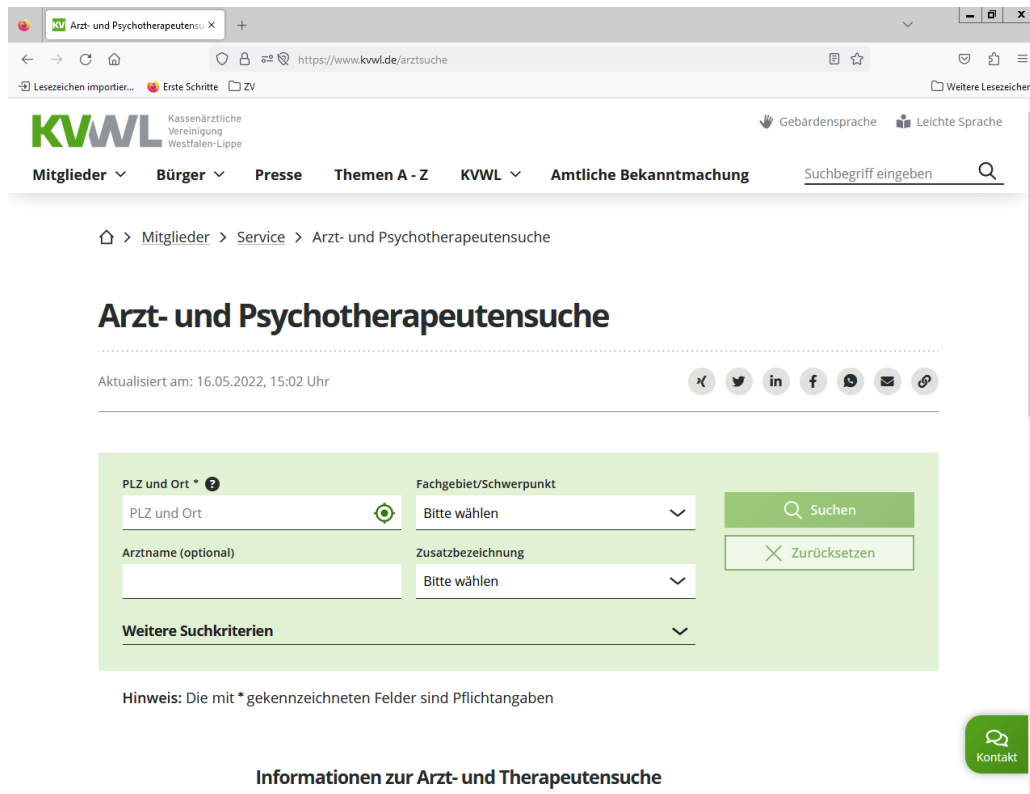


How to find a psychotherapist in Siegen and surrounding area:

- Go to: <https://www.kvwl.de/arztuche>
- The following search mask opens up:



The screenshot shows a web browser window with the URL <https://www.kvwl.de/arztuche>. The page title is "Arzt- und Psychotherapeutensuche". The search mask is a light green form with the following fields:

- PLZ und Ort ***: A text input field with a placeholder "PLZ und Ort" and a location icon.
- Fachgebiet/Schwerpunkt**: A dropdown menu with the placeholder "Bitte wählen".
- Suchen**: A green button with a magnifying glass icon.
- Artzname (optional)**: A text input field.
- Zusatzbezeichnung**: A dropdown menu with the placeholder "Bitte wählen".
- Zurücksetzen**: A button with an "X" icon.
- Weitere Suchkriterien**: A dropdown menu.

Below the form, there is a note: "Hinweis: Die mit * gekennzeichneten Felder sind Pflichtangaben". At the bottom, there is a link "Informationen zur Arzt- und Therapeutensuche" and a "Kontakt" button.

- Type into the search mask all necessary information:
 - **PLZ und Ort** = postcode and city
 - **Artzname** (optional) = name of the doctor/ psychotherapist (only relevant when you got a recommendation for a specific psychotherapist and are looking for the contact data)
 - **Fachgebiet/ Schwerpunkt** = field of expertise/ focus → open the drop down menu and choose what you are looking for
 - „**Psychiatrie**“: it' about medication, you'll interact with a doctor that has studied medicine and did some further education on psychotherapy
 - „**Psychiatrie und Psychotherapie**“: mixture of medication and classic psychotherapy, you'll interact with a doctor that studied medicine and did some further education on psychotherapy
 - „**Psychotherapeutische Medizin**“: top category, different types of psychotherapy belong to it
 - „**Psychotherapie**“: top category of all the following subcategories

- - „**ärztlicher Psychotherapeut**“: you'll interact with a doctor that has studied medicine and did some further education on psychotherapy (might be useful when you already take some medications on a regular basis, regardless of the malfunction (body/psyche) that you got or when you struggle a lot with a disease of your body that led to feelings of depression/anxiety/stress/etc.)
 - - „**Kinder- und Jugendlichen-Psychotherapie**“: classic psychotherapy for children and adolescents
 - „**Psychologische Psychotherapie**“: classic psychotherapy with a psychotherapist who has studied psychology and did a further education to become a psychotherapist (→ thats mainly the one you need to choose)
 - - „**Psychosomatische Medizin und Psychotherapie**“: mixture of medication and classic psychotherapy, the doctor/therapist is specialiced in psychosomatic disorders
 - - „**Psychotherapeutische Medizin**“: see above
 - **Zusatzbezeichnung** = additional designation → can be skipped
- You need to click on „**weitere Suchkriterien**“ (= further searching criterias) when you would like to specialize your search furthermore (e.g. finding an **english speaking psychotherapist** or even somebody how speaks your **mother tongue**):

Arzt- und Psychotherapeutensuche

Aktualisiert am: 16.05.2022, 15:02 Uhr

PLZ und Ort *

Fachgebiet/Schwerpunkt

Arztname (optional)

Zusatzbezeichnung

Weitere Suchkriterien

Geschlecht

Sonderleistung/Therapieverfahren

Sprachen

Barrierefreiheit

Suchen

Zurücksetzen

Kontakt

Hinweis: Die mit * gekennzeichneten Felder sind Pflichtangaben

- Type into the search mask all information that you want to add to your search:
 - **Geschlecht** = gender of the therapist you're searching for
 - **Sprachen = languages**
 - **Sonderleistung/ Therapieverfahren** = specialization of the therapy type → can be skipped
 - **Barrierefreiheit*** = barrier-free accessibility (for further information go to the end of the document)

- Example of a possible search:

The screenshot shows the search interface for the KVWL (Kassenärztliche Vereinigung Westfalen-Lippe). The search criteria are as follows:

Field	Value
PLZ und Ort *	57072 Siegen
Fachgebiet/Schwerpunkt	- Psychologische Psychotherapie
Arztname (optional)	
Zusatzbezeichnung	Bitte wählen
Geschlecht	Herr / Frau
Sonderleistung/Therapieverfahren	Bitte wählen
Sprachen	Englisch
Barrierefreiheit	Bitte wählen

The search button "Suchen" is highlighted in red. Below the search criteria, there is a note: "Hinweis: Die mit * gekennzeichneten Felder sind Pflichtangaben".

- Click on „Suchen“ (=search)

- The results pop up when you scroll down (which can look similar to this):

Home > Mitglieder > Service > Arzt- und Psychotherapeutensuche

Arzt- und Psychotherapeutensuche

Aktualisiert am: 16.05.2022, 15:02 Uhr



PLZ und Ort * <input type="text" value="57072 Siegen"/>	Fachgebiet/Schwerpunkt <input type="text" value="- Psychologische Psychotherapie"/>	<input type="button" value="Suchen"/>
Arztname (optional) <input type="text"/>	Zusatzbezeichnung <input type="text" value="Bitte wählen"/>	
Weitere Suchkriterien		
Geschlecht <input type="text" value="Herr / Frau"/>	Sonderleistung/Therapieverfahren <input type="text" value="Bitte wählen"/>	
Sprachen <input type="text" value="Englisch"/>	Barrierefreiheit <input type="text" value="Bitte wählen"/>	

Hinweis: Die mit * gekennzeichneten Felder sind Pflichtangaben



1-20 von 100 > >>

1 1,75 km	Prof. Dr. phil. Dipl.-Psych. Manfred Heck	57072 Siegen Hubertusweg 43	▼
2 1,79 km	M.Sc. Laura Büdenbender	57072 Siegen Hubertusweg 35	▼
3 2,47 km	Dipl.-Psych. Klaus Oude Hengel	57072 Siegen Koblenzerstraße 18	▼
4 2,51 km	Dr. phil. Dipl.-Psych. Anna-Catharina Grohmann	57072 Siegen Sandstr. 13	▼

- Choose one and click on it:

1
1,75 km

Prof. Dr. phil. Dipl.-Psych. Manfred Heck

57072 Siegen
Hubertusweg 43

▾

2
1,79 km

M.Sc. Laura Büdenbender

57072 Siegen
Hubertusweg 35

▴

Frau M.Sc. Laura Büdenbender
57072 Siegen
Hubertusweg 35

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✉ praxis@psychotherapie-buedenbender.de

Fachgebiete
Psychologische Psychotherapie

Sonderleistung / Therapieverfahren
Verhaltenstherapie - Einzelth. - Erw.
Verhaltenstherapie - Gruppenth. - Erw.

Sprachen
Englisch

Öffnungszeiten

Mo	13:30	13:50	tel. erreichbar gem. Psychotherapeuten-Richtlinie
	14:00	19:00	Terminsprechstunde
Di	13:30	13:50	tel. erreichbar gem. Psychotherapeuten-Richtlinie
	14:00	19:00	Terminsprechstunde
Mi	08:30	08:50	tel. erreichbar gem. Psychotherapeuten-Richtlinie
	09:00	13:00	Terminsprechstunde
Do	08:30	08:50	tel. erreichbar gem. Psychotherapeuten-Richtlinie
	09:00	13:00	Terminsprechstunde
Fr	08:30	08:50	tel. erreichbar gem. Psychotherapeuten-Richtlinie
	09:00	13:00	Terminsprechstunde

Praxis M.Sc. Laura Büdenbender
M.Sc. Laura Büdenbender

[Auf Karte anzeigen](#)
[Anfahrt / Routenplanung](#)

3
2,47 km

Dipl.-Psych. Klaus Oude Hengel

57072 Siegen
Koblenzerstraße 18

▾

- You can now extract all necessary information: adress, contact data, type of psychotherapy (Verhaltenstherapie – behavioral therapy) and language.
- If that person seems like a possible fit for you, you need to **call them in the set times „tel. erreichbar gem. Psychotherapeuten-Richtlinie“** (yes, the time slots are always quite short; set yourself a timer so you won't forget to call).
- Suggestion: Take a look at **10-20 psychotherapists** in your area that might be a possible fit **all at once**. Extract the phone times, write them down and call them.
- If you feel unable to make a phone call you can also contact them via mail. But you **won't get a response to every mail you're sending**. Contacting via phone increases your chances to get a response, so you will at least know quite soon if they will have a left over slot or not (or in many months).

- **Searching for a psychotherapist can be VERY frustrating**, there's also a possibility that even the 20th won't have a free slot for you. Often you **need to wait many months** until

you get a free slot. We know that this is really bad, because people often seek out for professional help when they are in an actual crisis.

- **other/ additional possibilities** (until you're having your first meet with a psychotherapist) can be:
 - **private psychotherapy** (you need to pay it yourself and it is quite expensive, approx. 100€/hour)
 - **counseling** (there are free offers in every city but the waiting time can also be quite long)
 - ❖ <https://www.reselve.de/beratungsstelle/siegen/>
 - **psychological counseling of the University of Siegen** (when you are a member of the university, e.g. student)
 - ❖ <https://www.uni-siegen.de/zsb/psychologische/beratung.html.en?lang=en>
 - **Nummer gegen Kummer** (= telephone helpline; free): phone number 116 111

Looking for a doctor? See our other tutorial „How to find a doctor in Siegen and surrounding area“ (click on our website on „German health system“).

***Extra: Barrierefreiheit = barrier-free accessibility**

- Aufzug barrierefrei = elevator barrier-free
- Behindertenparkplatz = disabled parking
- Induktive Höranlage = inductive hearing system
- Orientierungshilfe für Sehbehinderte = orientation aid for the visually impaired
- Sanitäranlagen behindertengerecht = sanitary facilities handicapped accessible
- Stufenloser Zugang = no stairs
- Terminvereinbarung per Fax, Email = appointments by fax, email
- Treppen behinderteneignet = stairs handicapped accessible
- Umkleidekabine groß = large changing room
- Untersuchungsmöbel höhenverstellbar = height-adjustable examination furniture