



DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE

Newsletter Dezember 2019

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1. China Activities 2018 (-2020), Sino-German Network in Psychosomatic Medicine Training and Research
 2. Kurt Fritzsche: Psychosomatische Medizin und Psychotherapie in China
 3. Zweiteilige Fortbildung in Dialektisch-Behavioraler Therapie (DBT)
 4. Ulrich Sollmann: Body, Personality and Society or: Psychotherapy as social action
 5. Alf Gerlach: Ausbildung Psychoanalytisch orientierte Psychotherapie am Shanghai Mental Health Center
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1. China Activities 2018 (-2020)

Sino-German Network in Psychosomatic Medicine Training and Research in cooperation with the Department for Psychosomatic Medicine and Psychotherapy, University Medical Center, Freiburg
Medical director: Claas Lahmann

Overview activities and participants

BMBF Sino-German Alumni Network in Psychosomatic Medicine and Psychotherapy:
Jonas Tesarz, Wolfgang Eich, Kurt Fritzsche, Markus Bassler, DCAP (Wolfgang Merkle), Song Jie, Maria Dobos, Ulrich Sollmann, Anne Müller

DAAD Advanced training in Psychosomatic Medicine and Psychotherapy: *Kurt Fritzsche, Markus Bassler, Zhang Ying*

Psychocardiology: *Karl-Heinz Ladwig, Kurt Fritzsche*

Psychooncology: *Mark Glinka, Kurt Fritzsche*

International Balint conferences: *Heide Otten, Hans-Peter Edlhaimb, Claudia Brechtelsbauer, Martina Prinz-Zaiss, Kurt Fritzsche, Christoph Schaefer, Askan Hendrischke, Bernd Gramich, Michael Wirsching*

Research curriculum: *Rainer Leonhart, Sebastian Kohlmann, Pang YiQi, Felix Fischer*

BMBF Sino-German Alumni Network

1. Workshop Shanghai, Tongji University, May 7 -11, 2018
2. Workshop Heidelberg, Department for Psychosomatic Medicine, November 5-9, 2018
3. Workshop Shanghai, Tongji University, May 5-9, 2019
4. Workshop Beijing, Union Hospital, November 4- 8, 2019
5. Workshop Berlin, Department for Psychosomatic Medicine, May 3-8, 2020
6. Workshop Chengdu, West China Hospital, November, 2020

DAAD and BMBF Workshop in Beijing May 12-14. 2019

DAAD Advanced training in Psychosomatic Medicine and Psychotherapy Peking

Union Medical College Hospital PUMCH (Cooperation partner Wei Jing)

Bloc 1 November 28 to December 2, 2018

Bloc 2 April 29 to May 3, 2019

Bloc 3 November 26- 30

Bloc 4 May 2020

Training in Psycho-cardiology. Department of Cardiology of Tongji Hospital in

Shanghai. (Cooperation Partner Ma Wenlin, Wang Hao), November 16 -18, 2018,

November 2019, November 2020

The 8. Beijing International Balint Conference & Leadership Training. Peking Union Medical College Hospital PUMCH (Cooperation partner Wei Jing), Chinese Balint Society. May 23- 25, 2019

The 6. Guangdong doctor-patient communication skills and medical staff's self-growth (Balint group). Guangdong Mental Health Center (Cooperation partner Xie Yongbiao). May 17-19, 2019

Symposium, Beijing

DAAD Symposium with German teachers (Topic "Current trends in Psychosomatic Medicine") Peking Union Hospital, November 22, 2019.

The 7th Palace Forum on General Hospital Psychological Medicine, Beijing

Sponsored by Peking Union Medical College Hospital (PUMCH) and held by Federation of Mental Health in General Hospital (Fed-MHiGH) under Chinese Psychiatrist Association, November 23, 2019

Training in Psychosomatic research and Psychosomatic Basic Care, Guangzhou, Guangdong Mental Health Center (Cooperation partner Xie Yongbiao), Bloc 1 May 13-16, 2019, Bloc 2 November 11-14, 2019, Bloc 3 May 2020, Bloc 4 November 2020

Contact: Email: kurt.fritzsche@uniklinik-freiburg.de

2. Kurt Fritzsche: Psychosomatische Medizin und Psychotherapie in China

Sino-German Alumni Network in Psychosomatic Medicine and Psychotherapy (DCAPP)
DCHAN Newsletter, September 2019

Laut einer Hochrechnung der Weltgesundheitsorganisation für das Jahr 2030 machen drei Krankheiten in den nächsten Jahren weltweit den größten Teil der Krankheitslast (burden of disease) aus: HIV-AIDS, depressive Störungen und koronare Herzerkrankung [1]. Hinzu kommen folgende sieben psychische Störungen, die zu den 20 häufigsten Ursachen für Jahre mit starker Beeinträchtigung des normalen, beschwerdefreien Lebens durch eine Krankheit (years lived with disability) zählen: Depression, Alkoholabhängigkeit, Schizophrenie, Angststörungen, manisch-depressive Störungen, chronisch depressive Verstimmung, und Drogenabhängigkeit. Diese psychischen Störungen können auch Auslöser psychosomatischer Wechselwirkungen sein: sie begünstigen beispielsweise die Entstehung von kardiovaskulären Erkrankungen. Ebenso können einschneidende körperliche Erkrankungen ihrerseits zu psychischen und psychosomatischen Problemen führen, die auch die Bewältigung der körperlichen Erkrankung erschweren können.

Ein Land, das sich in besonderem Maße den Herausforderungen verhaltensbedingter Krankheiten ausgesetzt sieht, ist China. Im Zuge seines rasanten gesellschaftlichen Wandels erlebt China derzeit einen massiven Anstieg an psychischen und psychosomatischen Störungen. In den letzten Jahren ist dort das Bewusstsein über die Bedeutung psychischer und psychosomatischer Störungen stark gewachsen. Die Verabschiedung eines „Mental Health Law“ im November 2012 unterstreicht die Bedeutung, die die chinesische Regierung mittlerweile der Behandlung von psychischen und psychosomatischen Störungen beimisst. Dass Handlungsbedarf besteht, belegen die Zahlen: Etwa 173 Millionen Menschen sind in China behandlungsbedürftig im Sinne einer Psychotherapie, aber 158 Millionen (92%) von ihnen bleiben unbehandelt [2]. Laut Länderbericht der WHO lag der Betreuungsschlüssel für die psychiatrische Versorgung im Jahre 2010 bei 1,53 Psychiaterinnen und Psychiatern pro 100.000 Einwohnerinnen und Einwohner, mit einem starken Stadt-Land-Gefälle [3].

Deutschland dagegen verfügt über eine lange Tradition in Psychosomatischer Medizin und Psychotherapie. Es wurden ausgereifte Modelle und Techniken für die Behandlung psychosomatischer und psychischer Erkrankungen entwickelt. Gleichzeitig hat sich Deutschland im Bereich der globalen Gesundheit seit 2013 stark engagiert und international Verantwortung übernommen. Lutz Stroppe, Staatssekretär im Gesundheitsministerium, kündigte im letzten Jahr eine neue Strategie zur „Globalen Gesundheit“ an. Deutschland wolle mit anderen internationalen Partnern einen wichtigen Beitrag leisten, „um die globalen Gesundheitsherausforderungen zu bewältigen“.

Dies ist der Hintergrund, vor dem die Expertinnen und Experten des Deutsch-Chinesischen Alumni-Netzwerks für Psychosomatische Medizin und Psychotherapie (DCAPP) Verantwortung übernehmen und gemeinsam mit den chinesischen Kolleginnen und Kollegen zum Aufbau eines modernen Mental Health-Gesundheitssystems in China beitragen wollen. Sie möchten mit ihrem Know-how einen Beitrag zur globalen Gesundheit leisten.

Zu ihren konkreten Zielen gehören die Aus- und Weiterbildung von Fachärztinnen und -ärzten für die Psychosomatische Medizin und Psychotherapie sowie der Psychotherapeutinnen und -therapeuten, die Unterstützung beim Aufbau von Versorgungsstrukturen im ambulanten, teilstationären und stationären Bereich sowie die gemeinsame Arbeit an Forschungsprojekten zur Wirksamkeit psychotherapeutischer Interventionen bei psychischen Störungen und körperlichen Erkrankungen. Das Alumni-Netzwerk unterstützt die Einbindung deutscher Ärztinnen und Ärzte, Psychologinnen und Psychologen sowie Sozialwissenschaftlerinnen und Sozialwissenschaftler in die Entwicklung deutsch-chinesischer Klinikprojekte, die Entwicklung neuer Berufsfelder und den Aufbau von Strukturen im Gesundheitswesen. Ein besonderer Fokus liegt auf der Einbeziehung deutscher und chinesischer Nachwuchswissenschaftlerinnen und Nachwuchswissenschaftler. Sie nehmen an intensiven Trainingskursen teil, führen gemeinsame Studien durch und forschen im Ausland. Es werden auch Praktika für Studierende der Fächer Psychologie und Medizin in Psychosomatischen Abteilungen chinesischer Krankenhäuser ermöglicht. Lesen Sie hierzu auch den Beitrag „Einblicke in die Psychosomatische Medizin in China“.

Ein weiter Schwerpunkt des Netzwerks liegt auf der Förderung der China-Kompetenz in Deutschland. Die Fähigkeit mit kultureller Vielfalt umzugehen ist eine Schlüsselkompetenz in der heutigen globalisierten Welt. Die Expertinnen und Experten des DCAPP-Netzwerks bieten am 19. November 2019 in Peking das 2. Forum „Stressbewältigung im interkulturellen Kontext: Deutschland-China“ für deutsche Studierende, wissenschaftlich Tätige sowie deren chinesische Partner an, um kulturelle Sensibilität und das gegenseitige Verständnis zu fördern. Interessentinnen und Interessenten sind herzlich eingeladen, an dieser Veranstaltung am Peking Union Medical College teilzunehmen. Mehr hierzu unter [DCHAN Veranstaltungen](#). Wer sich für weitere Veranstaltungen des Deutsch-Chinesischen Alumni-Netzwerks für

Psychosomatische Medizin und Psychotherapie (in Deutschland und China) interessiert, kann sich gerne auch als Mitglied anmelden.

[1] Mathers, C. D., & Loncar, D. (2006). Projections of global mortality and burden of disease from 2002 to 2030. PLoS medicine, 3(11), e442.

[2] Phillips MR: Prevalence, treatment, and associated disability of mental disorders in four provinces in China during 2001-2005: an epidemiological survey. Lancet 2009;373:2041-2053.

[3] Cyranoski D: China tackles surge in mental illness. Nature 2010;468:145.

3. Zweiteilige Fortbildung in Dialektisch-Behavioraler Therapie (DBT)

2019 konnte eine zweiteilige Fortbildung in DBT durchgeführt werden, die auf die bewährte CBT-Fortbildung anknüpft. Hintergrund war eine Anfrage des Mental Brain Hospitals in Nanjing unter Prof. ZhangNing und Prof. WangChun. In den letzten Jahren war es zu einer deutlichen Zunahme an selbstverletzenden Verhaltensweisen, insbesondere jugendlicher und junger erwachsener Patientinnen und Patienten gekommen. Dieses nicht-suizidale, selbstverletzende Verhalten (entsprechend DSM-V: NSSI) überschneidet sich häufig mit Emotionsregulationsschwierigkeiten im Sinne einer Borderline Störung. Die von Marsha Linehan entwickelte DBT konnte ihre Wirksamkeit in verschiedenen Studien nachweisen und gilt heutzutage als Intervention der Wahl bei schweren Störungen der Emotionsregulation. Dabei werden veränderungsfokussierte Strategien, insbesondere der Problemlösung und der Erweiterung erforderlicher Skills, mit akzeptanzfokussierten Strategien, insbesondere Achtsamkeit und Validieren, ausbalanciert. Diese therapeutische Suche nach einem Ausgleich bzw. einem mittleren Weg stößt in China auf eine lange Tradition und wurde dementsprechend sehr positiv aufgenommen. Dabei verbindet DBT einerseits sehr praktische Empfehlungen im Rahmen des Skills-Trainings mit tiefen spirituellen Einsichten und auf Weisheit basierenden Heuristiken. Marsha Linehan, die heute meistzitierten klinische Psychologin weltweit, lernte Achtsamkeit und Meditation in Deutschland bei Willigis Jäger, einem Benediktiner-Mönch, der selber die Anerkennung als Zen-Meister in Japan und später eines Chan-Meisters in China übertragen bekommen hat. Auf diese Weise schließt sich aus meiner Sicht ein Kreis, der westlich orientierte Strategien der Veränderung mit fernöstlichen Weisheiten verbindet. Das zweiteilige Training wurde 2019 von jeweils über 80 Teilnehmerinnen und Teilnehmern besucht, die zuvor bereits eine Aus- bzw. Weiterbildung in CBT besucht hatten. Die Fortbildung bildete zudem den Start einer Multi-Center-Studie, die an 17 psychiatrischen Zentren durchgeführt und vom MBH in Nanjing koordiniert wird, und in der die Effekte von Skills-Gruppen bei NSSI erforscht werden sollen. Im November 2019 wurde während der nationalen CBT-Konferenz eine Unterorganisation DBT mit über 50 TeilnehmerInnen gegründet, die Mitglied der DBT-Weltorganisation werden soll. 2020 soll eine weitere mehrteilige Fortbildung in DBT im Rahmen von Zhong-De-Ban durchgeführt werden, die die Verbreitung von DBT in China weiter unterstützen wird.

Two-part Advanced Training in Dialectical Behavioral Therapy (DBT) In 2019, a two-part training course in DBT was held, which builds on the proven CBT training course. The background was a request from the Mental Brain Hospital in Nanjing under Prof. ZhangNing and Prof. WangChun. In recent years, there has been a significant increase in self-injurious behaviour, especially among adolescent and young adult patients. This non-suicidal, self-injurious behaviour (according to DSM-V: NSSI) often overlaps with emotional regulation difficulties in the sense of a borderline disorder. The DBT developed by Marsha Linehan has proven its effectiveness in various studies and is now considered the intervention of choice for severe emotion regulation disorders. In doing so, change-focused strategies, in particular problem solving and the extension of required skills, are balanced with acceptance-focused strategies, in particular mindfulness and validation. This therapeutic search for a balance or a middle way has a long tradition in China and has been received very positively. On the one hand, DBT combines very practical recommendations within the framework of skills training with deep spiritual insights and wisdom-based heuristics. Marsha Linehan, today the most cited

clinical psychologist worldwide, learned mindfulness and meditation in Germany from Willigis Jäger, a Benedictine monk, who himself received recognition as a Zen master in Japan and later as a Chan master in China. In this way, from my point of view, a circle closes that connects western-oriented strategies of change with Far Eastern wisdom. The two-part training was attended in 2019 by more than 80 participants each who had previously attended a CBT training course. The training also marked the start of a multi-centre study conducted at 17 psychiatric centres and coordinated by the MBH in Nanjing to investigate the effects of skills groups at NSSI.

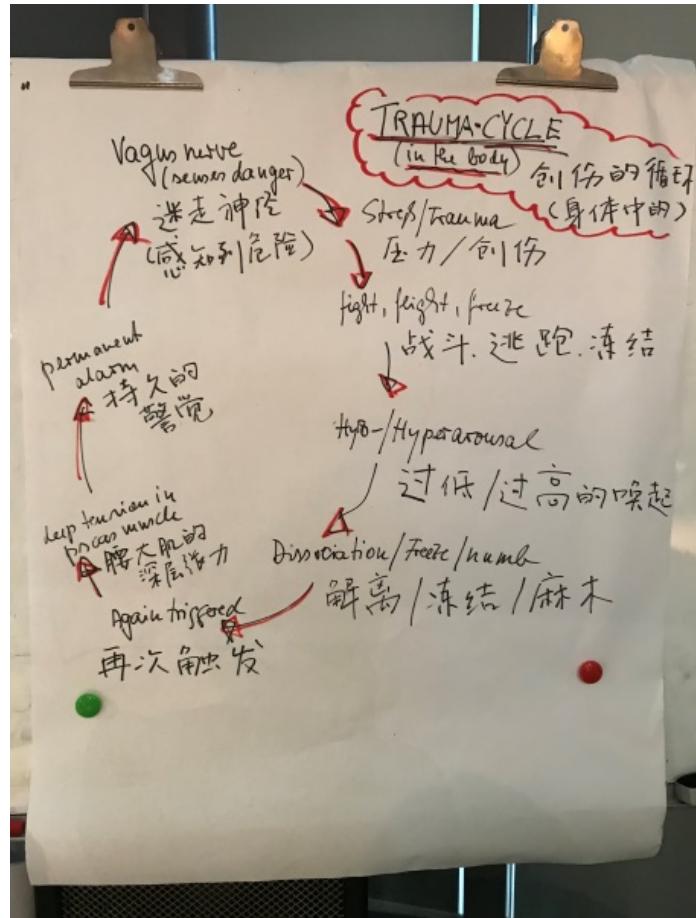
In November 2019, during the national CBT conference, a sub-organisation DBT with more than 50 participants was founded, which is to become a member of the DBT World Organisation. In 2020, a further multi-part training course in DBT is to be conducted within the framework of Zhong-De-Ban, which will continue to support the dissemination of DBT in China.

4. Ulrich Sollmann: Body, Personality and Society or: Psychotherapy as social action

(Activities in 2019: Ulrich Sollmann together with DCAP and/ or Chinese colleagues)

Here is some information about concrete activities, projects and experiences from 2019:

- The workshops offered were based on concrete proposals for topics by the Chinese colleagues. This time they were related to the complex of topics "sexuality, relationship and bodily self-experience", but also "sexual traumatisation".



Colleagues who are in psychoanalytical training asked me to conduct a workshop on the topic of "bodily self-experience". One workshop was about "sexuality and relationship". Another one related to depression. During their annual meeting, the consultants of various universities in Shanghai invited me to a specific training on the topic "Dealing with sexual traumatisation at the university". One focus was the concept or practice of a primarily body-related approach to "sexual traumatisation".



- My lecture at the sixth Chinese Congress of Psychoanalysis in Shanghai referred to the interplay of "body, touch and shame". The lecture will be published in Chinese translation in the journal "Psychological Communications" in early 2020. Another lecture at the University of Marburg is now available on DVD.



- In the individual therapies with clients of colleagues and the subsequent supervision, the importance of a body-related approach became not only clear, but also its relevance for particularly difficult situations could be experienced and discussed. On

on the one hand, the body diagnostic assessment offers a more differentiated picture of the patient, on the other hand it offers new approaches in practical work. This can bring movement back into a stuck process, allowing the patient to experience the Self through the experience of the body.

- This movement simultaneously vitalizes and mobilizes both the therapeutic relationship in the here and now as well as the awareness of that which is not (yet) discussable but expressively present. In this respect the body-related approach is in line with the Chinese custom of "doing something", acting, moving something in the here and now in order to feel better, express oneself better and relate to the other person.
- The work with managers and companies reflects three currently relevant topics. On the one hand, many managers and employees suffer considerably from stress, the pressure of everyday life and the high speed on the job. Secondly, employees and managers want to familiarize themselves with Western methods and tools of communication, cooperation, etc., but are inexperienced in how such tools can ultimately be transferred to the cultural context in a Chinese company and the challenges and irritations this entails. (On the part of German managers in China, this also leads to the experience of their own limitations in an increasingly difficult practice in Chinese companies).
- Thirdly, managers are increasingly (also) opening themselves to the experience of their own person in the exercise of their professional role. After all, they are themselves as a person so important for the daily job and for personal and economic success.
- Even more than in 2018, I am convinced of the necessity, but also the relevance of psychoeducation. I encountered this, for example, in a trauma workshop (Tongji University), in working with the team of a Waldorf School in Shanghai, in conversations with managers, but also in assessing the different social spaces in which psychology, counselling and/or psychotherapy is offered.

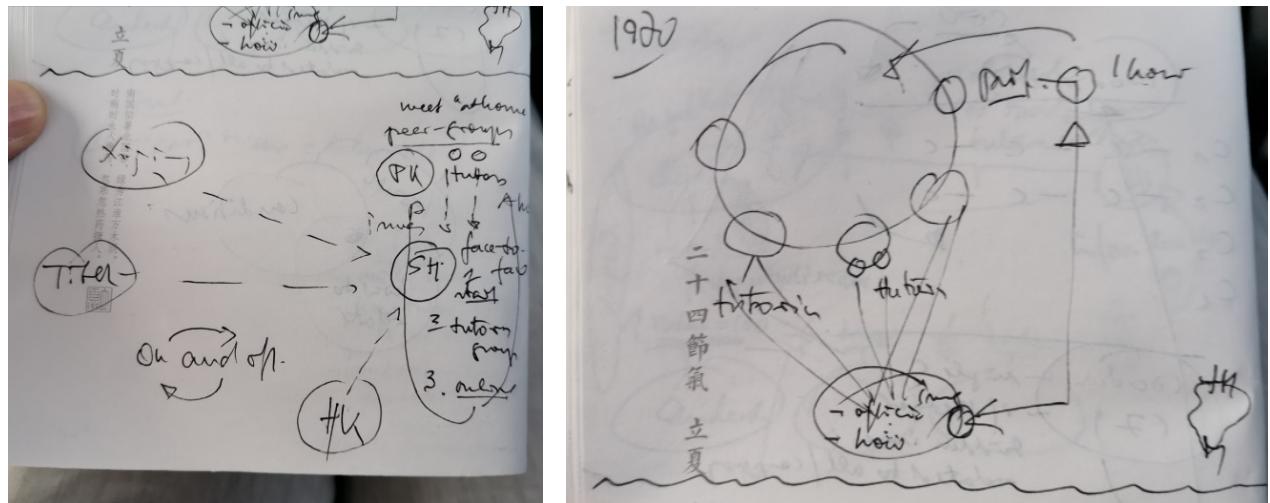


Here are some considerations in this regard which arise from practical experience:

- In Germany, psychological (including psychotherapeutic) topics are part of social and media communication Psychological phenomena and opinions on them have become

everyday phenomena. One talks about psychology, one knows about psychology and one refers to psychology. This is very different in China. Such a development is still in its infancy there. While in our country there is a lower inhibition threshold to make use of psychotherapeutic offers because of such a development, in China it seems to be necessary to overcome two hurdles: On the one hand one must open oneself at all for something like psychological phenomena and make familiar with them, on the other hand then if necessary overcome the inhibition threshold to take up psychotherapeutic support. Psychoeducation is therefore absolutely necessary to promote such a development.

- It is true that there are numerous counsellors and psychotherapists in China who have completed training. But the number of colleagues is very small in relation to the total population. Added to this is the fact that most of the colleagues work in the metropolitan areas. If you want to attract more future colleagues not only in the metropolises, but also elsewhere in China for specific further training, you will face at least logistical difficulties. After all, you cannot expect a colleague to travel from Shenzhen or Urumqi to a further training weekend in Beijing. So how to train someone there? Even if there is a need for high-quality psychotherapeutic or counselling training, a "transitional offer" must be developed in view of the aspects just mentioned. In this context I remember the development of psychotherapy in Germany in the 70s and 80s of the last century. After all, there were also "transitional offers" there that became increasingly extensive, of higher quality and more controllable over the course of time. Together with colleagues we tried to find some organizational structure how to face this.



- Counselling and psychotherapeutic offers on the Internet are therefore one way of being able to manage this transitional phase in practice. The high acceptance of such offers in China arises on the one hand from the need, which is rather typical for Chinese people, to get/experience something concretely, in the here and now, which gives them the impression of "success" in the here and now. The high acceptance on the Internet also reflects the great need of people for psychological counselling and psychotherapy, which in my opinion should now be taken into account. Psychoeducation, for example, is a means of choice to make this situation fruitful and competent. Counselling and psychotherapy on the Internet also serve the heuristic satisfaction of relevant interests. The graduated qualification/training of colleagues could help both to meet current needs without losing sight of the quality of the training. Therefore, in autumn, I prepared a short analysis of the situation of psychotherapy on the Internet in China.
- Psychotherapy is also part of Global Health. This topic is becoming increasingly important in China, both among professionals and in central government policy.

Originally psychotherapeutic aspects such as empathy, psychodynamics, subjective suffering etc. play less of a central role. And yet the perspective of psychology and psychotherapy can be used to make an impact in terms of structural and health policy in terms of opinion-forming. In China there is a very strong interest in a corresponding exchange of experiences. Of course, this requires special transcultural skills, for which there is as yet no "best practice". I am glad to be able to take small interdisciplinary steps in this direction together with colleagues. At the same time, I find myself put to the test, namely juggling the different socio-political perspectives in the sense of the aforementioned Global Health.

- In 2019 there were also contacts with areas that have nothing to do with psychology/psychotherapy per se, for which psychology/psychotherapy is often a foreign word. These contacts reflect a beginning interest in a psychological approach to specific non-psychological fields of activity. Thus I was invited several times to lecture/collaborate, such as:
 - On the occasion of the 70th anniversary of the founding of the People's Republic of China, an invitation to the Asian Civilization Week in Beijing, which on the one hand dealt with the discourse on different, cultural concepts of family, but also looked at society from a psychological perspective.



- An informal exchange with a research-project-group of the Ford Foundation referred to different modes of "Citizen diplomacy in EU-China relations" and the effects of the NGO law.

Perspectives for 2020

As already in 2018, I encountered the living and study situation of Chinese students as a highly relevant topic at different places in China, but also in Germany. The group of Chinese students is now the largest group of foreign students in Germany. However, many Chinese students suffer personally as well as culturally, so that there is an increase in psychological syndromes, complaints and illnesses (anxiety, depression, suicidal tendencies, dropping out of university, etc.). There are not yet enough corresponding counselling, psychological or socio-cultural offers for Chinese students. This topic is not only seen in this way by some specialists, but is clearly already being discussed in China and is even known as a relevant topic in the Chinese embassy in Germany.

I therefore decided in the summer to initiate a project which initially consists of two parts. On the one hand, we are in the process of shedding light on the psychological situation, but also on the life situation as a cultural and study situation by means of a qualitative survey, and to take a closer look at it. In a further step, criteria and necessities for counselling, psychological support, psychotherapy and for offers in the field of transcultural communication will be determined.

In the meantime, there is a pilot project team with representatives of Tongji University, Shanghai, the PKU in Peking and other universities in Hangzhou, Münster and Amberg.

My book on stress management and mindfulness has been translated into Chinese and will be published in the first half of 2020. Another book "Greedy prohibitions - sexual abuse, therapy, shameless relationships" has also been translated into Chinese and will be published in 2020. In addition, there are articles about my experiences and work in German, English and in Chinese translation. Ethics has become a highly relevant topic. Ethics then refers to the development of ethical standards. But ethics also refers to the application and implementation of said ethical standards. Just have a look at page 208 ff <https://www.ibpj.org/issues/articles/Ulrich%20Sollmann%20-%20Ethics%20and%20Ethos%20as%20Essential%20Elements%20of%20Professionalization%20of%20Body%20Psychotherapy.pdf>



- In China, there have recently been an increasing number of public accusations/disclosures of sexual assault, harassment and abuse. This represents an enormous challenge for Chinese colleagues, namely to respond to such accusations in an ethically professional manner. However, this is not only a great difficulty in China, but also in quite a few professional organisations in Germany.

For further questions try to contact me sollmann@sollmann-online.de

5. Alf Gerlach: Ausbildung Psychoanalytisch orientierte Psychotherapie am Shanghai Mental Health Center (Training psychoanalytic oriented psychotherapy at Shanghai Mental Health Center)

In 2019 the training course in psychoanalytically oriented psychotherapy (started in 2017) ended at the Shanghai Mental Health Center. There were 6 groups in basic training, 6 groups in advanced training and one supervision group, each with 16 participants. The basic training is about teaching a basic competence in psychoanalytically oriented psychotherapy. The advanced groups deepen the knowledge and focus on analytical group psychotherapy. After the 10 individual sessions in psychoanalytic attitude in the basic training, this includes a total of 56 sessions of group self-experience of 1 1/2 hours each. The supervision group is aimed at graduates of the previous courses and trains them in the supervision of therapeutic processes, with which they should accompany a new generation of therapists.

In total, about 1400 graduates have completed the training since 2000. In February 2020 another training course will start, now with 2 supervision groups.

Deutsch-Chinesische Akademie für Psychotherapie
www.dcap.de

Dr.med. Wolfgang Merkle
Präsident
Hospital zum Heiligen Geist
60311 Frankfurt, Lange Str. 4-6
Tel +49-69-21 96 21 01, Fax +49-69-21 96 21 03
w.merkle@em.uni-frankfurt.de

Priv.Doz.Dr.med Dipl. Soz Alf Gerlach
Vize-Präsident
66117 Saarbrücken, St.Avolderstr. 2-4
☎ +49-681-52797 · ☎ +49-681-52697
✉ alf.gerlach@pulsaar.de

Dipl.Psych Margarethe Haass-Wiesegart
Vize-Päidentin
69493 Hirschberg, Breitgasse 26
☎ +49-6201-xxxxxx · ☎ +49-6201-590118
✉ m.haass@t-online.de