

## Practice for Psychotherapy – Dr. Christine Rockenbach, M.A.

### Qualifications and Diplomas

PhD in Clinical Psychology

Psychotherapy training focusing on CBT for adults

Master of Arts in Psychology

### The Main Focus

The main focus of my therapeutic work lies within the treatment of the following disorders

- ADHD/ADD
- addiction
- anxiety disorders
- depression
- obsessive-compulsive-disorder
- dementia

Other areas of my work are:

- psychotherapeutic interventions in English language
- special offers for dementia patients and their dependant
- counseling & personal coaching
- occupational addiction prevention

Apart from the qualification in cognitive-behavioral therapy (CBT), I also acquired several certified trainings and further qualifications:

- dialectical-behavioral therapy (DBT) for the treatment of borderline personality disorder
- traumatology for the treatment of acute and chronic trauma
- qualification in Smoking Cessation (Heidelberger Curriculum) for the treatment of nicotine addiction

### The Way I Work

#### Preparatory stage: Information & Diagnostics

Psychotherapy can be applied in different ways. I work using the principles established by scientific studies in the areas of psychology, psychiatry and other relevant disciplines.

Cognitive-behavioral therapy (CBT): One of the best evaluated approaches to change human perception, feelings and behavior is the school of cognitive-behavioral therapy. I use this method in order to change various aspects of perception, feelings and behavior itself, enabling the patient to develop new perspectives, to reflect on relationships with others and to reach their individual goals.

Allowing for individual needs: Each person is different and I therefore look very closely at each individual problem and question at hand. This is the very first step and a service I offer to all patients contacting me. A first informative talk will be arranged as soon as possible lasting about 50 minutes. Each client is free to gain their own impression on the service on offer.

Standardized diagnostics service: In a second step I offer the service of standardized diagnostics using established psychological questionnaires and tests. The client will be informed about every result of the diagnostic process.

#### Understanding the problem and defining the aim

Before any aspect can be approached or even changed it is important to mutually agree on realistic goals/objectives of the client. After that, personal resources will be identified and used in order to achieve the goals.

Duration of the preparatory stage for a successful therapy: Generally, the establishment of the overall intervention plan including a first informative contact will take a maximum of five sessions lasting about 50 minutes each.

### **Intervention stage**

After the preparatory stage, the actual "work" for client and therapist can begin. Again, I entirely rely on scientifically established methods within the spectrum of cognitive-behavioral therapy (CBT).

Duration of the intervention stage: The duration of this phase heavily depends on the conditions to start with and the defined goals/objectives. Generally, CBT treatments can be divided into shorter interventions lasting about 25 sessions and an overall time line of about half a year, and longer interventions lasting about 50 sessions within the scope of an entire year. Independently of the scope of intervention, it is of importance to me that my clients have an understanding of all methods applied. Every service of the practice is delivered with a maximum of transparency. More information about CBT and other forms of psychotherapy are given by [http://en.wikipedia.org/wiki/Cognitive\\_behavioral\\_therapy](http://en.wikipedia.org/wiki/Cognitive_behavioral_therapy).

### **Work Experience and CV**

2009 – present	Practice for Psychotherapy, Mannheim
2005 – 2008	Research Assistant and Psychotherapist at the Central Institute of Mental Health, Mannheim, Germany Department of Addictive Behavior and Addiction Medicine Implementation psychotherapeutic treatment at in- and out patient units Collaboration with several scientific studies
2000 – 2005	Research Assistant and Practical Training in Psychotherapy (CBT) at the Central Institute of Mental Health, Mannheim, Germany and within the Department of Psychogeriatrics und Clinical Psychology
2000 – 2005	Training in Clinical Psychology and CBT at Zentrum für Psychologische Psychotherapie (ZPP) at Central Institute for Mental Health, Mannheim, University of Heidelberg
1996 – 2000	Psychology Studies at University of Aberdeen, Scotland Master of Arts in Psychology (M.A.)

### **Contact Details**

The practice is located in Mannheim.

If you would like to book a first appointment, please do not hesitate to contact me:

Dr. sc.hum. Christine Rockenbach, M.A.

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68165 Mannheim

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Internet: [www.verhaltenstherapie-mannheim.de](http://www.verhaltenstherapie-mannheim.de)

### **What About the Cost of Treatment?**

If you are a dependant of a member of the U.S. Army treatment costs will be covered by your insurance (Tricare). If you are insured within the German national or private health care system, costs will be fully covered.

In case you have any questions, please contact me any time.