

✦ Contact us

Please call us or have a social worker call us and schedule an appointment. We will schedule a first consultation which includes a diagnostic interview. Based on this first consultation we either refer you to our out-patient clinic therapists or to other services, for example a physician or an in-patient clinic.

Our services are covered through insurance or social services for refugees and asylum seekers!

Phone: **069 – 798 253 66**

E-Mail: **PBF@psych.uni-frankfurt.de**

Mondays & Wednesdays 12-2 pm

Mondays 11-12 am & Wednesdays 14-15 am in Ukrainian

✦ Team

Dr. Schahryar Kananian (supervisor)

Dr. Annabelle Starck

M.Sc.-Psych. Anica Nicolai

M.Sc.-Psych. Arwin Nemani

B.Sc-Psych. Samar Al-Sari

B.Sc.-Psych. Zara Momand

Anna Dudka

Prof. Dr. Ulrich Stangier (professional supervisor)

✦ How to find us



Varrentrappstraße 40-42
60486 Frankfurt am Main

The tram lines 16 & 17 take you to the stop **Varrentrappstraße**, which is only a short walking distance away.

You can also take the subway lines U4, U6 & U7 to **Bockenheimer Warte** and walk about 5 minutes to our center. The waiting area is on the ground floor.



Counselling and Therapy Center for Refugees

Center of Psychotherapy
Goethe University Frankfurt



Institute of Psychology
Department of Clinical Psychology
and Psychotherapy
Varrentrappstraße 40-42
60486 Frankfurt am Main

✦ Background

Our center aims to support refugees and asylum seekers by providing counselling, psychotherapy, group therapy and other associated treatments. People who have fled their home countries, faced traumatic events and find themselves in insecure living conditions in Germany, suffer from a variety of social as well as psychological problems.

They are dealing with questions such as:

- Where do I stay?
- What happens to me now?
- How do I adapt to this country?

Apart from these social issues many people report suffering from extensive worrying about family members who remained in the home country. These worries as well as memories from difficult or traumatic experiences cause symptoms like problems with memory and concentration, sleeping disorders, sadness or mood swings.

✦ Our Programs

In line with our programs, help you deal with these challenges.

Among others, we offer:

- Open events for getting to know each other ("Tea garden")
- Psychological diagnostics
- Individual counselling
- Group therapies

Our Counselling Center is affiliated with the Outpatient Behavioral Therapy Center and cooperates with other institutions of refugee aid.

✦ The programs we offer are suitable for...

...Refugees who:

- are 18 years and older.
- speak Arabic, Farsi, English, Russian or can speak German
(Other languages such as Tigrinya, Urdu, Amharic or Ukrainian will be supported by interpreters.)
- currently are not engaged in any other psychotherapeutic treatment program.