

How you can reach us:

For a first encounter, please contact the AK Asyl e.V. (not the clinic). You can either call or go to the AK Asyl e.V. personally. There, you can receive an appointment for a consultation during which you can report about your problems. Together, we will choose the best ways to help you as effectively as possible. If necessary, we can also arrange an appointment for you with the psychotherapists of the clinic. You can contact us at the following times:

Information office in the AK Asyl e.V.

Mondays to Fridays, 10.00-12.00

Telephone consultation hours

mondays 10.00-12.00

☎ 0521 / 546515-31

thursday 14-16 pm

☎ 0521 / 546 515 -32

Or via Email:

✉ psz@ak-asyl.info

Contact details

AK Asyl e.V.
Friedenstr. 4-8
33602 Bielefeld

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Fax: 0521 / 546 515-99
E-Mail: psz@ak-asyl.info

Ev. Krankenhaus Bielefeld gGmbH
Klinik für Psychotherapeutische und Psychosomatische Medizin
Schildescher Str. 103p
33611 Bielefeld

Tel. 0521 / 772 759 03
Fax: 0521 / 772 759 05
E-Mail: christine.domke@evkb.de

Medical director: Frau Dr. med. A. Möllering



PSZ Bielefeld

Psychosocial Centre for traumatized refugees



Therapeutical groups:

We have various groups in different languages for people with traumatic diseases. You will receive information such as e.g.: What is a trauma? Why do I have psychological problems? In addition to that, you will be introduced to diverse exercises. These will aid you in calming down and strengthening yourself.

- Ambulant, half open groups
- 4-week-rhythm+
- Duration: max. 1 year

How we can support you:

Social work offers:

- Support in the search for a therapy point
- Support in the search for interpreters
- Support in the application for cost absorption of the psychotherapy
- Further consultations in residence permit and social law matters

Therapeutical offers:

- Consultations during crises
- Psychological short term therapy

PSZ Bielefeld

The Psychosocial Center for traumatized refugees (PSZ) is a cooperation between the AK Asyl e.V. Bielefeld and the clinic for psychotherapeutic and psychosomatic medicine of the Ev. hospital in Bielefeld. We support traumatized refugees in various ways. First, we examine whether they suffer from a traumatic disease and think about how we can help them in the best ways possible. This can be realized with a psychotherapy, another counseling center, e.g. one that is offered only for women, or further consultations with us.