Day clinic for adults

CENTRE FOR DIAGNOSTICS AND THERAPY

Do you feel like you are at a dead end?

Do you feel depressed, hopeless, anxious, drained or desperate?

Does your current life situation seem hopeless to you? Do you have unclear physical complaints or do not really know what is wrong with you?

Have you not yet dared to seek support at all?

Is an outpatient therapy no longer sufficient in the current situation?

Would full inpatient treatment perhaps be necessary, but you are unable to attend for personal reasons?
Then you could be right with us!
We offer a comprehensive and integrative psychiatric-psychotherapeutic day-clinic assessment and treatment.

WE TREAT THE FOLLOWING DISEASES, AMONG OTHERS:

- Depressive states
- Anxiety disorders
- Burnout and other stress and work-related illnesses
- Personality disorders
- Obsessive-compulsive disorders
- Psychosomatic disorders
- Psychological traumatisation

After a successful treatment, we also support the reintegration into working and social life as well as arranging further outpatient treatment if necessary.

OUR THERAPY PLAN FOR YOU INCLUDES:

- Detailed state of the art diagnostics
- Individual and group psychotherapy
- Emotion regulation
- Relaxation techniques
- Movement, sports and ergotherapy
- Social competence training

In addition to the schema-therapeutic and cognitive-behavioural methods, we also explicitly use other proven methods such as systemic, gestalt and trauma therapies.
REGISTRATION

Registrations are made via the general practitioners, PZO-internal psychotherapists, colleagues in private practices, as well as via the psychosocial institutions to the secretariat of the PZO or directly to the management.

Cost absorption for our treatment:

The costs are covered by compulsory health insurance.

Do you feel addressed?

Then give us a call! Our team consisting of medical, psychological as well as nursing and occupational therapists will be happy to advise you.

T 027 604 30 87

You can find detailed information on our website:

www.spitalvs.ch/tagesklinik
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**Contact**

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**Emergencies**

The Psychiatric Centre Oberwallis has a 24-hour on-call service.

T 027 604 33 33