

CONTACT

Cultural differences are not an obstacle for us

Our staff speaks two or more languages. Many have a migration background. We offer professional interpreters in case of communication problems. The main language is German. Therapy sessions can sometimes be offered in the respective native language as well. Please feel free to contact us.

Clinic for Culturally Sensitive Psychiatry and Psychotherapy

In Wahrendorff Klinikum (Station 8)
Matthias-Wilkening-Weg 6
31319 Sehnde-Köthenwald
klinikum.koethenwald.station11@wahrendorff.de

Outpatient Clinic for Culturally Sensitive Psychiatry and Psychotherapy

In the Day Clinic Linden
Schwarzer Bär 8
30449 Hannover
pia.linden@wahrendorff.de

Day Clinic Linden

Day Clinic for Culturally Sensitive Psychiatry and Psychotherapy
Schwarzer Bär 8
30449 Hannover
tk-linden@wahrendorff.de

Any questions?

We are here for you at the following phone numbers:

Admission for the day clinic:

☎ 05132 90 - 1488

Admission for the outpatient clinic:

☎ 0511 12310790



We overcome boundaries

Further information can be found here:



Klinikum Wahrendorff GmbH

Rudolf-Wahrendorff-Str. 22
31319 Sehnde – Ilten
Fon 05132 90 - 0
Fax 05132 90 - 2266
Mail info@wahrendorff.de
Web www.wahrendorff.de

Stand: Mai 2026



MEDICAL CONDITIONS

We support you in times of crisis while taking your culture into account

With us, you will receive support and counseling during times of mental crises and psychological problems. If you come from a different cultural background, we personal life story and offer culturally as well as linguistically sensitive therapy programs.

- ✓ Acute stress reactions
- ✓ Bipolar disorders
- ✓ Post-traumatic stress disorder
- ✓ Depression
- ✓ Chronic pain disorders
- ✓ Somatoform disorders
- ✓ Anxiety and compulsive disorders
- ✓ Personality disorders
- ✓ Psychosis

FURTHER INFORMATION

Find out more about the field of culturally sensitive psychiatry and psychotherapy



“The day clinic is very good. There are a lot of opportunities to overcome your fears. The therapies really help one move forward”

Mr. O.B., 51 years old, Patient at Wahrendorff

THERAPY OFFERS

How we support you

We offer various therapies depending on the form of care you need/required. Amongst others this includes:



Medical care

- Psychiatric diagnostics and physical examination
- Laboratory tests and additional technical examinations
- Differential psychopharmacology



Psychotherapy

- Medical and psychological individual and group therapies (e.g., social skills training, skills training group, mindfulness group, relaxation therapies)



Leisure time

- Board games, books
- Excursions, park
- Internet, TV



Future

- Social counseling
- Practical life skills
- Planning and support for psychiatric-psychotherapeutic aftercare



Sports and movement therapy

- Fitness studio with cardio and strength training
- Yoga, dance and movement therapy, stick martial arts
- Physiotherapy



Creative therapy

- Music/rhythm therapeutic elements
- Art therapy
- Occupational therapy

TREATMENT OPTIONS

Your place for the soul

Depending on the illness and the severity of the condition, you can choose from different accommodation options at our facilities. We are happy to advise you.



In-patient clinic

During a stay in our clinic, we are available around the clock. This allows you to take a step back from everyday life, recharge your energy in peace, and focus entirely on your recovery.



Day clinic

During a semi-stationary treatment, you stay with us from Monday through Friday, from morning until afternoon, while spending your evenings, nights and weekends in a familiar environment.



Outpatient

In our outpatient clinics, we provide care between your discharge from our clinic and further treatment with a specialist or psychotherapist. This option is suitable for you if you temporarily need care close to your place of residence.

