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Therapeutic principles

My many years of professional practice, my diverse qualifications and experiences, and the steps I have taken to broaden and deepen my knowledge have helped me to develop an individual, highly specific approach to treatment. I see the ›here and now‹ as an essential starting point – as the expression of all the developments and experiences undergone so far. Everyone has their own individual history and experiences, strengths and weaknesses. The discovery or anamnesis phase takes into account not just the physical dimension, but also analytical/depth psychology and behavioural therapy/systemic perspectives. The first critical question here is: what kind of therapy can the person discover and perceive an inner connection to, a bridge? The overall attitude in considering and reflecting on each case is a focus on strengths. Salutogenesis and perspectives from positive psychology form the basis for this.

At the beginning of the treatment, the focus is on perceiving and discovering the self (›core‹) in the present moment. Biographical backgrounds, but also future scenarios shape this perspective. Techniques of pausing (reflection, meditation and bodywork) are used to encourage attentiveness to what is already there, and on the other hand to develop a perspective on the client's own history and being. ›Giving yourself space to discover and develop perspectives.‹ The experiences gained in my years of medical/therapeutic practice show that key symptoms such as anxiety, depressive mood states or psychosomatic complaints can often be understood reactively, or as the expression of suppressed inner impulses, pushing to be noticed.

The first crucial step here (after a thorough medical-physical assessment) is the open and ›unconditioned‹ perception of these impulses, and the discovery of possible significance in relation to the current symptom. By becoming aware of their current constraints, the pressure they are experiencing, and their lack of confidence in their future prospects, clients can once again gain space for new perspectives and thus for a new interpretation of their own situation. This new perception already constitutes a step towards regeneration and energization, a rediscovery of options, hopes and opportunities. It paves the way for a new opening up, a new development on the basis of positively perceived experiences. Careful and attentive support is given for every step along this path; any obstacles and hurdles that appear are confronted and dealt with. Initially the focus is on the encounter with oneself. Later, depending on the stability gained, it increasingly shifts to the encounter with the surrounding world. The result is a guided process of discovery that fosters self-efficacy. Based on a strength-oriented perspective, it generates energy and thus motivation to explore more deeply and to take an active, creative role. It allows stressful conflict situations to be analysed and processed, step by step. This leads to a tangible increase in inner perception and scope for action, and to a greater inner autonomy in relation to one's own life. Creativity, vitality and a zest for life reappear.

Mental and/or physical symptoms that may arise during treatment are assessed medically, treated psychologically, and integrated into subsequent treatment.

If – especially at the beginning of a treatment – drug therapy seems necessary and useful, this is discussed in depth and implemented on the basis of mutual agreement.