Imagine this:

You have a problem...

...and somebody helps you!
Psycho-Social Counselling (PSB)

What can the PSB offer you?

• The Niederrhein University of Applied Sciences provides a counselling service for every student.

• We offer support in areas like:
  - Coaching
  - Crisis intervention
  - Dealing with conflict
  - Psychological counselling
  - Social counselling
Psycho-Social Counselling (PSB)

When might counselling be a sensible idea?

You might encounter difficulties in areas such as:

- Your field of studies
- Problems or crisis in everyday life
- Personal development
- Needing to talk to somebody even though you don’t know what is wrong
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Possible difficulties in the field of study

Examples:
- Test anxiety, exam stress
- Difficulties with learning and revision, concentration or performance
- Uncertainty related to the chosen degree subject
- Stress
- Organising and finishing the thesis
- Uncertainty in interacting with course mates
- Speaking in front of others
- Motivating oneself
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Possible problems and crisis in everyday life

Examples:

- Loneliness / isolation
- Financial difficulties
- Self esteem or feelings of guilt
- Uncertainty / conflict in romantic or familial relationships or other relationships
- Psychological complaints, such as anxiety, depression, psychosomatic disorders, addiction, eating disorders etc.
- Integration (either as a student or foreigner)
- Mood swings
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How our service works

- You can telephone, e-mail or come to our office personally, in order to make an initial appointment. During this appointment you can take the time you need to explain what is concerning you.

- Together we will then consider what you want to achieve and which part of our service could be most helpful.

- We will support you in realising your own abilities and resources and how to (once again) profit from them.

- The frequency and length of appointments will be agreed on an individual basis.
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Our guiding principles

• Our service is strictly confidential and tailored to you!
• We work unbureaucratically!
• We are bound to professional discretion!
• We help you to help yourself!
• There is no cost to you to use our service!
Psycho-Social Counselling (PSB)

Contact details and opening times

call or send an e-mail to:
psychosozielle.beratungsstelle@hs-niederrhein.de

Mönchengladbach
Rheydter Straße 232
41065 Mönchengladbach
Building Q, 3rd floor, room Q 311

Tel: 02161 - 186-3011

Office hours:
Monday - Friday: 9 a.m. - 4 p.m.

Krefeld
Reinarzstr.49
47805 Krefeld
Building B, 2nd floor, room B 205

Tel: 02151 - 822-3010

Office hours:
Monday and Wednesday: 9 a.m. - 6 p.m.
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Team members

Krefeld

Psychologin, M.Sc. Roja Palma

• Psychologische Psychotherapeutin i.A. (Verhaltenstherapie)

Mönchengladbach

Psychologin, M.Sc. Marie Bohr

• Psychologische Psychotherapeutin (Verhaltenstherapie)

Mönchengladbach

Dipl.-Sozialpädagogin, Ethnologin, M.A. Ute Mewes

• Klientenzentrierte Gesprächsführung
• Systemische Therapeutin

Leiter der Psychosozialen Beratungsstelle

Prof. Dr. Dipl.-Psychologe Dieter Wälte

• Klinische Psychologie
• Psychologischer Psychotherapeut, Dozent, Supervisor
Psycho-Social Counselling (PSB)

Thank you for your attention!

Having difficulties is very common and it is a sign of inner strength to look for the appropriate support!

• Take the first step!
• Contact us!
• Ask now!