

SFU

Sigmund Freud

Private University Vienna

Outpatient Clinic

Psychotherapy and

Counseling Services

Sigmund Freud University Outpatient Clinic Psychotherapy and Counseling Services

Help and Support are Available

The Psychotherapy Outpatient Clinic at Sigmund Freud University offers professional help and support to any person suffering from emotional discomfort. You can meet with a male or female professional to talk about your problems and discuss treatment options, with no further obligation.

Our psychotherapists and counselors can help you deal with anxiety, depression, psychosomatic problems, addiction, couple and family conflicts, problems adjusting to a new culture, and other issues. In addition to individual therapy, the SFU Outpatient Clinic offers a number of psychotherapy groups, as well as supported self-help groups that focus on expatriate issues.

Psychotherapy may also be available in other languages, such as French, Italian, Serbian, Croatian, Bosnian, Turkish, Polish, Swedish, Spanish, Portuguese, Hungarian, Slovak, Russian, Persian and Chinese. Please ask if you are looking for a Psychotherapist in your native language.

Fees

Our reduced fees are income-based and vary between € 0.00 and 75.00 per session. Fees will be discussed during the first interview, which is free of charge.

Information

Telephone: +43 (0) 660 551 1235
clinic@sfu.ac.at

The Outpatient Clinic offers different types of psychotherapy

Individual psychotherapy

Group psychotherapy

Couple therapy

Family therapy

Child and youth psychotherapy

Brief therapy

Supported self help groups

Our psychotherapists and counselors come from a variety of psychotherapeutic orientations and are experienced in dealing with: anxiety, depression, psychosomatic problems, addictions, obsessive and compulsive behaviours, aggression, trauma, survival of violence or abuse, sexual issues, problems at work, feelings of estrangement, existential and identity crises, couple and family conflicts, parenting issues, youth and adolescent problems, ageing and other psychological issues

Issues Specific to Expatriates and Immigrants

If you are experiencing stress, social difficulties, “culture-shock”, trouble adjusting, homesickness, or any other problems related to the experience of being a foreign resident, this is an excellent opportunity to receive one-on-one or group counseling in a supportive environment designed especially to deal with your situation, either in English or in your native language. Contact us to learn more.

This informational pamphlet is designed to help you decide whether the Sigmund Freud University Outpatient Clinic is right for you, and what type of therapy will be most helpful and appropriate for your situation and current state of mind.

General Information about Psychotherapy

The term “psychotherapy” originates from ancient Greek words psych, meaning breath, spirit, or soul, and therapeia, meaning to nurse or to cure. Its use was first noted in the late 19th Century. Since the adaptation of the Psychotherapy Law in 1991 (BGBl. 361/1990), Austria considers Psychotherapy to be a distinct discipline (like medicine) within the healthcare field. There are 22 officially recognized methods of Psychotherapy in Austria.

Psychotherapists are professional practitioners who, after undergoing years of general and method-specific training, provide comprehensive, planned methods of treatment designed to alleviate states of suffering, behavioral disturbances, psychosocial problems and psychosomatic symptoms. In the course of treatment, evidence-based methods are used within a trusted relationship between one or more clients and one or more psychotherapists. The goal of this process is to reduce or eliminate psychological and somatic symptoms, to change disturbed behavioral patterns and attitudes, to help the client develop social coping abilities, and to promote the maturation, development and health of the client in a safe, supportive environment.

Organization of the Clinic

The Sigmund Freud University Outpatient Clinic opened its doors in January 2006. It is directed by Prof. Alfred Pritz and managed by Mag. Eva Pritz, who are active members of the Sigmund Freud University faculty. The quality of treatment at the clinic is enhanced by the active psychotherapy research program at the university: Methods of therapy are continuously tested for their effectiveness, and the results inform future development of treatment plans.

Reaching out to the clinic begins with the first telephone call, followed by registration and a first interview. During the first Interview, the client speaks with a therapist about their concerns and is asked to fill out several forms, including a mental state questionnaire, insurance forms and when applicable, consent forms to take part in research studies. A deposit of € 25 is collected by the clinic at this time. The clinic staff then makes arrangements to connect clients with appropriate therapists and to organize meeting times and rooms.



**Sigmund Freud
University Vienna
Outpatient Clinic**

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1030 Vienna

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Erdberg station
Exit Nottendorfergasse

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77A, 80A, 80B, 83A, 84A
Schlachthausgasse station

Straßenbahn
Linie 18
Schlachthausgasse station

