



Psychiatric Clinic Sonnenhalde („Sunny Hill“) Riehen near Basel, Switzerland

Our goal is to provide person-centered psychiatric services combining professional excellence with Christian integrity and compassion.

Founded in the year 1900, the Clinic Sonnenhalde offers a wide range of behavioral health care and serves primarily the population in the Basel metropolitan area. The original intention of the founding deaconesses (www.diakonissen-riehen.ch) was the integration of professional psychiatry with a Christian understanding of illness and healing.

Today, the Clinic Sonnenhalde has a staff of 130, with a wide range of professional backgrounds: psychiatrists, psychologists, nurses, and social workers. The clinic serves as a teaching hospital for the University of Basel and is certified to train physicians in their specialization in psychiatry and psychotherapy. There are three major areas of services:

- Inpatient services (68 beds)
- Day-care treatment (20 places)
- outpatient psychotherapy and counseling through our clinic network, and consultation liaison-psychiatry and psychology (13'000 annual consultations)

Our goal is to provide a humane psychiatry, combining professional excellence with Christian integrity, and compassion. Clinic Sonnenhalde is an open clinic with no closed doors. There is a close cooperation with other mental health services in the region of Basel.

Our basic concept:

**Milieu Therapy
 Disorder-specific Interventions
 Social and Family Therapy
 Reintegration**



Milieu-Therapy:

Inpatient services are structured around the concept of “Milieu Therapy”. Patients are living in a community, eating together, taking responsibility (depending on their medical and mental condition), and interacting in groups of discussions, games and sports. However, there is also plenty of individual time for relaxation and personal interests. The goal for the therapeutic team is to translate their psychodynamic understanding, emotional experience and behavioral interactions of the patients into clinical interventions that have a practical, positive and measurable effect on their ability to plan and pursue their life.

The therapeutic milieu gives a context for the every-day life in the clinic often resembling the life of a family creating a feeling of warmth and security in which the individual feels sheltered from the stressors of daily struggles.

Christian emphasis: Patients who wish Christian counseling or a prayer are offered a wide range of spiritual care. The clinic also specializes in Member Care.

One of the important elements is Creative Therapy or Art Therapy, where patients work

with a wide variety of materials to express their emotions.



Disorder-specific Therapy:

Embedded in this general therapeutic milieu – like a gem – is the specific therapy for the various disorders. An example: For a depressive patient this can be talking about the triggers and stressors that have started his or her depression, the thoughts and behavioral patterns that sustain depressive emotions, and inter-personal processes and role transitions which challenge the person's life. Medication is an important factor in supporting psychotherapy to bring back neurobiological stability.



Social and Family Therapy:

Two social workers give help with practical questions regarding finance, problems with civil duties, work related questions etc. Relatives and friends are regarded as an important support system. Family therapy and couple therapy are therefore offered to support the process of healing.

Rehabilitation (Work, Residence):

As many patients have lost employment due to their illness, care is taken to help them find new work or to get back into their former position. This includes talking with their employer or arranging for job training, in some cases placement for sheltered employment.

Services are offered for the following conditions

DEPRESSION: Major Depressive Episodes and other forms of Affective Disorders
SCHIZOPHRENIA: Various forms of schizophrenia and schizoaffective disorders
ANXIETY DISORDERS: panic disorders, anxiety disorders, obsessive-compulsive disorders
EATING DISORDERS: anorexia and bulimia
PERSONALITY AND BEHAVIORAL DISORDERS: Diagnostic evaluation and treatment planning.

**Medical Director
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WEB

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