

Who uses our counseling services?

Parents who have concerns and are in need of information and consultation

Children experiencing difficult life situations (in school, with peers or within the family)

Teens and young adults with education or vocational concerns, who have family or relationship problems or who are going through a difficult time and are in need of support regarding personal issues

Families who are struggling and trying to create a better atmosphere and improve relationships within the family or couples going through marital problems, separation and divorce

Staff members from kindergarten, schools and other child-welfare institutions for cooperation causes, who need support or wish for an anonymous case supervision regarding a child in their care

Contact us

Psychologische Beratungsstelle
des Landkreises Ludwigsburg
für Eltern, Kinder, Jugendliche
und junge Erwachsene

Kreishaus Ludwigsburg
Hindenburgstraße 40

71638 Ludwigsburg

Tel. 07141 144-2529

Fax 07141/144-59416

psychologische.beratung@landkreis-ludwigsburg.de



LANDKREIS
LUDWIGSBURG

Psychological Counseling Center

Psychologische Beratungsstelle

Counseling for Parents, Children and Young adults



How to reach us: from the Bahnhof Ludwigsburg with bus number 421 or 533 to bus stop: Landratsamt



How we work

Our counseling staff consists of skilled therapists with different professional backgrounds (mostly psychology, social work and education). Each professional has specialized additionally in a specific counseling technique (for example: system family therapy, client-centered psychotherapy, cognitive-behavioral psychotherapy and gestalt therapy). Through continuous participation in professional trainings and supervision we assure that our qualifications maintain a high standard. Qualified secretaries complete our team.

Our services are free of charge, voluntary and bound to confidentiality.

Registration

The first telephone contact usually takes place with the secretaries. All conversations are highly confidential meaning we will not disclose information about you or your treatment without your written permission.

After registering our counselors will contact you and schedule an appointment. The purpose of the first meeting is to assess and explore with you what kind of support you need and which options are most likely to be successful.

The psychological counseling can take anywhere between one and several meetings, depending on the matter.

What we offer and our services

Family counseling:

- regarding questions as to the development and upbringing of children and adolescents (parenting instruction)
- in difficult situations (such as academic problems, friendship problems or divorce and family adjustment problems)
- when children behave in a conspicuous manner (for example aggressive, hyperactive, anxious or shy)
- in order to resolve tensions and conflicts within the family
- for learning appropriate coping strategies when dealing with illness, accidents, grief after the death of a loved one or other overwhelming experiences

Individual therapy and group counseling for adolescents and young adults

- for coping with personal, family and social problems
- for coping with major life challenges
- for coping with various pressing problems such as confusion, test anxiety, depression

Emergency intervention and crisis counseling

Counseling for teens and young adults

Every Wednesday at 2 pm in room 529 (Landratsamt) counseling service without scheduling an appointment possible

Active in and about Ludwigsburg



How to schedule an appointment

Telephone 07141 144-2529

Monday to Thursday
8.30 - 12.00 am and 1.30 - 3.30 pm

Thursday till 6 PM

Friday
8.30 - 12.00 am

Appointments can also be scheduled for the branch offices in **Bietigheim, Ditzingen, Kornwestheim and Marbach**

Branch office **Vaihingen/Enz**:

Monday to Thursday
8.30 - 12.00 am

Telephone: 07141 144-2530