

„DOES CHRONIC PAIN
CONTROL YOUR LIFE?“

„ARE YOU WORN OUT?
HAVE YOU LOST YOUR
INNER BALANCE?“



„ARE YOU ANXIOUS
ABOUT YOUR NEXT
MIGRAINE?“

At the Berolina Clinic we take you and your complaints seriously and show you warmth and understanding. We are a rehabilitation centre offering you the best medical conditions for your recovery/convalescence. The beautiful surroundings of the clinic and spa park of Bad Oeynhausen will make your stay particularly pleasant.

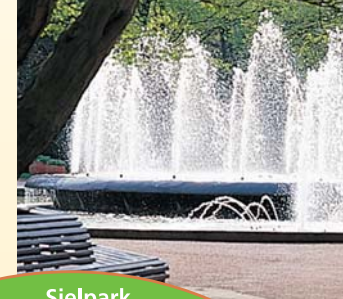
HELPING YOU TO HELP YOURSELF

In a private, restorative atmosphere you can get the most out/ make ideal use of the treatment programmes of the Berolina Clinic and, in doing so, effectively support the success of your recovery.



LOCATION OF THE CLINIC

Five-min. walk
Bad Oeynhausen
Löhe



Berolina Clinic

Specialised clinic for psychosomatics, psychotherapy, behavioural medicine orthopaedic rehabilitation, and neurology

Bültestraße 21
32584 Löhe/Bad Oeynhausen

Toll-free phone number:
08 00 / 5 87 26 52 43
08 00 / K U R A N L A G E

www.berolinaklinik.de
www.rehaklinik.de



BEROLINA CLINIC



Psychosomatics
Behavioural orthopaedics
Migraine and headache therapy



BODY AND SOUL IN HARMONY



THREE CLOSELY COLLABORATING DEPARTMENTS UNDER ONE ROOF

- **Psychosomatics**
- **Behavioural orthopaedics**
- **Migraine and headache therapy**

The Berolina Clinic specialises in psychosomatic, orthopaedic, psychological and neurological illnesses. Mainstream medical, psychotherapeutic and behavioural-medical procedures are specially combined for your needs/requirements, and thus an individual treatment plan is developed. Our highly qualified team of specialists, nurses, psychologists, occupational therapists, physical therapists, nutrition assistants and social services work closely together across departments and interdisciplinary to ensure the greatest possible chance of a successful outcome of your therapy.

Medical care is administered by a team of physicians experienced in rehabilitation, specialised psychosomatic medicine and psychotherapy, orthopaedics, neurology, internal medicine, physical and rehabilitative medicine as well as psychiatry and psychotherapy.

The Berolina Clinic specialises in

- Physical and emotional burnout
- Stress-related disorders
- Anxiety disorders
- Depression
- Psychosomatic illnesses
- Migraines and other forms of headaches
- Pain disorders
- Chronic disorders of the spine and joints, above all "wear and tear" and post-operative recovery



Elements of our therapeutic programme

- Psychosomatic therapy in single and group settings (behavioural, deep psychodynamic and solution-oriented approaches): for instance groups on burnout and mobbing
- Relaxation techniques (self-hypnosis, muscle relaxation after Jacobson)
 - Biofeedback
 - Physio and movement therapy
- Cardio-vascular training (swimming in 10 by 25 metre pool, walking, etc.)
- Medical training therapy
- Mind/body movement therapy (Qigong), body awareness therapy (Feldenkrais)
- Mindfulness exercises
- Occupational and art therapy
- Pain therapy with TENS

As an over-arching goal of therapy, we offer you new possibilities and ideas for a healthier lifestyle and for re-integrating you into work life, as appropriate. In this way your quality of life will be permanently improved through in-patient treatment at the Berolina Clinic.



What you can expect from us

We want you to feel at home with us. You will stay in bright, friendly furnished single rooms equipped with colour television, telephone and bathroom. The majority of rooms have a balcony. Internet hook up via ISDN is available upon request.

Use the pool or the modern fitness facilities during your active leisure time. You can meet other guests in our lounge/foyer.

The attractive location of the clinic will contribute to your recovery as it is nestled directly next to the local recreation area Aqua Magica, the Sieker Valley and the spa park of Bad Oeynhausen with its rich tradition, and within walking distance of the town centre.

