

An introduction to the Privatklinik Meiringen

2011



RANGE OF TREATMENTS

“At the Privatklinik Meiringen we admit people with any mental disorder. Assessment, counselling, treatment and care are provided in line with the latest findings in medicine, psychiatry and nursing.”

The Privatklinik Meiringen treats, cares for and supports people aged over 18 with mental illness. We individually tailor our treatment programmes, taking into account the acuteness and severity of each condition. Working together in collaboration with those affected is the most crucial part of this process. An interdisciplinary team of doctors, nurses, therapists and social workers accompanies the treatment process.

Specialised treatment programmes

The Privatklinik Meiringen offers comprehensive treatment programmes based on state-of-the-art medicine, psychiatry and nursing. A comprehensive diagnosis forms the foundation and beginning of every treatment programme.

Depressive Disorders

The treatment of each individual depressive disorder and bipolar disorder (manic-depressive illness) is approached differently. Our treatment programmes make use of modern psychopharmacology, psychotherapy, physical and creative therapies and the wide-ranging development of cognitive, social and physical skills.

Exhaustion Syndrome (burn-out)

Following thorough diagnosis on admission, people with exhaustion syndrome are provided with an integrated psychiatric-psychotherapeutic treatment programme. This includes psychotherapy and psycho-educative discussion groups, physical activity and fitness, relaxation and physical therapy as well as riding therapy. Where necessary, this can be supplemented by treatment elements from the field of complementary medicine (neural therapy, Traditional Chinese Medicine, dietary advice).

The burn-out ward «au soleil» of the Privatklinik Meiringen is located in new premises at the Privatklinik Hasliberg.

Personality disorders

People with so-called early-onset disorders and borderline personality disorders are treated within the framework of a special treatment programme (Dialectical Behavioural Therapy or DBT) following the techniques devised by M. Linehan

Alcohol and/or medication addiction

After withdrawal from the addictive substance, people who suffer from addiction to alcohol and/or medication can take part in our post-withdrawal programme. The focus is on individualised psychotherapy, complemented by modern biological therapies with abstinence support. Coexisting and secondary conditions are also treated.

Addiction to illegal drugs

Persons suffering from addiction to illegal substances such as heroin, cocaine or designer drugs, or to a substitution treatment such as methadone, are offered withdrawal treatment supported by medication on a special ward.

Geriatric psychiatry

Geriatric psychiatry is the special treatment and counselling offered to older people with mental illness. This includes different types of dementia (such as Alzheimer's disease or vascular disorders), crises and adjustment disorder, depression, anxiety, delusional disorder, substance dependency and mental disorders resulting from a physical condition. Treatment is provided on specialist wards, for example, on our acute psychiatric ward for those over 55.

Outpatient and regional services

Outpatient clinic

The outpatient clinic offers treatment, assessment and counselling to adults in crisis and with mental illness.

Home care

Home care allows people with mental illness to live in their own environment.

Day clinic

People in the third stage of life are supported in independent living by our day clinic services. We also offer overnight, weekend or holiday stays.

Programmes for caregivers and family members

The caregiver and family group, and our caregiver and family member consultations, offer support and advice to those close to or looking after people with mental illness.

Day Rates

Individual standard contracts are in place with a large proportion of Swiss health insurance schemes. Current rates are published on our Website www.privatlinik-meiringen.ch

Detailed information can be obtained from Patient Administration, telephone +41 33 972 82 18.

Special terms

On payment of an extra charge, patients with general insurance can be accommodated in single rooms, subject to availability. The following services are included in the daily rates and medical fees: all medical, psychological and therapeutic treatments, nursing care, full board with choice of meals, and laundry service. Additional accommodation-related services are available for semi-private and private patients, patients from outside the Canton who have general insurance, and patients who are paying the extra charge for a single room.

Members of the management

- Barbara Hochstrasser, MD, M.P.H., Swiss medical association certified in psychiatry and psychotherapy, chief psychiatrist
- Alexander Michel, graduate agricultural engineer, deputy director
- Peter Oeschger, PhD, director
- Regina Rufibach, deputy nursing director
- Hans-Ulrich Seizer, MD, Dipl.-Psych., specialist in psychiatry and psychotherapy, certified psychologist, chief psychiatrist and deputy medical director
- Michael Soyka, Prof., MD, specialist in psychiatry and psychotherapy, chief psychiatrist and medical director
- Marianne Von Dach Nicolay, MSc., nursing director

Key Figures of the year 2010

Admissions	1079
In-patient days	63 654
Bed occupancy	96.1 %
Day patient days	954

Staff End 2010

Physicians and psychologists	43
Nursing	177
Other medical faculties	42
Administration	16
Accommodation/hotel sector	63
Engineering service/garden	4
Total	345

GENERAL INFORMATION

“The Privatklinik Meiringen
is a member of THE SWISS
LEADING HOSPITALS”

The fundamental values and objectives to which the members of the Swiss Leading Hospitals are committed are in harmony with the endeavours and the philosophy of the Privatklinik Meiringen. A guiding motto: “When it comes to one’s own health or that of someone close, only the best is good enough.” The highest aim of the Swiss Leading Hospitals is to offer every patient as well as the families the best possible treatment, attention and individual care in a pleasant environment.

Admission/Registration

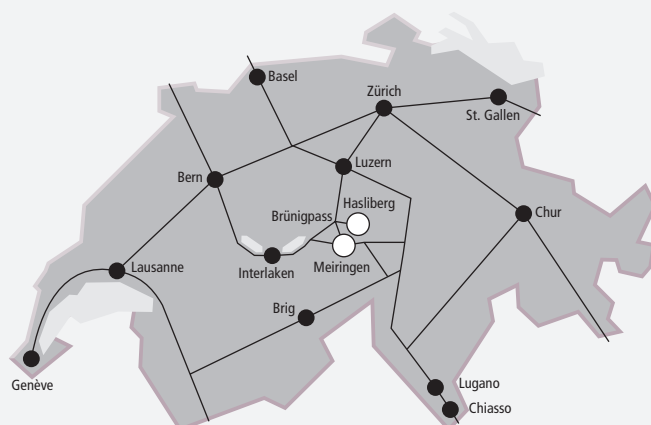
The Privatklinik Meiringen is on the hospital list of the Canton of Bern. If you are resident within this Canton, the basic insurance (general medical unit) is sufficient to finance your stay. If you live in another Canton, we recommend an insurance supplement or a request for reimbursement of costs by your Canton of residence.

The bed allocation department is glad to advise in insurance and financing questions, phone +41 33 972 85 65, bettendisposition@privatklinik-meiringen.ch. Patients who are resident abroad are also recommended to contact the bed allocation department in good time, to clarify the question of finance. Depending on the support situation, a deposit may be required.

**Varied Activities in the Everyday Life
of the Clinic**

During a patient’s stay, he or she has access to an excellent infrastructure with thermal spa, fitness room, tennis court and a swimming pool in summer. Our programme includes various activities such as hiking tours, sports programmes and cultural events.

Privatklinik Meiringen
Willigen
CH-3860 Meiringen
Switzerland
Telephone +41 33 972 81 11
Fax +41 33 972 82 20
www.privatklinik-meiringen.ch

**Meiringen****An ideal clinic location**

The Privatklinik Meiringen lies on the outskirts of the town of Meiringen, in the Haslital valley in the Berner Oberland. Because of this central location in the heart of Switzerland, Meiringen can be reached easily from all directions. The Haslital valley is blessed with natural beauty and represents a world of mountains, water and impressive natural features. The picturesque mountain landscape around the Privatklinik Meiringen is a fascinating sight at any time of year.

The famous Reichenbach Falls are in the close vicinity of the clinic. The impressive natural spectacle can be reached by the nostalgic Reichenbach railway, direct from the clinic campus. The annals of the Reichenbach Falls show a series of famous visitors. From the beginning of the 19th century, these include important intellectual and political figures such as Goethe and Lord Byron. The Falls no doubt achieved their greatest claim to fame through Sir Arthur Conan Doyle, the famous English author, who was so overwhelmed by the wild and romantic beauty that he sent his master detective Sherlock Holmes to his death in the foaming depths during a duel with his nemesis Professor Moriarty.

Also close to the Privatklinik Meiringen are two impressive glacier gorges which can be explored on foot: the Aareschlucht and the Rosenlauschlucht. They have emerged from the grinding work of the Aare Glacier and Rosenlauri Glacier and through the power and persistence of the water over thousands of years. On the scale for climatic health resorts, the Haslital valley is rated between stimulus levels 0 and 1, in other words between a gentle climate and a climate with few stimulus factors.

Directions

Zurich – Lucerne – Brünig Pass – Meiringen (100 km)
Basel – Lucerne – Brünig Pass – Meiringen (150 km)
Bern – Interlaken – Meiringen (90 km)
Rail connections via Interlaken or Lucerne.