



CANTONAL PSYCHIATRIC SERVICES
CANTONAL PSYCHIATRIC CLINIC

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BIENTALSTRASSE 7
CH-4410 LIESTAL

T +41 (0)61 927 72 72
F +41 (0)61 927 70 05
WWW.KPD.CH

VischerVeitiger Basel 0711/www

**PRIVATE WARD
A3**



Prof. Dr. Joachim Küchenhoff
during discussions

WHO ARE WE?

Private Ward A3 is a special psychiatric-psychotherapeutic ward managed on an open access basis. It includes 16 beds for the treatment of adults of all ages who have private or semiprivate insurance coverage. A motivated, interdisciplinary team provides professional care. The team consists of physicians, a head psychologist, nursing staff, and staff from social services as well as from occupational therapy and physiotherapy. A particularly important concern on our part is personal, individual care including the opportunity to participate in a broad variety of therapeutic sessions. The therapists are fluent in foreign languages, also permitting therapy to be conducted in English.

The chief physician, Prof. Dr. Joachim Küchenhoff, conducts individual interviews for the initiation of treatment. He also leads a conference concerning the medical/psychiatric indication, using the opportunity to discuss care at a level tailored to individual needs of the patients. This is followed by a plan for implementation. Ward meetings and visits under his guidance are sources of constant care and therapeutic treatment that enhance the provided services.



WHO CAN EXPECT OUR HELP?

The treatment we provide is oriented toward those individuals who are suffering from a personal crisis and who are covered by supplementary insurance. The particular areas of treatment in focus are affective disorders (depressions and bipolar disorders in adult age) and all forms of psychic disorders in advanced age.

Furthermore, we provide assistance in the following conditions:

- Psychotic disorders
- Anxiety and obsessive-compulsive disorders
- Personality and behavioural disorders
- Somatoform and psychosomatic disorders (e. g. manifestations of pain)
- Psychosocial afflictions in life crises or during changes in life (e. g. separation reactions, burnout)
- Early stages of dementia, cognitive disorders

Therapy for addictive disorders is also available, although private insurance providers often decline coverage.

PROVIDED THERAPEUTIC SERVICES



FUNDAMENTALS TO THERAPY

With every patient, we agree on a plan of treatment that meets individual needs. This plan is based on a fundamental psychodynamic comprehension of the circumstances. Psychopharmacological therapy as well as medical diagnostics and treatment are guided by the latest principles in practice. These are enhanced by multifaceted, complementary medical treatments. We pay close attention to a therapeutic environment that leads to advancement, and we promote group discussions and support the daily routine on the ward as a form of milieu therapy. Of course, patients can take advantage of services offered by the Cantonal Psychiatric Clinic that extend beyond the ward.



THERAPEUTIC POINTS OF EMPHASIS

The care that we provide includes:

- Individual and group psychotherapeutic discussions (at least two consultations of each type on a weekly basis)
- Disorder-specific group, couple, or family discussions
- Sessions including the employer, if so desired
- Body-oriented group therapy
- Art and occupational therapy
- Milieu therapy including personalized nursing, ward meetings, leisure activities, tea-times, etc.
- Complementary medical treatments (packings, phytotherapy, massage, etc.)
- Theatre and musical group activities
- Stress-relieving activities
- Guidance from social services (finances, residence, employment, insurance, etc.)
- Sports (weight training, Pilates, Nordic walking, etc.)
- Preparation to complete the program, with an introduction to ambulant follow-up treatment
- Pastoral care, if so desired

THE SERVICES
OF A HOTEL



Our generous, comfortable accommodations permit all of our private ward patients to feel at ease in the clinic and to focus on their therapy.

The bedrooms on the ward are furnished with one or two beds, for a maximum of 16 patients. Care includes services comparable to well-managed hotels. A personal television, telephone, and internet access are thus part of the standard features, as is a healthful, balanced and nutritious breakfast buffet. Meals are served at midday and in the evening, each course individually.

Each patient in the private ward additionally enjoys a varied selection of drinks, fruit, fresh flowers, newspapers and periodicals as well as cosmetic items.





Individuals who suffer from psychiatric distress can be admitted to the clinic around-the-clock. In addition to emergency hospitalisation, voluntary admission following advance notification is also possible on a daily basis. Registration for admittance is handled by the treating physician or therapist. He/she will contact the senior physician on service for the Cantonal Psychiatric Clinic – who can be reached via the main clinic switchboard – or the senior physician of the ward.

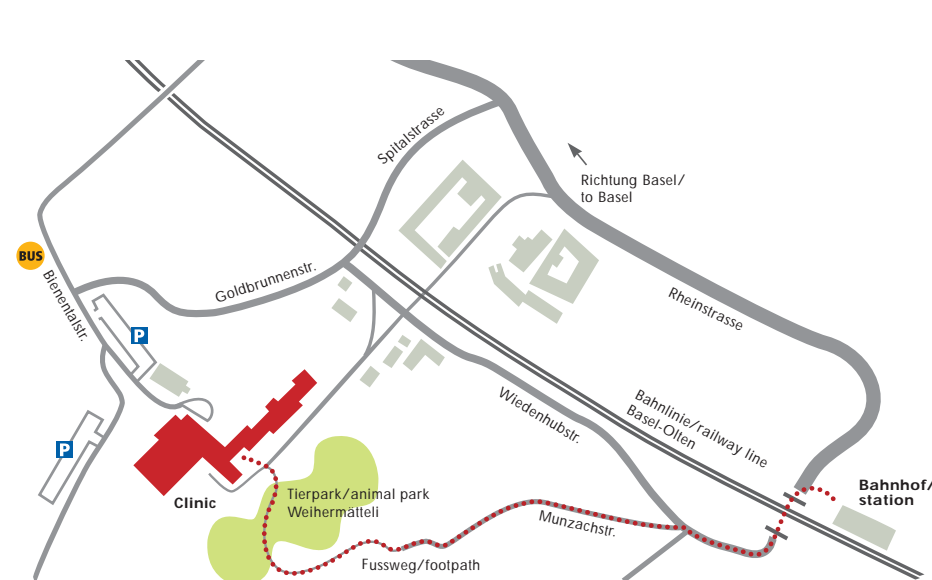
Prior to admission, questions of an administrative nature (including discussions on cost approval with the health insurance provider) can be settled together with our patient administration.

Persons to contact on the private ward:

- Dr. Dorothee Suter and Dr. Sascha Müller, Senior Physicians
- Johanna Brücker Stalder, Head Psychologist
- Jolanda Wenger, Head of Ward Nursing

If so desired, a preliminary interview can be organized, together with an introduction to the ward.

For interested professionals, a detailed presentation is available on the governing concept of the ward.



Using Public Transportation

Leaving the train station at Liestal, take bus no. 78 until you reach the “Munzach” bus stop on the Bienenalstrasse.

Using Personal Transportation

At the intersection of Rheinstrasse and the “Schild-Areal” turn right onto Spitalstrasse and continue along, passing under the train bridge, until you come to Goldbrunnenstrasse. At the end of the street turn left onto Bienenalstrasse. Please take advantage of parking spaces reserved for the Cantonal Psychiatric Clinic.

On Foot

The Cantonal Psychiatric Clinic is approximately 10 minutes by foot from the train station. The path leads along a side street (Munzachstrasse) and through our animal park.

A detailed map can be found on our Homepage at www.kpd.ch.