

# Child and Adolescent Psychotherapy



## Multi-Sensory Environment Therapy: The way out of the crisis

Individual help with

- Anxiety Disorder • Depression • Eating Disorders
- Anger Management • Compulsive Disorder
- Oppositional Defiant Disorder • ADD/ADHD
- Panic Attacks • Concentration Disorder
- Sleep Disorders • Stress Reactions • Trauma



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Support • Relation • Mindfulness  
Perception • Awareness • Relaxation



## Therapy and assistance when your child...

- is often sad or anxious
- withdraws from others
- cannot concentrate
- does not come to rest
- shows different behaviors after stressful situations
- has difficulty with the own (body-) perception
- quickly becomes aggressive
- does not feel his own feelings

## Methods

- Multi-Sensory Environment
- Experiential Therapy
- Conversation Therapy
- Systemic Family Therapy
- Integrative Body Therapy
- Solution-Focused Brief Therapy
- Art Therapy
- Guided Imagery
- Autogenic Training
- Mindfulness-Based Stress Reduction
- Social Skills Training



# Contact



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## **DEIN RAUM**

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