



MEDICAL PARK  

---

PRIEN KRONPRINZ

Specialist Clinic for Psychosomatics · Orthopaedics  
Internal Medicine · Natural Healing Methods



## Recovery and an all-over sense of well-being

Medical Park Prien Kronprinz is an approved clinic specialising in Psychosomatics/Orthopaedics/Internal Medicine/Naturopathy. Our clinic provides of state-of-the art medical technologies. An optimum in diagnostics, treatment, rehabilitation and prevention is guaranteed at all times.

Our core competences include:

- Psychosomatics:
  - burn-out-syndrome and stress related diseases
- Internal Medicine:
  - gastroenterological disorders
  - cardiovascular diseases
  - metabolic disorders
- Orthopaedics:
  - aftercare following knee and hip surgery
  - accident injuries/bone fractures
  - rheumatic degenerative joint disorders



Dr. med. Dr. phil. Dipl.-Psych.  
Heinz F. Golling (M. D.)  
Head Physician, Dept. of Psychosomatics



Dr. med. Wolfgang Wilde (M. D.)  
Head Physician Internal Medicine



Dr. med. Hasso Balasch (M. D.)  
Head Physician, Dept. of Orthopaedics



## In a dream location

A cordial welcome to the lakefront of Lake Chiemsee, which is also known as the “Bavarian Sea”. Less than one hour away from Munich, this is the place where you still can discover nature’s beauty one of a kind – in an unparalleled landscape. Lakes which are the remains of the glaciers of the great ice age and the fabulous views to the stunning alpine panorama under Upper Bavaria’s sky number among the most

beautiful spots in Bavaria. Magic forests and high moors.

Culture, too, plays a major role at Lake Chiemsee. Whether classical concerts in the magnificent Great Hall of Mirrors of Herrenchiemsee Castle, or typical Bavarian-style costume and old tradition evening events – there is a large variety to choose from suiting your taste. Apart from a wide selection of

events, culture certainly includes also numerous landmarks and places of interest. Some of the most famous highlights are the Lake Chiemsee Islands. An “absolute must” for every visitor of Lake Chiemsee is a visit of the Castle of King Ludwig IInd on Herrenchiemsee Island, including the picturesque fishing village on Frauenchiemsee Island inviting you for a romantic walk.



## Psychosomatic Medicine and Psychotherapy

Psychic and psychosomatic syndromes still are a taboo issue in our achievement-oriented society. For this reason, patients with psychosomatic disorders or stress-related syndromes do not communicate their suffering to be understandable for third parties. This way they will quickly find themselves in a vicious circle of anxiety and in fear their conditions will be discovered, and this again is followed by increase in symptoms.

Our Department of Psychosomatic Medicine and Psychotherapy supports our patients with scientifically proven methods of psychotherapy to leave this fatal downwards spiral of suffering and to strike a personally correct new path leading to physical and mental recovery.

### Acute inpatient treatment

Based on a new medical care contract signed with all statutory health insurance companies which was approved by the Bavarian State Ministry of the Environment and Public Health in July 2009, we obtained permission with immediate effect to provide acute inpatient treatment services to all patients covered under statutory health insurance.



Biofeedback



Individual Psychotherapy

### Therapy concept and therapeutic priorities

In our multidisciplinary and multimodal integrative therapeutic approach covering all methods, and with the focus on psychodynamic psychotherapy we apply therapeutic elements from various areas including behaviour therapy and behaviour medicine, bodyoriented therapeutic methods including those lifting and fostering creativity, pair and family

therapy including social therapy, depending on the individual clinical pictures in our patients. Our services are complemented with a special therapy programme for patients with eating disorders including a training kitchen and effective nutrition counselling.

Our therapists specialise in the treatment of patients with burn-out-syndroms and stress-related diseases,

Behaviour training



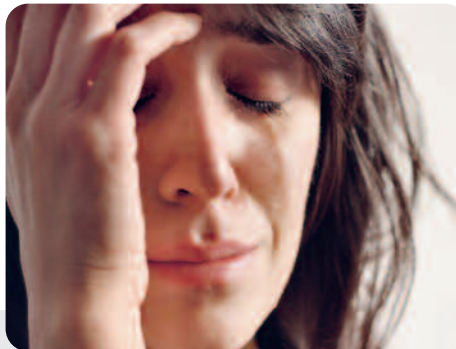


depression, anxiety and obsessive compulsary disorders, somatoform disorders, psychic trauma, adaptation and stress-related disorders, chronic pain conditions including a therapeutic programme how to effectively cope with tinnitus.

### Psychodiagnostics

Our understanding of psychodiagnostics is the systemic application of an extensive computeraided psychodia-

gnostic programme including the application of biofeedback procedures for diagnostic purposes. Taking medical, psychological, psychiatric, sociomedical and therapeutic aspects in every individual patient into consideration with an holistic approach, process diagnostics are applied in clinical psychotherapy including initial measurements, behaviour measurements and final measurements, thus serving as quality assurance of our work.



### Therapy programme and our department team

Our treatment programme averages between 4 to 6 weeks in terms of an inpatient short-term therapy integrating multiple methods in psychotherapy on an inpatient basis. Our team members of psychotherapists are specialists in psychosomatic medicine, psychiatry and psychotherapy, board-accredited psychologists, movement and creative arts therapists, physiotherapists, social education workers, nutritional consultants and co-therapists.



### Inpatient-based therapeutic methods

We provide single sessions and group sessions in the following psychotherapeutic treatment methods several times per week:

- depth psychology-based and psychoanalytic psychotherapy
- cognitive behavioural therapy
- pair and family therapy
- relaxation methods including autogenous training or progressive muscle relaxation
- computer-aided biofeedback methods
- movement and dance therapy
- creative arts therapy
- music therapy
- stress relief exercises (autogenic training, progressive muscle relaxation)
- co-therapy
- nutritional counselling with training kitchen
- social therapy
- Sports and Physiotherapy



This is complemented by indicative group psychotherapy to learn to cope with stress including self-assurance training programmes, anti-depression groups.



Specific therapy modules for the successful management of symptoms including:

**Key aspect: depressive disorders**

In line with the biopsychosocial explanatory model that we use, the development of any depression represents a coincidence of genetic, psychostructural and psychosocial stress factors which are to be weighted on a variable basis for each individual patient. These multifactorial events are taken into account by our integrative treatment

concept in specifying for each patient his individually tailored therapy design consisting of cognitive behaviour therapy, depth psychology and psychodynamic psychotherapy, interpersonal psychotherapy and supportive psychopharmacotherapy.

**Key aspect: burn-out syndrome and psychovegetative exhaustion syndrome**

Stress-induced exhaustion syndromes including “energy deficit syndromes” are often found in individuals with a high sense of responsibility and pro-

nounced sense of duty (e. g. teachers, police officers, firemen, aircrews and executive staff members), when they are confronted in job-related cases of critical stress. We support our patients to successfully overcome these symptoms by integrating job-specific elements as part of their therapy plans, biofeed back methods, creative therapy and exercise therapy, stress relief exercises and techniques and in addition specific techniques of psychotherapy.



### **Key aspect: anxiety disorders**

The generalised anxiety disorder, panic attacks and phobias are counted among the frequently occurring psychic clinical pictures. The neurobiological and psychosocial disposition in combination with stressful personal life events are generally responsible for the development of these clinical pictures. We apply specific methods of cognitive-behavioral therapy in combination with psychodynamic treatment methods, self-confidence training, stress relief techniques including biofeedback

methods to successfully manage the “vicious circle of anxiety” (e. g. the fear of fear itself with avoidance behaviour).

### **Key aspect: eating disorders**

Our psychotherapeutic treatment approaches are focused on the overweight and normal weight patients with eating disorders. A special combination therapy consisting of elements of cognitive-behavioral therapy, depth psychology, exercise therapy, couple and family therapy including nutrition counselling with a training kitchen support and assist our patients to overcome their disorders and to learn how to maintain a healthy relationship to food. Since the opening of the **Priener Adipositas Zentrum (Prien Obesity Centre)** in May 2009, our significantly overweight patients can benefit from our established 52-week clinic-based outpatient weight reduction programme.

### **Key aspect: posttraumatic stress disorder (PTSD)**

Patients with psychic trauma as a result of severely stress situations (e. g. natural disasters, combat operations, rape and accidents) frequently suffer from acute stress reactions, adaptation disorders and particularly from posttraumatic stress disorders (PTSD). We support our psychologically traumatised patients to overcome their trauma effects within the scope of an individually tailored and trauma-specific therapy programme, including multidimensional psychodynamic trauma therapy (MPTT), behaviour therapy and in particular cases with EMDR therapy (eye movement desensitisation and reprocessing therapy).

## Internal Medicine

In the specialty area of Internal Medicine we mainly focus on indications including

- diseases of the metabolic system including Diabetes mellitus, overweight, gout, lipometabolism disorders
- gastroenterologic diseases including ulcer disease, irritated colon (Colon irritable), chronic inflammatory bowel diseases (Colitis ulcerosa, Morbus Crohn), for instance following gastric or colon surgery.

- cardiovascular diseases including coronary heart disease, condition post infarction, bypass operation, PTCA/stent, hypertension, occlusive arterial disease, circulatory disorders.

Patients with renal insufficiency can be treated in the nearby renal dialysis centre.

Our diagnostic technologies feature: ECG, long-term ECG, 24-hour blood pressure monitoring, pulmonary function test,

sleep apnea screening, X-ray systems, laboratory, sonography (abdomen, thyroid, vascular, joints) colour Doppler echocardiography, colonoscopy in cooperation with Prien Hospital.

Our patients are treated by a team of physicians, nursing teams, psychologists, physiotherapists, sports trainers, exercise trainers, masseurs and medical balneotherapists, dietitians and diabetes assistants including ergotherapists following an individually tailored programme



which after the admission interview will be developed based on the results of diagnostic evaluation.

The holistic approach considering the potential basic disorders beyond the presently existing complaints is just as important as the patient's active compliance.

Apart from activity programmes including cardiovascular sports, beneficial exercises for the circulatory system including

monitored cycle ergometer training, we focus on information and education programmes including diabetes education (type I, insulin-dependent and insulin non-dependent type II), weight loss programmes, nutrition education in low-cholesterol diet, and the training kitchen to suit the action to word.

Within the scope of special medical services, we provide additional medical treatments including the fasting cure according to Dr. F. X. Mayr. The osteo-

pathic medicine is most significant for the solution to dysfunctions of joints, muscles and their fasciae and internal organs.

The Traditional Chinese Medicine is an effective therapy for pain syndromes, chronic intestinal disorders and stress. All these measures contribute to the healing process.





## Orthopaedics

We treat general orthopaedic disorders and provide rehabilitation services and post-hospital curative treatment programmes following spine surgery, following shoulder, hip joint and knee replacement surgeries and following surgery of post-accident injuries.

Our teams of physicians, psychologists, physiotherapists, sports and exercise trainers, masseurs and balneotherapists, including nursing staff and occu-

pational therapists treat our patients following an individually tailored program, which will be developed after the admission interview through the physician, based on the results of the diagnostic investigations performed. The holistic approach, not only considering the present complaints but also the potential basic disorders, is just as important as the patient's active compliance.



Our main focus is put on manual and osteopathic medicine. Our senior consultants are lecturers of the corresponding academic medical and specialty medical societies, holding not just external but also internal advanced training sessions. This is on one hand to the benefit of our therapists, and our patients on the other hand can be sure to be in good hands.

#### Physical Medicine

The classic pillars of physical medicine are physiotherapy (remedial gymnastics), massage, electrotherapy and balneotherapy including Kneipp's hydrotherapy.

Sports therapy is an additional pillar with increasing importance. Our patients are encouraged to be proactive in actively training their cardiovascular system and to keep the muscles fully

functional, even after rehabilitation treatment has ended. As soon as our patients are convinced about the merits of self-check exercises, and of the motivation to do them on a regular basis, as a consequence therapy results will significantly improve and increase.



First class patient room

## Ambiance

Medical Park sets high value not only on excellent state-of-the-art medical technologies.

Knowing that the most favourable pre-condition in recovery of our patients is an optimum of mental health and well-being, we provide an environment where our patients beyond treatment and therapeutic sessions can feel "home away from home".

Sensitive attendance and care are complemented with courteous and attentive service. We provide our patients which we comprehend of being our guests, with a healthy, well-balanced upscale cuisine, spacious rooms with high-quality interior design and premium furniture, snug and cozy Bavarian-style restaurants, inviting indoor and outdoor cafes, elegant lounge areas, a wonderful park-like

outside space with direct access to the spa gardens with its Kneipp facilities, and there are many more locations inviting you to unwind and relax your mind.

We cordially welcome you!



## Leisure activities

The most popular tourist attractions in the Chiemsee region certainly are the dream-struck mountains and mountain pastures. Whether Kampenwand, Geigelstein or Hochfelln, guided mountain tours and wonderful designed nature trails invite you to experience memorable moments. The view from the mountain peaks down the valley on Lake Chiemsee is a unique and unforgettable experience.

And there are no limits for sportive ambitions. Pick your choice in swimming, sailing or rowing, playing golf or tennis, cycling or mountainbiking, paragliding, guided mountain tours including skiing (downhill and cross country) in wintertime.

## Certification



Medical Park Prien Kronprinz is contractual partner of

- national statutory health insurance providers
- national private health insurance providers
- national statutory pension insurance providers

We provide services in accordance with § 40 SGB V linked with § 111 SGB V:

- rehabilitation and treatment programme (therapy)
- post-hospital curative treatment (AHB/AR)
- outpatient rehabilitation services

Medical care contract according to §§ 108/109 SGB V (Social Security Code V) for psychosomatic medicine and psychotherapy.

Medical Park Prien Kronprinz is a private hospital in accordance with § 30 Gewerbeordnung (trade regulations).

Services provided by Medical Park Prien Kronprinz are eligible for financial assistance in accordance with § 6 No. 6 und § 7 of the financial assistance regulations (BHV)

For information or reservation from Germany, please contact central reservation services

Phone +49 (0) 800/6 33 72 75

Fax +49 (0) 800/2 17 17 17

For information or reservation from outside Germany, please contact central reservation services

Phone +49 (0) 89/99 82 91 11

Fax +49 (0) 89/99 82 91 22

Physical address:

Alte Rathausstraße 9

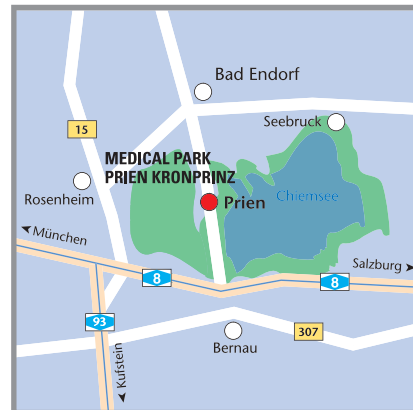
83209 Prien am Chiemsee (Germany)

Phone +49 (0) 80 51/6 08-0

Fax +49 (0) 80 51/6 32 18

[www.medicalpark.de](http://www.medicalpark.de)

E-Mail: [prien-kronprinz@medicalpark.de](mailto:prien-kronprinz@medicalpark.de)



MEDICAL PARK PRIEN KRONPRINZ can be reached via Autobahn (motorway) A 8 (Munich/Salzburg), get off the motorway taking exit Bernau, and follow the road into the direction Prien, or by train, (Intercity Train Station Prien).



Recovery and an overall sense of well-being in a dream location