

## Purpose and Nature

- **State-licensed, private postgraduate institute of higher learning**
- Training is based on the German Psychotherapist-Law of 1998 and rules of the Medical Chambers
- 3 to 5 year-training of psychologists and pedagogues (4200 hours) with final state examination
- 2 to 3 years (sub-)residency training
- **Licensed out-patient academic training center for psychotherapeutic treatment of children, youth and adults**



## License, Figures and Statistics

- Founded in 1979, registered as Academy in 1999
- Licensed by the State Medical Chamber of Hesse for residency training of medical doctors
- Licensed by the State Ministry of Social Affairs of Hesse for postgraduate training of psychologists and educational scientists
- Main method: (humanistic) psychodynamic psychotherapy
- TOP 5 out of 230 postgraduate institutes in Germany
- Large psychotherapeutic polyclinic (60 treatment rooms, 800 regular patients in Wiesbaden and 900 in cooperative offices)
- 480 postgraduate students
- 20 senior and 30 lecturers, 100 supervisors and self-discovery trainers
- 16 staff members

## Training Activities

- 15 parallel training groups, each with 15-18 persons, once a month for 2 days
- 33 weekends of theory (600 hours) and 6 weekends of group-self discovery over 3 years for each group
- 50 hours of individual self-discovery
- 40 parallel groups for group-supervision
- External training:
  - 1,800 hours and 18 months in Psychiatric hospital

## Treatment Activities

- Offering psychotherapeutic treatment to the population
- Usually, 1 session per week (50 minutes) for 1-2 years
- Patients of all age groups
- Therapists are residents in their final years under regular supervision (minimum 1-2 times per month)
- All state insurance companies pay this treatment, if necessary
- 24-hour-emergency phone for the therapists
- Supervising team: 1 psychiatrist, 1 experienced Psychological Psychotherapist, 1 experienced Child and Youth Psychotherapist



## Scientific activities / Publications

- Individual publications of the lecturers
- Several research projects at the outpatient clinic regarding effectivity of psychodynamic psychotherapy
- Large library
- Presentations at national and international scientific conferences



*Distributed at the Forth World Congress on Positive Psychology, 25-28 June 2015, Lake Buena Vista, FL, U.S.A.*



FOURTH WORLD CONGRESS  
ON POSITIVE PSYCHOLOGY  
JUNE 25-28, 2015  
LAKE BUENA VISTA, FLORIDA, USA