

Biofeedback combined treatment (biofeedback, psychotherapeutic treatment and coaching)

1. Initial Situation: Stress at work and in private life has increased. The consequence is less quality of life together with psychosomatic ailments. Recent research (Tress et al.1999) states that up to 80% of all illnesses reveal that the psyche is involved. Employees who have symptoms first consult their General Practitioner and it often takes a very long time until they are ready to seek psychological or psychotherapeutic help. Especially as everything connected with the "psyche" is still viewed as dubious and there is a great fear of stigmatisation from colleagues and/or family.

2. Goal setting and focus groups:
People who lose their balance through stress symptoms and fall ill should be caught in time by the therapy of INSOP and directed towards a pleasant quality in their lives.

People who are in employment and already perceive that as a result of stress they have symptoms such as sleeplessness, racing heart beat, muscle tension, migraine, panic attacks or essential hypertension etc. can with the help of biofeedback and therapeutic talks and coaching overcome their problems.

3. Method
A course of therapy consists of 12 to 15 single sessions with the same therapist. The aim is to build a trusting relationship between patient and therapist as quickly as possible. This encourages cooperation and the respective therapist knows exactly what the patient already has achieved and can therefore specifically aim at further helping him/her.

4. Conclusion:
The combined treatment (biofeedback, psychotherapeutic treatment and coaching) of individuals in individual sessions with the same therapist shows a significant improvement at the end of the treatment. Out-patient treatment allows patients to keep their jobs. This type of out-patient treatment with clinical psychologists offers the opportunity to reduce costs for employers, employees and national insurance institutions by intervening in time.