against chronic pain**.



Many body functions are not, or only rarely, directly perceptible to us. Biofeedback measures physiological parameters and converts them into visible or audible signals, which can then be influenced by practice.

Peripheral Biofeedback

The visualization of skin conductivity, temperature, muscle tension, breathing and pulse on a monitor can be used to treat a wide variety of diseases that are associated with the malaise of the vegetative nervous system: back pain, incontinence, tooth gnash, migraine, tension headache and much more.

HRV biofeedback

Heart rate variability is defined as a small difference in the length of the respective spinal veins, which are controlled by the parasympathetic nervous system, which is responsible for recovery. In the case of coronary heart disease, hypertension, but also depression, the HRV is narrowed and can be extended via biofeedback.

Neurofeedback

The electrical activity of the brain is measured and visualized by the patient. This activity can be influenced by training programs. The procedure is particularly useful in ADS / ADHD, cramping, posttraumatic stress disorder, migraine, sleep disturbances, but also depression and anxiety.



RELAXATION PROCEDURES

- Relaxation procedures are recognized therapy and self-help methods for various psychological and psychosomatic complaints.
- The physical and emotional tensions are reduced, satisfaction and well-being are restored. The state of relaxation itself can already have a therapeutic effect.



The learning of relaxation techniques is a central part of the treatment. All methods can have a similar effect; But access and acceptance are different from person to person.

Autogenic training

Originally derived from hypnosis, autogenic training is an exercise method in which one can quickly move into a state of relaxation and thereby alter vegetative functions and pain relief.

Progressive Relaxation

In this case, deliberate tension and relaxation alternate. Due to the change, relaxation is felt faster for many people.

Mindfulness Based Stress Reduction

In the mindfulness-based stress reduction, the effect of stress on our nervous system is reduced by steering and strengthening an extended mindfulness.

Yoga

In yoga, deep relaxation states are achieved by deliberately performing body, breathing and meditation techniques. It is a more body-oriented approach to the relaxation and improvement of self-awareness.



PHYSIOTHERAPY

- This treatment is aimed not only at **restoring functional movement and/or activity restoration**, but also to **attain a better understanding of bodily functions** and the **responsible handling of one's own body**.
- The aim is to **restore, maintain or promote health** and, in the best case, to achieve pain relief..



Depending on the disease pattern, physiotherapy helps to restore the mobility of the body or to compensate for functional limitations.

There are physiotherapy exercises, but also cold or heat treatments and massages. Arthritis and osteoporosis can also be stimulated by magnetic and radiotherapy. Osteopathy, acupuncture and chirotherapy can also be used by specially trained doctors or physiotherapists.

Physiotherapy and sports therapy complement each other.



SPORTS THERAPY

Sport has proven to prevent and treat many diseases: Sport reduces blood pressure and blood sugar, has a better antidepressant effect than many medicines, reduces anxiety and improves prognosis in cancer.

Every sport has its advantages. It is also important that you enjoy the activity. Our sports scientists and personal trainers will share with you the type of sport you are most interested in and the activity you can continue during your time at home.

For daytime and in-patient treatment, you exercise between one and three hours every day, under the guidance of your personal trainer.

You can practice the following sports activities either with us or in cooperation with our partners:

Walking, Nordic Walking, Hiking Jogging | Cycling | Tennis | Cardio-Training | EMS training | Golf | Diving, snorkeling, free diving | Standup Paddling | Horse riding Paragliding

And, of course, we also fulfil individual requests that are not listed here.

EQUINE ASSISTED THERAPY

In addition to riding as a sports activity, we also offer qualified riding therapy. Equine assisted therapy is an experience-oriented and holistic complementary therapy.

In the interaction between man and horse, the patient is physically, mentally and emotionally addressed and supported in an inner balance. With and on the horse, the patient learns to know himself better and can begin changing processes.

Equine assisted therapy has proven particularly effective in ADS / ADHD, autism, burnout syndrome, drug addiction, cancer and multiple sclerosis.

PHARMACOTHERAPY

Our motto is as little as possible, but as much as necessary!

If you are already taking regular medication, we will check with you in our interdisciplinary team and with you whether a change is meaningful or not.

Depending on the findings, we also go for ways that are scientifically secured, but not common. For example, we use drugs that reduce the craving pressure in many drug addictions.

In severe depression, we often start with an infusion therapy, which shows effects after only a few hours and in particular reduces suicidal thoughts.

And if you are a friend of homoeopathy and naturopathy, you can be examined and treated by our naturopathy trained specialist.



- In addition to the usual drugs we work with so-called **off-label therapy**.
- One example is the narcotic ketamine, which in a non anaesthetic dosage is found to have an **immediate and intense effect on depression**. Suicidal thoughts often disappear during the first infusion.



ABSOLUTE DISCRETION



We make sure that no one will know that and why you are in treatment with us – not even co-patients! Therefore, we do not offer group therapies.

If you have the desire to get to know other patients, it is only if they agree to do so.

If you require extended protection of your person due to a particularly exposed position, we offer accommodation in a very discreet, beautifully situated villa. There you can talk with your therapist throughout the day, enjoy wellness, physiotherapy, sports and relaxation. And of course, the entire therapeutic range of our clinic is at your disposal.

- Your free time between treatments can be **customized!**
- The island offers a variety of **water sports**, as well as **golf courses**, bicycle tours, horseback riding along the sea or simply a **massage at the next spa** – with these perspectives, you can discreetly declare your treatment as a holiday trip.





*„A useful therapy
has to be adapted to the needs of the patients,
but not the other way round.“*

Dr. med. Mario Scheib

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Seminar leader ‚Psychosomatic basic supply‘



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