

UPK PRIVATE CLINIC



Private Clinic

**Universitäre
Psychiatrische Kliniken**
Basel

UPK

> Welcome to the Private Clinic of UPK Basel. With us, you are in good hands – and I mean this in the most comprehensive sense. From the first day of your stay, myself and my team of highly competent and experienced professionals support you on your way back to a fulfilling life. All of us – doctors, psychotherapists, nursing specialists, and the hospitality team – foster an atmosphere of mutual trust and respect. We draw on expertise from a range of disciplines, with specialists in neurology, psychiatry and internal medicine working closely together. As a university institution, we are able to offer innovative therapies. Especially in psychotherapy we use novel approaches that we have developed ourselves.

We value our relationship with you, and consider it the foundation of all therapeutic treatment. The peaceful environment, tastefully furnished single rooms and excellent food are an integral part of your stay here. We want you to feel safe and well cared for. This is my personal commitment to you.



Prof. Dr. med. Undine Lang
Director of the UPK Private Clinic



«OUR GOAL IS TO ENABLE YOU TO
REGAIN A GOOD QUALITY OF LIFE AND
TAKE BACK OWNERSHIP OF YOUR LIFE.»

PROF. DR. MED. UNDINE LANG
CLINIC DIRECTOR

WE ARE HERE TO SUPPORT YOU

THE TEAM AT THE PRIVATE CLINIC



**PROF. DR. MED.
MARC WALTER**
DEPUTY CLINIC DIRECTOR

- > Specialist in psychiatry and psychotherapy
- > Specialist in psychosomatic medicine and psychotherapy

«OUR TEAM OF SPECIALISTS IN ALL DISCIPLINES WORK
HAND IN HAND FOR YOUR HEALTH AND WELL-BEING.»

**PROF. DR. PHIL.
ELISABETH SCHRAMM**
LEAD PSYCHOLOGIST

- > Licensed clinical psychologist

«WE TAKE A HOLISTIC APPROACH
TO THERAPY.»



**DR. MED.
MARKUS MÜHLHAUSER**
ATTENDING PSYCHIATRIST

- > Specialist in neurology, psychiatry and psychotherapy

«I WILL BE IN CLOSE CONTACT WITH YOU
AND SUPPORT YOU THROUGHOUT YOUR STAY.»



THOMAS SAUER
ATTENDING PSYCHIATRIST

- > Specialist in neurology, psychiatry and psychotherapy

«WE VALUE OPENNESS AND INVOLVE
YOU IN EVERY DECISION WE MAKE.»

FATIMA HENNI
HEAD OF NURSING

- > Registered nurse, critical care nursing
- > M.A. Organizational Development

«IN OUR EVERY DAY WORK, RESPECTING
YOUR DIGNITY IS OUR TOP PRIORITY.»



THE **UPK PRIVATE CLINIC** AT A GLANCE

WE ARE ONE OF SWITZERLAND'S LEADING PRIVATE MENTAL HEALTH CLINICS. TO US, THAT MEANS A COMMITMENT TO HOLISTIC THINKING, TREATMENTS BASED ON STATE-OF-THE-ART RESEARCH, EMBRACING THE HIGHEST PROFESSIONAL STANDARDS, AND TREATING EACH PATIENT WITH DEEP RESPECT.

REST AND CARE

The UPK Private Clinic situated in spacious and park-like grounds. Our lovingly renovated villas from the 19th century can accommodate 34 patients in single rooms with private bathrooms. You receive intensive medical, therapeutic and nursing care. Our attending psychiatrists monitor your therapy and stay in regular, close contact with you throughout your stay. You are well cared for, enjoy excellent food, plenty of peace and quiet, and complete privacy.

BALANCING BODY AND SOUL

We treat the whole range of psychological crises and conditions of adulthood. Our work centers around affective disorders such as depression or burnout syndrome, but also involves psychoses, anxiety disorders and addictions, such as gambling, computer game and Internet addiction. We think and act holistically. This means that we view body and mind as an integral whole, to treat you in the most appropriate and effective way. Our

attending psychiatrists are qualified specialists in psychiatry as well as neurology. Our interdisciplinary team is skilled in a broad range of psychotherapeutic methods as well as in psychopharmacological treatment, neurological diagnostics and pain management.

Mental health therapies are constantly evolving. As part of the University of Basel, we keep track of the latest developments in research and embrace innovative treatment methods. Particularly in the treatment of depression, we use methods based on new findings that address the body and the mind simultaneously.

ON EQUAL FOOTING

Human dignity is our most honored value. We meet patients on an equal footing and we discuss every step of the treatment with you. The therapies we offer are just that: an offer. We highly value your autonomy and pursue our work on a basis of mutual trust and respect. Our goal remains always the same: that you regain your quality of

life, experience joy and take back ownership of your life. Our chance of success is highest when we work hand in hand with you.

BACK TO INDEPENDENCE

In our very first conversation with you we will talk about returning to an independent way of life. If you wish, we can involve your family members or employer in the treatment process. We are an open clinic. You are free to visit your family or return to your workplace for a few hours. After discharge, we will continue to support you and coordinate your aftercare plan with your referring physician. We strive to make your return to everyday life as smooth as possible.

QUALITY AND EXCELLENCE

Our patients are highly satisfied with our work. In a nationwide patient survey conducted in 2017 we achieved top ratings, especially in the categories treatment, staff, and overall organization. This result is at once encouraging and serves to heighten our sense of commitment.

As a mental health clinic affiliated with the university, all our therapies are evidence-based and validated. When it comes to nursing care, too, we continue to develop and improve, and are evaluated externally on a regular basis. You can rely on our excellence.

TO SUM UP

- > We are here for you around the clock, including in an acute crisis.
- > We will have a room ready for you within a few days of your application.
- > We treat all mental disorders and conditions.
- > We use the latest therapeutic methods.
- > We offer all treatments and therapies in English and French as well as German.
- > We make sure that your stay with us is as short as possible and as long as necessary.
- > We are located in park-like grounds just 10 minutes from the city center, main train station and airport.

TRIED AND **PROVEN EFFECTIVE**

WE DESIGN INDIVIDUAL TREATMENT PLANS FOR ALL OUR PATIENTS. AFTER A FEW WEEKS, MOST ARE READY TO LIVE THEIR LIVES WITH CONFIDENCE AND POSITIVE ENERGY.

When you arrive, the first thing we do is make sure you get some peace and quiet and can take a step back from the stressful situations in your life. This normally happens very quickly, thanks to the clinic's tranquil and welcoming atmosphere.

Together, we analyze your situation and attempt to understand the causes underlying your condition. We also conduct a thorough physical examination. Many physical illnesses can cause mental disorders, and vice versa. We need to understand the relationship between your physical and mental state in order to design the treatment that is right for you. We collaborate closely with specialists from the University Hospital Basel to conduct this check-up.

OUR TREATMENT METHODS AND THERAPIES

Our specialized and highly qualified physicians and therapists have an extensive therapeutic repertoire, allowing them to design a tailor-made treatment plan for each patient. Our special strengths are:

> **Pharmacotherapy combined with psychotherapy**

In some cases, medication can help to relieve symptoms and improve quality of life. Intensive psychotherapy is employed in conjunction with pharmacological treatment.

> **Psychotherapy**

All of our care plans include psychotherapy, in individual and group sessions. We use different approaches depending on the specific symptoms. We have developed our own program for group therapy that is monitored academically.



«I AM HERE FOR YOU WHEN YOU NEED
SOMEONE. WE TAKE OUR TIME.»

PETRA
NURSE

«AS PART OF THE UNIVERSITY OF BASEL, WE CONDUCT RESEARCH AT THE CUTTING EDGE OF SCIENCE. THIS BENEFITS OUR PATIENTS DIRECTLY.»

ANNE LÉVY
CEO UPK

OVERVIEW OF OUR **INNOVATIVE THERAPIES**

- > **Ketamine therapy for depression, in collaboration with the University Hospital Basel's pain counseling program.**
 - > **Restoring gut flora to treat depression, by way of dietary intervention or microbiota transfer. Vitamins, trace elements and hormones are administered if necessary.**
 - > **Psychotherapy in virtual reality to treat anxiety disorders: our platform allows for gradual exposure to specific anxiety-inducing situations.**
 - > **Newest approaches in psychotherapy: acceptance commitment therapy (ACT), schema therapy, cognitive behavioral analysis system of psychotherapy (CBASP), interpersonal psychotherapy (IPT), our own group therapy program based on IPT and CBASP, which is monitored academically.**
- > **Psychotherapy in virtual reality**
This promising new approach is used mainly to treat anxiety disorders in a targeted way and with a high rate of success. Using technology similar to a computer game, patients learn to tackle situations that trigger anxiety.
 - > **Competence center for online gambling and game addiction**
We are the first competence center in Switzerland to have developed a special therapy to treat Internet addictions. The approach includes various psychotherapeutic methods and strategies.
 - > **Ketamine therapy**
The anesthetic drug ketamine brings rapid relief from depression and suicidal thoughts. We offer this innovative treatment by means of a ketamine infusion in cooperation with the university hospital's chronic pain counseling program.
 - > **Restoring gut flora to treat depression**
New findings indicate that people with depression often have altered gut flora. This has a negative effect on hormones and neurotransmitters in the brain. Restoring intestinal flora improves symptoms of depression. We offer this treatment within the scope of two studies conducted by the University Hospital Basel. We also prepare a targeted dietary intervention which recent studies show has an anti-depressive effect.

SAFE AND WELL CARED FOR

TO ENSURE THAT YOU FEEL SAFE AND AT EASE DURING YOUR STAY WITH US, WE PROVIDE ATTENTIVE CARE, COMPLEMENTARY THERAPIES AND SERVICES AS WELL AS EXCELLENT MEALS AND COMFORTABLE ACCOMMODATION.

We value a good relationship with our patients at all levels. We take our time and are always available to respond to your requests or concerns. You see an attending psychiatrist daily, and progress through your therapy with close guidance and support.

We give special attention to nursing care. Our nursing teams have been put together with deliberation and possess extensive experience in the treatment of mental and somatic disorders. We use a patient-centered approach that is scientifically monitored by the university. That means that you have caregivers by your side who are familiar with your situation and can offer appropriate responses, during your stay at the clinic as well as during your transition back home. Our nurses are trained to develop creative solutions appropriate to the situation and always tailored to your specific needs.

COMPLEMENTARY THERAPIES AND SERVICES

We help you to get moving, awaken your creativity, and express your feelings. Exercise and meditation classes enhance your body awareness and strengthen your body's capacity to heal itself:

- > Occupational therapy
- > Music therapy
- > Physiotherapy
- > Light therapy
- > Aroma therapy
- > Massage
- > Acupuncture
- > Nutrition counseling
- > Nordic walking
- > Weight training
- > Qigong



«I SET YOU IN MOTION, SO THAT
YOU CAN GET IN TOUCH WITH YOUR
BODY AGAIN.»

NICOLAS
PHYSIOTHERAPIST

«THE CLINIC STAFF WAS VERY WELCOMING AND LOOKED AFTER ME WITH KINDNESS AND CONSIDERATION. I FELT ACKNOWLEDGED AND LOVINGLY SUPPORTED.»

FORMER PATIENT
OF THE UPK PRIVATE CLINIC

MAXIMUM COMFORT

You will feel like you are staying at a good hotel. The well-kept single rooms with bathroom include a bathrobe, slippers and toiletries. The rooms are also equipped with a television, telephone, safe, fridge and wireless Internet. Newspapers and magazines are at your disposal in the lounge. Our library is well stocked, and you are welcome to play our grand piano. Coffee, tea and mineral water are there for you to help yourself. Last but not least: our food is excellent! All meals are lovingly and diligently prepared. The kitchen team is happy to accommodate any special requests. And of

course, you can invite your guests to share a meal with you.

When it comes to administrative tasks and paper work: we take care of that. No need to burden yourself with time-consuming inquiries: after the first conversation with you or your referring physician, we talk to your health insurance provider to clarify your coverage. We accept patients with semi-private or private insurance, as well as self-paying patients. We can generally clarify the question of coverage within 24 hours. After that, we admit you within the next several days, no additional consultations required.

GOOD TO KNOW

- > Health insurance is compulsory for anyone working in Switzerland. We will clarify whether your stay with us is covered by your insurance provider.
- > In Switzerland, employers must continue salary payments during sick leave. Please ask your employer about the duration of sick pay.
- > Taking sick leave does not affect your entitlement to annual leave.



IMPORTANT CONTACT DETAILS

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