

Pressemitteilung

“Paths to Psychotherapy” now also available in English and Turkish A general information brochure for potential patients from the BPTK

Berlin, September 18, 2019: The German-language brochure published by the BPTK titled “Wege zur Psychotherapie” is now also available to potential patients in English and Turkish. The brochure, whose English title is “Paths to Psychotherapy,” provides general information about how psychotherapists can help people tackle psychological symptoms and illnesses.

For many, migration is associated with major life events and burdens that increase the risk of mental illness. These particularly include identity crises, intensified familial and intergenerational conflicts, prolonged separation from parents, traumatic experiences while fleeing their home countries, precarious work and housing situations, few social contacts, uncertain residence status, and discrimination by local populations. According to an analysis by Germany’s Federal Health Survey, migrants are 20 percent more likely than natives to suffer during their lifetime from a mental disorder – in particular, from depression and somatoform disorders.

Yet, so far, very few migrants with mental illnesses have been given the benefit of outpatient psychotherapy. The two new BPTK brochures in English and Turkish explain clearly when it might be advisable to consult with a psychotherapist and what happens during psychotherapy.

The brochures may be downloaded here: [Paths to Psychotherapy](#).

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