



19th INTERNATIONAL CONFERENCE BONDING PSYCHOTHERAPY



Start up Bonding-Psychotherapy!

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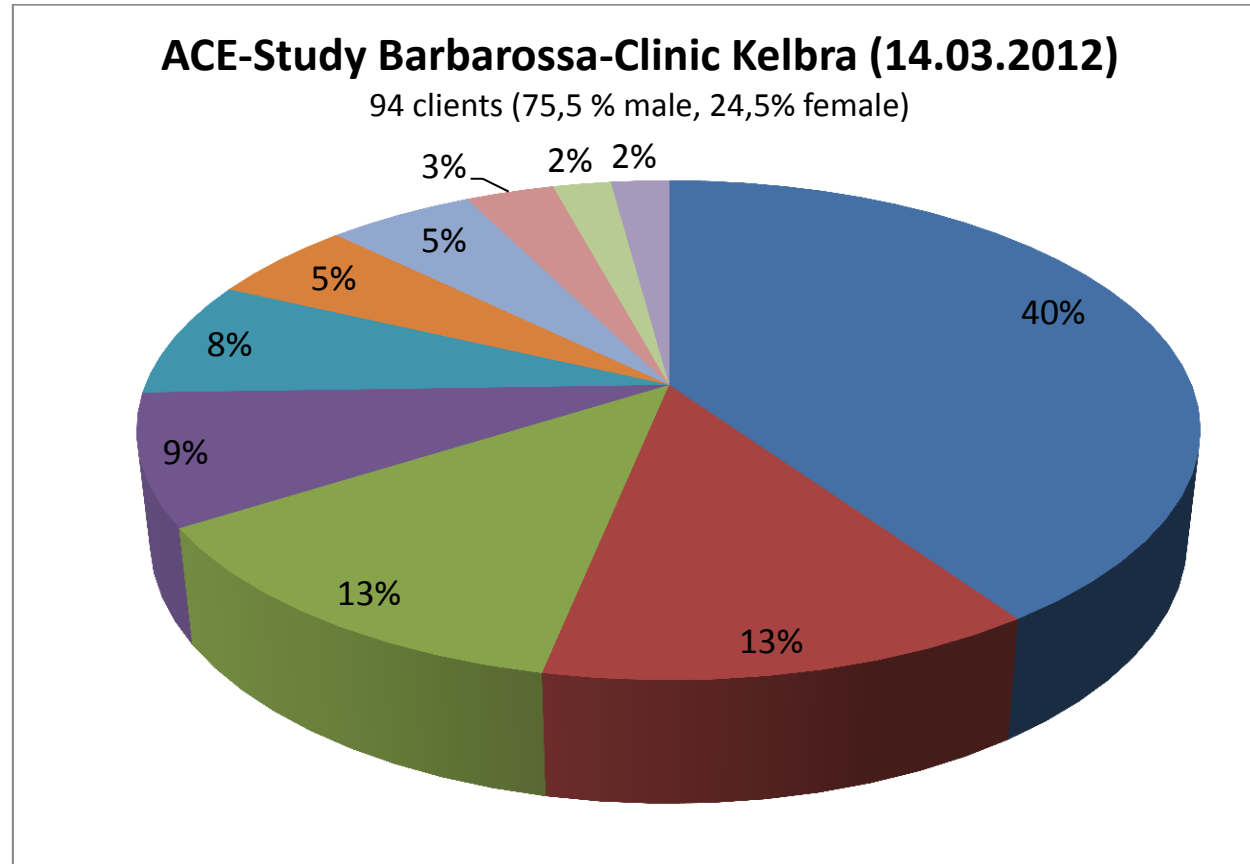
General clinic information

- Mental and behavioural disorders due to use of
 - alcohol (ICD-10 F10)
 - drugs (ICD-10 F11, F12, F14, F15, F16)
 - medicaments and other addictive substances ICD-10 F13, F17, F18)
 - psychoactive substances (ICD-10 F19).
- 106 patients in 5 departments in 10 groups
 - alcoholics (70%), drug abusers (30%)
 - > psychosomatics (40%), cognitive reduced (10%),
parent-child (10%)

General clinic information

- Focus on trauma/addiction and comorbidity/addiction
 - Stabilization group (L. Reddemann, Emotional Freedom Techniques)
- Non-school bounded Psychotherapy
- Therapeutic Community with focus on Body Psychotherapy
 - Somatic Experiencing (P. Levine)
 - Bonding-PT
 - Breath work (Kung Fu, Quantum Light Breath)
 - Active Meditation (Dynamic, Kundalini, Heart Chakra)
- Staff: Head of Medicin Dr. Dr. Klaus von Ploetz

Research



ACE	0	1	2	3	4	5	6	7	8	9	10
%	40	13	13	9	8	5	5	3	2	2	0
		26%		22%			12%				

Research

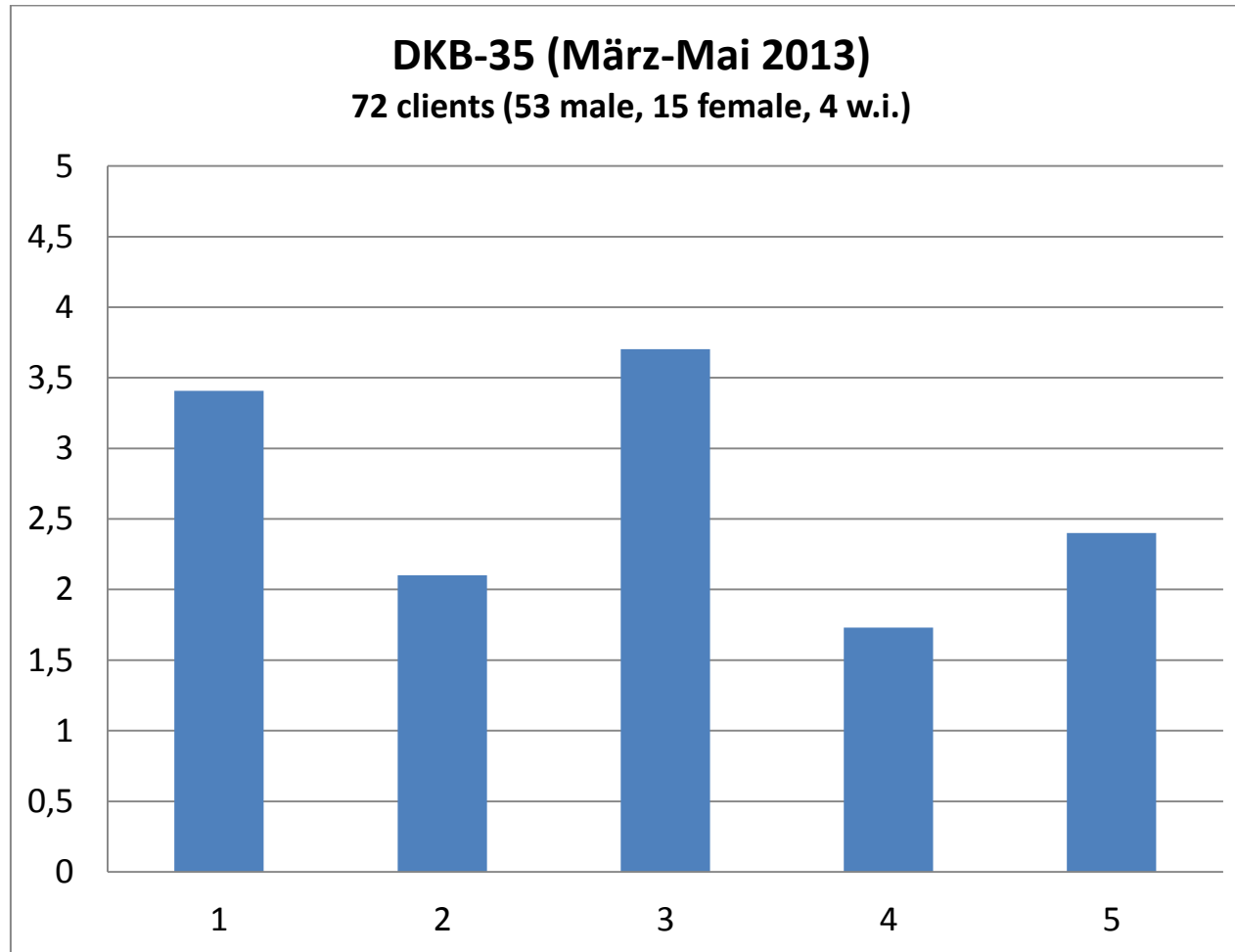
Dresdner Body Image Questionnaire (Thiel 2007)

- Self-assessment questionnaire for the body image
- 35 items in 5 scales, attitudes about the own body
 - vitality
 - self-acceptance
 - sexuality
 - self-esteem
 - body contact

Research

- **Vitality** I have a lot of energy.
- **Self-acceptance** I like my body.
I want to have another body.
- **Sexuality** My sexual experiences satisfy me.
- **Self-esteem** Other people think I am attractive.
My body is expressive.
- **Body contact** I am looking for tenderness and closeness.
I like to receive hugs.

Research



1 vitality 2 self-acceptance 3 sexuality 4 self-esteem 5 body contact

Treatment concept

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>08:30 – 10:00</u> Sport Therapy	<u>08:30 – 10:00</u> Rehab Pathways	<u>08:30 – 10:00</u> Ergo Therapy	<u>08:30 – 10:00</u> Rehab Pathways	<u>08:30 – 10:00</u> Ergo Therapy
<i>10:00 – 10:30 Pause</i>				
<u>10:30 – 12:00</u> Group Therapy	<u>10:30 – 12:00</u> Rehab Pathways	<u>10:30 – 12:00</u> Group Therapy	<u>10:30 – 12:00</u> Rehab Pathways	<u>10:30 – 12:00</u> Visite/Group Therapy
<i>12:00 – 13:00 Lunch</i>				
<u>14:00 – 15:30</u> Therapeutic Community	<u>14:00 – 15:30</u> SHG	<u>14:00 – 15:30</u> Therapeutic Community	<u>14:00 – 15:30</u> Psycho Education	<u>14:00 – 15:30</u> Training Groups
<i>15:30 – 16:00 Coffee Break</i>				
<u>16:00 – 17:00</u> Training Groups	<u>16:00 – 17:00</u> Training Groups	<u>16:00 – 17:00</u> Training Groups	<u>16:00 – 17:00</u> Training Groups	
<i>17:30 – 19:00 Dinner</i>				
19:00 – 20:00 SHG	19:00 – 20:00 SHG	19:00 – 20:00 SHG	19:00 – 20:00 SHG	19:00 – 20:00 SHG

Treatment concept

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>08:30 – 10:00</u> Sport Therapy	<u>08:30 – 10:00</u> Bonding-PT	<u>08:30 – 10:00</u> Ergo Therapy	<u>08:30 – 10:00</u> Rehab Pathways	<u>08:30 – 10:00</u> Ergo Therapy
<i>10:00 – 10:30 Pause</i>				
<u>10:30 – 12:00</u> Group Therapy	<u>10:30 – 12:00</u> Bonding-PT	<u>10:30 – 12:00</u> Group Therapy	<u>10:30 – 12:00</u> Rehab Pathways	<u>10:30 – 12:00</u> Visite/Group Therapy
<i>12:00 – 13:00 Lunch</i>				
<u>14:00 – 15:30</u> Therapeutic Community	<u>14:00 – 15:30</u> Attitude Group	<u>14:00 – 15:30</u> Therapeutic Community	<u>14:00 – 15:30</u> Introduction in Bonding-PT	<u>14:00 – 15:30</u> Training Groups
<i>15:30 – 16:00 Coffee Break</i>				
<u>16:00 – 17:00</u> Training Groups	<u>16:00 – 17:00</u> Training Groups	<u>16:00 – 17:00</u> Training Groups	<u>16:00 – 17:00</u> Training Groups	
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Conclusion and outlook

- Applied research for the immediate use in therapeutical processes
- Parent-child Bonding-PT group

