



**We are one of the leading private psychiatric clinics in Switzerland. With us you will find peace, care, and holistic treatment of the highest quality.**

**This is what we stand for.**

## **Dear patient**

Welcome to the Private Clinic of the UPK Basel. You are in good hands here with us – and I mean this in the broadest possible sense. From your first day with us, my team of highly capable, experienced professionals will be guiding you on your way back to a fulfilling life. All of us here – senior physicians, therapists, nursing experts and the hotel team – maintain a trusting, cordial contact with our patients. Our relationship with you is important to us because it is the basis of every therapeutic treatment. The tranquillity of our house, the stylish single rooms and the excellent food are naturally all part of this. You will feel that you are in good hands with us. This is something to which I am personally committed.



A handwritten signature in black ink, appearing to read 'Lang'.

Undine Lang, Prof. Dr med.,  
Clinic Director, Private Clinic

# Your Private Clinic – Seeing the whole person

We are one of the leading private psychiatric clinics in Switzerland. This means: We think holistically, our therapies reflect state-of-the-art research, we offer the highest degree of professionalism, and respect every single patient.



## Care and quiet

The Private Clinic of the UPK Basel is situated in the middle of a spacious park. Our lovingly restored, 19th-century villas allow us to house 34 patients in individual rooms with en-suite baths. You will receive intensive medical, therapeutic and nursing care. Our senior physicians will remain in close contact with you and will monitor your therapy. You will feel cared for with empathy and will enjoy excellent food, ample rest and personal privacy.

## Bringing body and soul into harmony

We act holistically. That means we always regard the body and soul as a unity. We have a broad palette of psychotherapeutic procedures at our disposal, alongside well-founded psychopharmacological therapies. The therapies for mental illnesses are in a process of constant development. As part of the University of Basel, we are situated at the cutting edge of research and are developing innovative treatment methods. In the field of depression in particular, we work on the basis of the latest findings and methods that combine physical and psychological approaches.

## On an equal footing

Human dignity is our primary concern. We engage with every one of our patients on an equal footing. This means that we develop every step of your treatment in tandem with you. Everything we offer is precisely that: an offer, for we work on the basis of trust and respect. Our goal is always to help you win back your quality of life and for you to shape your life as you want to. We can achieve this best when you work together with us.

## Returning to your life

From your very first conversation with us, we will be discussing your return to an independent life. We can draw your relatives into your treatment. We are an open clinic. This means you can visit your family, or return to your workplace for a few hours. And we will coordinate your subsequent outpatient treatment together with your referring physician. If you also wish to receive outpatient treatment from us, we can offer you psychiatric and psychotherapeutic treatment in our Private Clinic outpatient section.

# Our therapeutic offerings: Bringing body and soul into harmony

## Psychotherapy

We will work together with you to choose the therapies that are best for you from the large range available. We will also adapt your therapy plan in the course of our daily rounds.

### Individual psychotherapy

The therapy methods we use include Acceptance and Commitment Therapy (ACT), Schema Therapy, Interpersonal Psychotherapy (IPT), Cognitive Behavioural Therapy (CBT) and Systemic Therapy.

**It is very important to us to establish a trusting relationship in which you can discuss and process your individual issues appropriately.**

As a rule, you will be given two individual psychotherapeutic sessions per week by our psychologists or medical psychotherapists. It is very important to us to establish a trusting relationship in which you can discuss and process your individual issues appropriately. The content of these sessions can be intense, and it is important to us that you can also talk about your issues or give space to your feelings between your individual sessions – for example, with your primary caregiver at the Clinic. Mental illnesses usually place a heavy burden not just on the patients themselves but also on their relatives. So involving people close to you can have a positive effect on your treatment. For this reason, couple dialogues and discussions with relatives can take place as needed, and on a regular basis if desired. In addition, you can participate in group therapy sessions.

## Group psychotherapy

The group therapy practised by the Private Clinic is based on the ACT concept (Acceptance and Commitment Therapy). This therapeutic approach was developed by Steven Hayes and features 6 processes (the “Hexaflex”), the regular practice of which can lead to an improvement in mental flexibility and a more fulfilling life, even if certain problems or symptoms might still persist. Its holistic approach to diagnosis teaches one how to deal with painful thoughts and feelings, heightens an awareness of one’s own values in life, and promotes value-oriented action. Even though we may assume that mental illnesses are caused by many different factors (such as a family predisposition, biological factors or personality factors), ACT assumes that the development of symptoms can be triggered by our tendency as human beings to avoid unpleasant inner experiences (such as through withdrawal or by consuming substances). A downward spiral can result in which we increasingly neglect those things that give life meaning, and this in turn leads to a deterioration in our quality of life.





In group therapy, we discuss and practice together how to reduce avoidance behaviour, we create access to painful emotions, and promote value-oriented action. The ACT group takes place several times a week. A mindfulness group is also run by the nursing staff on the ward. In addition, we work through the six core processes of the “Hexaflex” in the ACT occupational therapy and physiotherapy groups. There are also diagnosis-specific group offerings for addiction disorders, and patients have the opportunity to participate in crossword groups at UPK, such as the social skills group or the Mindfulness Based Cognitive Therapy (MBCT) group.

### **Nursing**

We can offer you care that is tailored to your therapeutic setting. A primary caregiver will accompany you individually throughout your stay. There will also be a specialist available for you at night. We work according to a systematic care process. Our strengths lie in considering your individual needs and in strengthening your coping strategies in everyday life. Our care team can also offer applications from natural and complementary medicine.

### **Occupational therapy**

Active involvement in occupational therapy encourages people to recognise their own strengths and interests, and to become aware of personal weaknesses. It provides a framework in which interpersonal contact can be encouraged. Different materials such as clay, paints and stone are used both as a source of creative inspiration and as a means of creative expression.

#### **Skills-centred occupational therapy group**

This group employs handicrafts, creative techniques and activities of daily living (“ADLs”). Likewise, a wide variety of exercises and games can be carried out as motor, social or cognitive training exercises.

#### **Expression-centred occupational therapy group**

The expression-centred method uses creative means to help patients to express emotions and inner images and to experience togetherness. This module-based group therapy is organised according to the interpersonal psychotherapy model (IPT), and we offer the participants a small occupational therapy group in which content can also be experienced from another perspective, in an expression-centred way. Given the right dosage, sport and exercise can have a positive influence on our organism and on our soul.

**Given the right dosage, sport and exercise  
can have a positive influence  
on our organism and on our soul.**

### **Physiotherapy**

Your relationship to your body is foregrounded here, along with treating any problems in your musculoskeletal system, should this be necessary. Given the right dosage, sport and exercise can have a positive influence on our organism and on our soul. Sport has an anti-depressive effect and helps us to achieve balance.

#### **Body-building, cardiovascular training**

An individual training plan will offer you the opportunity to improve your fitness and promote endurance, strength,

mobility and coordination. Our physiotherapists will be happy to draw up a plan with you that is individually tailored to your needs.

### **Nordic walking**

We offer a practice-oriented Nordic walking group with individual instruction, initial guidance, and a group warm-up. Sticks will be provided for your use.

### **Fitness group**

We offer practice-oriented, group fitness training using medical training therapy (MTT) equipment, carried out under physiotherapeutic supervision.

### **Yoga**

The yoga programme is aimed at all age groups. Its prime focus is on strengthening one's self-awareness, accessing one's own resources, and promoting self-efficacy.

### **Cycling group**

We offer our patients a weekly cycling excursion under physiotherapeutic supervision (weather permitting). We provide bicycles and the necessary protective clothing. Expert instruction is provided, and participation is subject to a medical consultation.

### **Dance therapy**

This therapy aims to enhance positive body feelings through theme-related free movement and dance, with and without music. Expressing one's own feelings and ideas through dance can have a positive impact on one's body awareness and body consciousness, and have a balancing effect.

### **Weight management through endurance training**

We can use targeted endurance training to help you regulate and maintain your weight in the long term.

### **Medical massage**

Classical massage exerts pressure and traction on the skin and muscles. This has a direct effect on the body. Stretching and relaxing muscles that are tense can eliminate the pain caused by tension. Massage also exerts a positive influence on one's heartbeat, blood pressure, breathing and digestion, and is thus able to promote relaxation and well-being. By learning relaxation techniques, you will be able to recognise and regulate tension in a targeted way.

**Acquiring relaxation techniques  
will help you learn to recognise tensions  
and regulate them.**

### **Relaxation therapy**

By acquiring relaxation techniques (primarily Progressive Muscle Relaxation according to Jacobson, plus autogenic training), you will learn to recognise tensions and regulate them in a targeted manner. Through regular practice, you will also be able to apply these techniques on your own and according to your needs.

### **Qigong group, mindfulness group**

Qigong is a form of therapeutic gymnastics that combines breathing, movement, perception and posture.

### **Breathing therapy**

Anxiety, restlessness and tension can trigger difficulties with your breathing. But there are simple exercises that can show you how important breathing is, and how to learn to reduce stress.

### **Aromatherapy**

Our aromatherapy programme uses 100% natural, essential and fatty oils, hydrolates and skin-care products made from them. They are absorbed exclusively through the sense of smell or through the skin, and are applied in the form of inhalations, rubs, baths and massages.

### **Music therapy**

A diverse range of instruments will invite you on a journey of discovery, experimentation and communication. The therapeutic approach is based on your individual needs and is focused primarily on internal psychological, emotional and interactive processes. It promotes self-awareness and self-experience, discovering one's own resources and creativity. In both active and receptive music therapy, conversations help patients to process, verbalise and integrate what has been experienced. No previous musical knowledge is necessary.

# The basics, from A to Z



## A

### Arrival

Your room will be available from 11 a.m. on your day of arrival, unless other arrangements have been agreed in advance.

## C

### Café Kranich opening hours:

Mon to Fri 8 a.m.–5 p.m.  
Sat 10 a.m.–5 p.m.  
Sun 12 midday–5 p.m.

### Café Kranich, ZG Building

The Café Kranich is located in the centre of the UPK's beautiful park. It is a meeting place, and no one is under any obligation to eat or drink anything. But the Café offers good coffee, a freshly prepared vegetarian meal of the day, fresh salads, sandwiches, croissants and homemade cakes.

### Campus tour

Once a week, we offer a tour of the Clinic park. If you are interested, please register for it with the nursing staff.

### Cash withdrawals, CHF/EUR

A cash dispenser of the Basler Kantonalbank is located on the side of the "Ökonomiegebäude" that houses the canteen.

**Opening hours,  
Ecumenical Centre:**  
Mon–Fri 8 a.m.–6 p.m.

**Church service:**  
Sun 10 a.m.

### Church services, pastoral care, ecumenical centre, L Building

An ecumenical service is held every Sunday in the Ecumenical Centre. Pastoral care at the UPK is open to people of all faiths, and is available to patients as an independent counselling service.

Personal conversations can be arranged with Reverend Barbara von Sauberzweig (Protestant), tel. 54 95, or the chaplain Dr Gabriele Kieser (Catholic), tel. 54 96.

### **Cleaning services**

Your room will be cleaned every day after 9:30 a.m. Your bedclothes will be changed once a week (on Thursdays on the 1st floor, on Tuesdays on the 2nd floor).

### **Confidentiality**

In order to protect your personal rights, all staff at the Clinic are subject to secrecy and confidentiality obligations, in accordance with the Swiss penal code. We also ask you to observe a similar duty of confidentiality, should you learn personal information about your fellow patients.

### **Currency exchange, DR building**

You can change money at the main cash desk in the management building.

**Currency exchange:**  
Mon, Tue, Thur, Fri  
7:30 a.m. – 10:30 a.m.

## **D**

### **Deposits**

We charge a deposit of CHF 20 for some utensils (e.g. Nordic walking sticks, CDs, books), which you will receive back after returning the items.

### **Discharge**

We will be happy to keep your room available for you until 11 a.m. on the day of your discharge from the Clinic. If your senior physicians are in agreement, you may also use the room for longer. In this case, please inform the nursing staff accordingly.

We are keen to know how you are faring after your stay at the Clinic, and whether we can still support you. If you are in agreement, then your contact person or the Deputy Nursing Manager of the Clinic will contact you about a week after you have left us. You can also give us your telephone number or e-mail address for this purpose during our initial conversation.

If you still have questions after your stay, you are welcome to contact the Clinic's nursing management.

Please inform the nursing staff in good time if they need to organise transport for you.

**Contact person, Clinic Management Nursing:**  
Franziska Rabenschlag  
Tel. 061 325 54 89  
franziska.rabenschlag@upk.ch

We kindly ask you to visit the nursing staff before your departure, in order to:

- › return items you have borrowed
- › collect your valuables
- › collect your medication, prescriptions and brief discharge report
- › hand in your completed questionnaires.

### **Doctor's rounds**

You will be offered a visit by a doctor each day from Monday to Friday, under the direction of the two senior physicians. In addition, doctors are also available to see you once on Saturdays. The rounds of the chief physician take place on Thursday mornings in Ward B and on Wednesday mornings in Ward J.



**Mealtimes are as follows:**

Breakfast:  
7:45 a.m.–9:30 p.m.  
Lunch:  
12:15 p.m.–1 p.m.  
Dinner:  
6 p.m.–6:45 p.m.

## E

**Eating and drinking**

Your meals will be served by the staff in the dining room. We place a great emphasis on the freshness and high quality of our products when preparing your food.

The coffee machine is accessible from 7:30 a.m. to 8 p.m. Water, tea and fruit are also available to you throughout the day. If you would like to have a snack, you will find several on offer in the dining room. The hotel staff are also available until 8 p.m. If you are not going to take your meal in the Private Clinic, please notify the staff accordingly and sign out. You can also order a lunch box from the hotel staff; please do so one day in advance. If you would like to eat a meal together with your relatives, please also contact our hotel staff.

## F

**Feedback**

We will strive to make your stay with us as pleasant and trouble-free as possible. Should any problems nevertheless arise, please speak with us openly about them.

You will be sent an evaluation form after your stay with us. We would like to encourage you to fill in this form and return it to us so that we will be able to respond to your concerns even better in the future. Thank you for your feedback.

**Fire and safety**

For safety reasons, candles, incense sticks and objects with an open flame are prohibited in the Clinic. In case of fire, please inform the nursing staff immediately, and do not use the lifts under any circumstances! Please take note of the signs for escape routes and the illuminated emergency exit signs in the corridors.

**Fitness room**

The fitness room is on the 2nd floor. If you would like to use it, please contact the nursing staff. There is a daily fitness programme available from Monday to Friday. Please follow your individual weekly schedule.

# G

## Going out

If you wish to spend time out of the Clinic, please discuss your personal off-Clinic arrangements with your medical team. When you leave the premises, please sign out with our nursing staff, inform them of how long you intend to be absent, and sign in again when you return. We recommend taking our business card with you so that you can contact us at any time, should it become necessary.

# I

## Internet, WLAN, Wi-Fi

A computer and a printer are available for use on the ground floor, free of charge. You can use the guest WLAN in the Private Clinic and on the entire UPK site. To do so, select the WLAN name "UPK-Guest" on your mobile phone and follow the instructions given.

# K

## Kiosk & drinks vending machines, ZG building

The kiosk and vending machines are located at Zentralplatz.

# L

## Laundry and ironing service

We can offer you a laundry service (for a fee), in collaboration with our laundry partner. Please contact the hotel staff who will be happy to provide you with the necessary information. You can also wash your own private laundry in our laundry room.

## Library, L Building

The "Library for All" is located in the Ecumenical Centre. It is open to both patients and the hospital staff. Books may be borrowed free of charge. Various media may also be borrowed from our lounge.

### Kiosk opening hours:

Mon–Fri  
7:30 a.m.–5:30 p.m.  
Sat–Sun  
10 a.m.–5 p.m.

### Library opening hours:

Mon 4 p.m.–6 p.m.  
Weds 1 p.m.–3 p.m.  
Fri 4 p.m.–6 p.m.

## Living together

Human dignity and respectful interactions with each other are our highest priority at the Clinic. Please respect the privacy of your fellow patients and show due consideration to each other.

# M

## Medication

In order for us to treat your illness effectively, it is vital that you only take the medication prescribed by us. We ask you to refrain from self-medicating – or to do so only in consultation with your attending doctor. If you happen to bring any medication with you, please deposit it with the nursing staff.

## Medication: dispensing

Your medicines will be delivered to you personally every day in the medicine room on the ground floor.

### Medication dispensing times:

Mornings:  
7:45 a.m.–8:30 a.m.  
Lunchtime:  
12 midday–1 p.m.  
Evenings:  
6 p.m.–7 p.m.  
Nights:  
9:15 p.m.–11 p.m.

# N

## Newspapers and magazines

Newspapers and magazines are available for you to read on the ground floor. You can also purchase additional magazines at the kiosk on Zentralplatz.

# P

## Pets

You are welcome to bring your pet with you. We can accept one pet in each ward (usually a dog). However, certain conditions for this must be met (vaccination certificate, liability insurance, your pet has to be house-trained, etc.). Please contact us in advance about this.

Then we can clarify together what documents we need from you, whether there is currently capacity for a pet, and how we can help to make your pet feel at ease with us.

### Post, ZG Building

Your mail will be delivered to your ward from Monday to Friday; newspapers will also be delivered on Saturdays. Should you be spending a longer time at the Clinic, we recommend that you have your mail forwarded here. There is a letterbox available at the kiosk.

Your postal address here will comprise:

Your first and last names  
Privatklinik, UPK Basel  
Wilhelm Klein-Strasse 27  
4002 Basel, Switzerland

### Public transport

- › Take Bus 50, either in the direction of the EuroAirport or the Basel Main Station, then get off at either “Im Wasenboden” or “Friedrich Miescher-Strasse”.
- › or take Bus 36 to the city centre (towards “Schifflande”), and get out at either “Im Wasenboden” or “Luzernerring”.
- › or take Tram 3 in the direction of Barfüsserplatz, Bankverein, Aeschenplatz, and get out at the stop “Luzernerring”.

## S

### Safe, valuables

There is a safe in your room where you can store your money and valuables. You can also deposit valuables with the nursing staff in the ward safe, or at the main cash desk. Please note that we accept no liability for loss or theft.

### Smoking, alcohol

Consuming alcohol or drugs is prohibited in the Private Clinic. Smoking is not allowed anywhere in the entire Clinic. However, smoking is permitted on the terrace of our Clinic and in the park.

### Social services

The staff of our social services can offer you expert advice and support in the fields of work, housing, finances, social insurance and everyday life. Please contact the medical team or the nursing staff to make an appointment with a specialist from our social services team.

**Medical services:**  
Prof. Undine Lang  
Tel. 52 02

**Nursing services,  
catering, administration**  
Franziska Rabenschlag  
Tel. 54 89

## T

Regular taxi services  
and unaccompanied  
passenger transport  
24 hrs a day, Mon–Sun

Accompanied passenger  
transport in consultation  
with nursing staff  
Mon–Fri 9 a.m.–8 p.m.

### Taxi service

Please contact the nursing staff if you need a taxi. Taxi rides to prescribed medical examinations or check-up appointments are covered by UPK Basel. You will have to pay for any private journeys yourself; in exceptional cases, however, they may be paid by means of a taxi voucher.

### Telephones

There is a telephone available in your room that you can use to make calls. You can get a direct outside line by dialling “0”. For example, for a Basel number dial: 0 061 XXX XX XX

- › Nursing staff House B: Tel. 53 01
- › Nursing staff House J: Tel. 54 01



**Therapy plan**

After being admitted to the clinic, we will define your therapy goals together with you. This will enable us to draw up your therapy plan and record it in writing. It will contain the therapies, treatments, care measures and activities planned for you each week. After that, the plan will be updated weekly and will usually be given to you each Sunday. Please keep your appointments. If you are unable to attend, please inform the nursing staff in good time.

**Toiletries**

A selection of toiletries is available in your room. Please contact the hotel staff for further items.

**Towels**

The hotel staff can provide you with fresh towels and a dressing gown.

**V****Visiting hours**

Daily from 10 a.m. to 9 p.m.

You are welcome to eat together with your family. To order, please contact our hotel staff (and please place your order 24 hours in advance).

**W****Wake-up service**

Our nursing team will be happy to give you a wake-up call.

**Weekends**

If your medical team is in agreement, you may test your current ability to cope by going home at weekends. In principle, patients can be granted leave for a maximum of one night or 24 hours. Exceptions are also possible.



# Our campus and its facilities

## ■ Private Clinic

- J Private Clinic
- B Private Clinic

## ■ Public buildings

- A Patient admission
- ZG Café Kranich, letterbox, kiosk
- DR management, reception, cash desk
- L Ecumenical Centre, Library for All
- OK Ökonomiegebäude (the ATM of the Basler Kantonalbank is located on the right-hand side), the “mesa” restaurant
- TH Animal facility



# Important contact information at the UPK

## **Private Clinic**

Prof. Dr med. Undine Lang  
Tel. +41 61 325 52 02

Dr med. Markus Mühlhauser  
Tel. +41 61 325 53 12

Thomas Sauer  
Tel. +41 61 325 52 26

## **Secretary's office**

Tel. +41 61 325 52 08  
privatklinik@upk.ch

## **Nursing**

Franziska Rabenschlag  
Tel. +41 61 325 54 89  
franziska.rabenschlag@upk.ch

## **Hotel services**

Anabela Goncalves  
Tel. +41 61 325 52 68  
anabela.goncalves@upk.ch

## **Reception/Information**

Tel. +41 61 325 51 11  
info@upk.ch

[www.upk-privatklinik.ch](http://www.upk-privatklinik.ch)

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