Children and Youth Psychology

We treat all manner of psychological problems in children and young people:

- Eating disorders
- Behavioral problems (school, bullying)
- Attention deficit and hyperactivity
- Disruptive social behavior, aggression, oppositional-defiant disorder
- Emotional disorders (anxieties, compulsions, shyness, depression, trauma)
- Enuresis, enkopresis (wetting, soiling oneself)
- Sleep disorders
- Psychosomatic disorders (stomachache)
- Learning and development disorders
- Parenting problems

Special Group Therapies

- Social competence for children
- Training for children with difficulties paying attention
- Training for children with sleep difficulties
- Tübingen intensive program for parents (TIPE)

Get in touch with us

If you would like to use our service, call the number below during our office hours:

07071 – 29-78357

Monday 4pm - 6pm
Tuesday 4pm - 6pm
Wednesday 10am - 12 noon
Thursday 10am - 12 noon

Or leave a message. We check the messages each workday.

You can also make enquiries via email:

hochschulambulanz.psychologie@uni-tuebingen.de

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About us

The University Psychotherapy Service is part of the University of Tübingen’s Department of Psychology.

Our therapies are based on scientifically recognized, clinically proven, primarily behavioral treatment methods.

We work with the patients (and in the case of children, with their parents) to draw up a treatment plan in line with the individual’s problem and symptoms.

We offer individual and group therapy for patients of all ages for a wide variety of disorders, as well as providing counselling to parents and families.

The University Psychotherapy Service also conducts research and teaching. We offer patients the option of taking part in research projects.

All treatments are continually evaluated and allocated to their relevant fields by experts.

Partners

- Tübingen Akademie für Verhaltenstherapie (TAVT)
- Stuttgarter Zentrums Verhaltensmedizin und Psychotherapie (SZVT)
- Universitätsklinik für Kinder-/Jugendpsychiatrie Tübingen
- Universitätsklinik für Psychiatrie und Psychotherapie Tübingen
- Universitätsklinik für Psychosomatische Medizin Tübingen
- University Children’s Hospital - Department of Paediatrics

We offer

We offer help for adults, teenagers and children.

We provide diagnosis, counselling and treatment for a variety of psychological problems and disorders.

After speaking to us by telephone during our office hours, you will receive a comprehensive questionnaire. Once you have filled it out and sent it back to us, we can agree on an appointment so that you can talk about your problem. Organizational matters will also be clarified. Usually there will be 4 to 5 further appointments for a careful psychological diagnosis and to identify indications for psychotherapy.

If the requirements for treatment are met, an application can be made to your health insurer. You will also need a physical examination to identify any physical causes for your problem. Once your psychotherapy has been approved, the health insurer covers the cost of your treatment.

We specialize in scientific evaluation and the use of treatments specific to the disorder and for which there is evidence of their efficacy. We also apply treatment in everyday life situations (expositions). We provide biofeedback and neurofeedback in cases where they are appropriate.

Parallel to treatment, we offer comprehensive diagnostic examinations and/or evaluations. This may involve trauma issues, stress-related illnesses, dealing with displacement, violent conflicts, cultural conflicts, etc.

For adults

We treat all manner of psychological disorders in adults:

- Depression
- Eating disorders
- Bipolar disorder
- Anxieties, phobias, panic attacks
- Obsessive-compulsive disorders
- Acute & post traumatic stress disorders particularly those caused by displacement, war and cultural conflicts
- Addiction
- Psychosomatic disorders
- Psychoses
- Personality disorders
- Sleep disorders
- Somatic symptom and dissociative disorders
- Attention disorders
- Body dysmorphic disorders

Special Group Therapies:

- Social competence for adults
- Dialectic behavioral therapy (DBT)
- Group therapy for obsessive-compulsory disorders
- Chronic depression (CBASP)
- Mindfulness Based Cognitive Therapy (MBCT)