

Soteria Berne

Worldwide conference WHO and Association of Mental Health Providers

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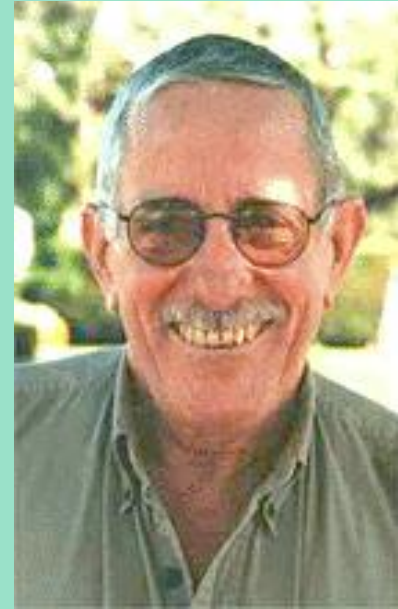
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How everything started in California ...



The first Soteria House
founded by L. Mosher in 1971
as a therapeutic community

From Anti-Psychiatry to Social Psychiatry

Soteria Bern



Founded in 1984 by Luc Ciompi following the example of Loren Mosher's Soteria House

Mosher's Soteria vs. Ciompi's Soteria

- radical – anti-psychiatric
 - outside the medical treatment system
 - staff are nonprofessionals
 - therapeutic community & milieu-therapy
 - psychosis treatment without neuroleptics
 - „being with“
- moderate – social-psychiatric
 - within the medical treatment system
 - 1/2 prof. & 1/2 non-prof.
 - therapeutic community & milieu-therapy
 - psychosis treatment with as little neuroleptics as possible
 - „being with“ & 1 : 1 treatment in the „soft room“

Target Group and Admission Criteria

- **Acute Psychosis**
treatment of acute psychotic crises (mostly schizophrenia), adolescent/developmental crisis
- **Age**
between 16 and 40 years
- **Exclusion Criteria**
severe substance abuse, uncontrollable suicidal ideation, aggressive or disorganized behaviour
- **Financing**
health insurance

What users say:

- Much quieter than a hospital ward – smaller!
- Being with“ in a 1 : 1 situation instead of isolation in seclusion
- Not locked up – based on consent
- Regular, normal house in town
- Individual rooms
- Less boredom and less flooding at the same time
- Individual approach
- Strengthens self-responsability
- Less pressure – more time
- Cooperation with „the outside world“

What the team says:

Soteria is...

- ...an alternative treatment approach for people in an acute psychotic crisis in a not restrictive environment
- ...authentically lived relations in a family-like stimulus-reduced surrounding
- ... «being with» users going through an acute psychotic crisis in a 1:1-situation in the «soft room»
- ...intens milieu-therapy around the clock with involvement of «relevant others»
- ...a place for a self determined, individual recovery path

The „Soft Room“



Therapeutic Milieu

Phase 1: Crisis Attendance

- caring, supportive „being-with“
- 1:1-attendance in the „soft room“
- aims: stimulus protection, relaxation, anxiety reduction, security
- low-EE communication und interaction
- forming a relationship
- professional role behavior

Therapeutic Milieu

Phase 2: Activation and Adaptation to Reality

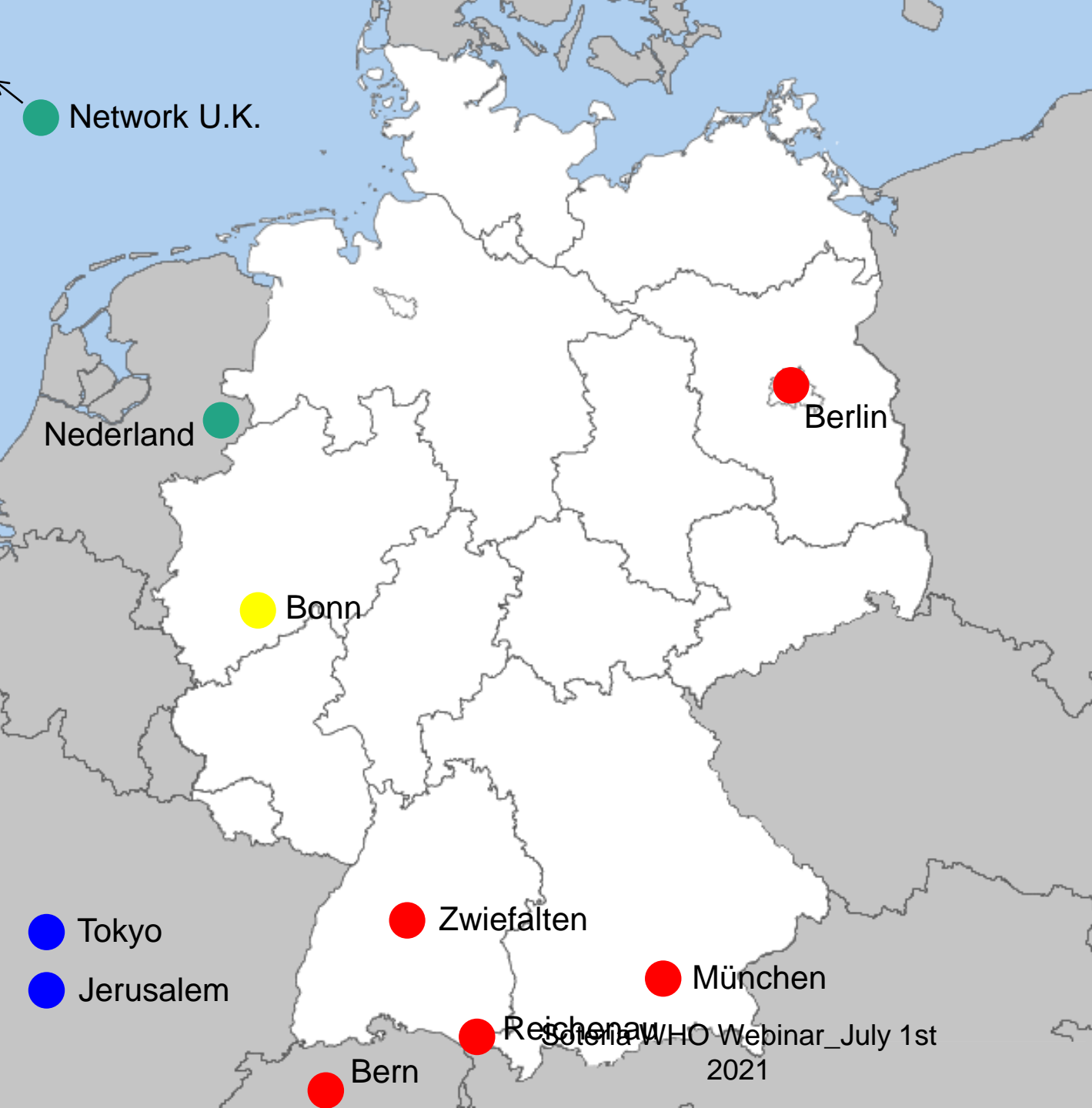
- no longer in the „soft room“
- „acting community“
- milieu therapy ► daily life activities and community life
- fellow human support in all psycho-social concerns

Therapeutic Milieu

Phase 3: Preparation of Social and Vocational Integration/Relapse Prophylaxis

- personal responsibility in daily life
- (re-)integration into the existing or new psychosocial environment
- relapse prophylaxis

Status: 2021



- Soteria
- Soteria-Wards
- Soteria-Projekts