

What is psychotherapy?

What is a psychotherapist?

- A therapist helps you if something bad has happened to you.
- A therapist talks to you about your bad experiences. Talking to your therapist helps you to feel better. There is no medication for bad memories.
- A therapist is an expert and a dialog partner for you. He does not make any decisions concerning your residence status.

How does a psychotherapy work?

- You can start therapy, if you do not feel well. Treatment is always voluntary.
- You can try out therapy. If you do not like it or you do not feel comfortable with the therapist, you can quit the therapy at any time without consequences.
- You decide what you want to talk about and what you do not want to talk about.
- A therapist is bound to confidentiality. That means, he or she is not allowed to share anything you tell him or her with anyone else. He or she has to keep everything you say as a secret.
- The therapist will talk to your primary caregiver (Betreuer) in your living group. You and the therapist decide what the therapist is allowed to share with your primary caregiver (Betreuer).
- The therapist speaks German. If you want, an interpreter will help you translate. The interpreter is bound to confidentiality as well and must not share anything you say during therapy with anyone else.

After the conversations, a lot of adolescents feel better, spend more time with their friends again and they are more likely to focus on lessons at school.