

St. Joseph Krankenhaus Berlin Tempelhof
Akademisches Lehrkrankenhaus
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Clinic for Gynaecology
and Obstetrics
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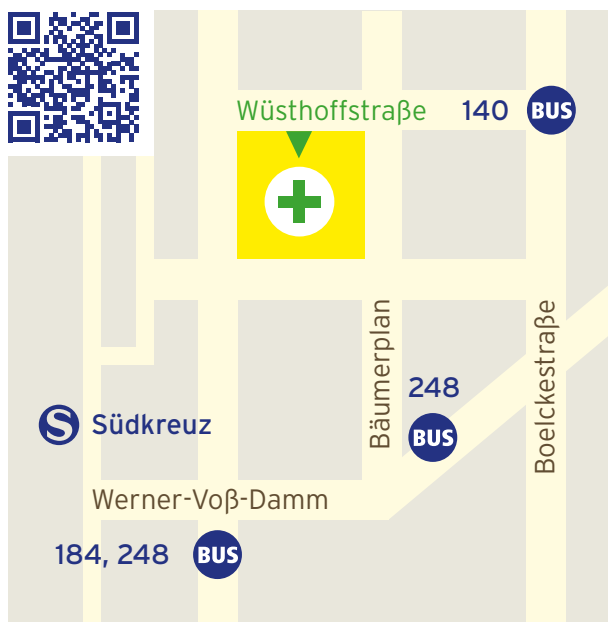
St. Joseph Krankenhaus
Berlin Tempelhof



Mobilise strength and gain new courage

Psychological support for everything
related to childbirth

Clinic for Gynaecology and Obstetrics
Chief Physician Prof. Dr. Michael Abou-Dakn



Elisabeth Vinzenz
Verbund

The St. Joseph Hospital Berlin Tempelhof is part of the
Elisabeth Vinzenz Verbund – a strong group of Catholic hospitals
that stand for quality and attention in medicine and care.

sjk.de

Dear mothers, dear fathers,

Having a family, or having it change when another child comes along, is always an adjustment. This phase of life sometimes brings certain challenges that can be overwhelming to deal with alone, e.g.:

- Excessively stressful fears and worries before giving birth
- Difficulties with the mother-child bond
- Chronic exhaustion and sustained states of stress (in the child's first year of life)
- Traumatic birth experiences
- Possible postnatal depression or other mental illnesses
- Unexpected diagnosis of an illness or disability in the (unborn) child
- Premature births
- Following a miscarriage or termination of pregnancy

Parents who are registered to give birth or have given birth at St. Joseph Hospital can discuss their worries and personal problems related to pregnancy, childbirth and the postnatal period in confidence during our psychological consultations. The psychologist at the Clinic for Gynaecology and Obstetrics will be able to advise on your health and social situation. This short-term support is designed to help you take a new perspective, mobilise strength, and gain courage so that you can lead a positive and self-determined life as a family. If you need continued support, we can put you in contact with counselling services or psychosocial support services, like outpatient psychotherapy.

You can find more information and offers from the psychologists at the Maternity Clinic at [sjk.de](https://www.sjk.de).

Psychological consultations are ...

well connected: In order to support you as well as possible in your current living situation, we work closely with midwives, medical staff, spiritual advisers, social workers, and staff from the Babyotse early support program.

diverse: Our specialist areas include all mental illnesses related to pregnancy and the postnatal period, depression and anxiety prevention, as well as dealing with fears related to childbirth and difficult childbirth experiences.

holistic: Advice is based on behavioural therapy principles and provides a competent, holistic view of your individual situation.

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