

An introduction to the Privatklinik Meiringen

2010



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.”

We provide a full range of treatment and assistance for mental illness, addiction, rehabilitation and crisis intervention. People aged over 18 with mental illness are cared for and treated by specialist teams. Together with the patient we individually tailor the chosen treatment, taking into account the acuteness and severity of the condition.

Specialised treatment programmes

The Privatklinik Meiringen offers comprehensive programmes based on state-of-the-art medicine and psychiatry:

Depressive Disorders

The treatment of each individual depressive illness is approached differently, making use of modern psychopharmacology, psychotherapy, body- and art-oriented 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 and cocaine or 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), crises and adjustment disorder, depression, anxiety, delusional disorder, substance dependency and mental disorders resulting from a physical condition. Treatment is provided on specialist wards.

Outpatient and regional services

Outpatient clinic

The outpatient clinic offers treatment, assessment and counselling to adults in crisis and with mental illness. We also provide emergency and crisis intervention, long-term outpatient care and counselling for family members.

Home care

Home care allows people with mental illness to live in their own environment. This means that developing crises can be recognised and treated early.

Support services for older people

Day clinic from Monday to Friday

Night clinic from Monday to Sunday

Weekend care

Vacation beds

These services can provide stability after inpatient treatment. They prevent people living at home from becoming isolated and offer relief to caregivers.

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 2009

Admissions	1042
In-patient days	64 428
Bed occupancy	96 %
Day patient days	780

Staff End 2009

Physicians and psychologists	36
Nursing	187
Other medical faculties	33
Administration	17
Accommodation/hotel sector	61
Engineering service/garden	10
Total	344

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

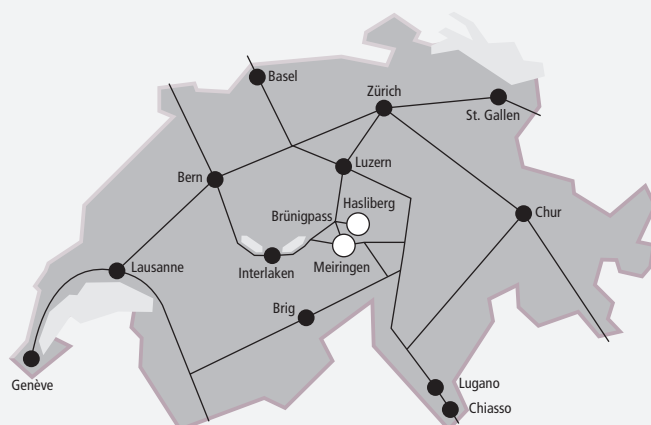
The Privatklinik Meiringen is on the hospital list of the Canton of Bern. If you are resident within this Canton, the basic insurance (general medical unit) is sufficient to finance your stay. If you live in another Canton, we recommend an insurance supplement or a request for reimbursement of costs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

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**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.