

## → CONTACT

### How to reach our team

Monday to Friday: 9:00 – 16:00

Phone: +49 (0)30 303 906 25

Fax: +49 (0)30 30 39 06 677

E mail: [tagesklinik@ueberleben.org](mailto:tagesklinik@ueberleben.org)

You can also find a registration form on our website, which you may send to us via different methods.

## → THE CENTER

At Zentrum ÜBERLEBEN, we advocate nationally and internationally for survivors of torture, war-related violence, and other traumatic experiences. Men, women, and children from about 50 countries seek help here. Our clients and patients receive medical, psychotherapeutic, social work, and integrative support. To overcome language barriers in intercultural counselling and treatment settings, we work with specially trained language and cultural mediators.

## → FUNDING



The psychosocial care of severely traumatized refugees at the day clinic is supported, among others, by the UN Refugee Aid

## → ADDRESS & DIRECTIONS

### Zentrum ÜBERLEBEN gGmbH

Day Clinic

– Gesundheits- und Sozialzentrum Moabit (GSZM) –

House K • Entrance C • 3rd Floor

Turmstraße 21 • D 10559 Berlin

[info@ueberleben.org](mailto:info@ueberleben.org)

Phone: +49 (0)30 303 906 0

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### How to find us



U-Bahn station Turmstraße (U9) • Bus 123, 187 •

S-Bahn station Bellevue (S5, S7, S3) •

Tram stop Lübecker Straße (M10)

### Donation account at GLS Bank

IBAN: DE32 4306 0967 1264 5130 00

BIC: GENODEM1GLS

### Learn more on our website:

[www.ueberleben.org](http://www.ueberleben.org)

and on    

# DAY CLINIC AT CENTER ÜBERLEBEN

## → WHO WE ARE

The day clinic at the Zentrum ÜBERLEBEN treats refugees suffering from severe trauma-related disorders in cooperation with the Department of Psychiatry and Psychotherapy at Charité – Campus Mitte, under the direction of Prof. Dr. Dr. Heinz.

Our **multi-professional treatment approach** is based on a group therapy setting, complemented by individual therapy sessions.

Our team consists of physicians, nursing staff, physiotherapists, psychologists, social workers, and therapists for body-oriented and creative therapies. They are supported by language and cultural mediators.



## → WHAT WE OFFER

The day clinic admits individuals who:

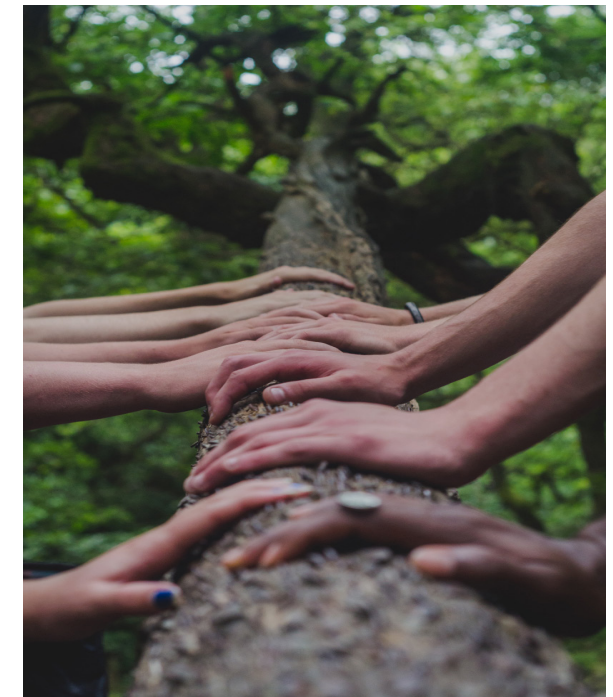
- Have experienced war, torture, or other violent traumas and have developed trauma-related disorders;
- Have subsequently developed mental illnesses;
- Face barriers to accessing mainstream psychiatric care due to language;
- Have impediments to treatment due to immigration-related legal issues;
- Do not require inpatient psychiatric care (and are neither at acute risk to themselves or others nor suffering from severe addiction conditions), but for whom outpatient psychiatric and psychotherapeutic treatment is insufficient.

Our services include:

- Psychiatric treatment
- Psychotherapy (individual and group)
- Physiotherapy
- Sports therapy
- Social work counselling
- Art and creative therapy
- Music therapy
- Mindfulness-Based Stress Reduction (MBSR) and relaxation techniques
- Dance therapy
- Cognitive communication training
- Training in practical everyday skills
- Garden therapy in the intercultural therapeutic garden
- Psychoeducational groups
- Skills training for affect regulation

## → OUR CONCEPT

Our therapeutic concept allows for both behavioral therapy and psychodynamic therapy. After the initial consultation, it will be determined which approach based on the person's current life situation and symptoms is more suitable.



PLEASE FIND CONTACT DETAILS ON THE REVERSE SIDE.

