

# arkadis

gemeinsam  
lebensqualität  
schaffen

Our comprehensive range of therapy and counseling services includes the following offerings:

- Occupational therapy
- Early curative education
- Early speech therapy
- Multisystemic counseling
- Counseling for mothers and fathers
- Neonatology
- Physiotherapy
- Psychomotor education therapy / movement-emotion therapy (BEEMO therapy)

Find all details about our services in housing, work, and leisure at [www.arkadis.ch](http://www.arkadis.ch).

## **Olten**

Stiftung Arkadis  
Aarauerstrasse 10  
4600 Olten  
Phone 062 287 00 00  
Fax 062 287 00 16  
[msb@arkadis.ch](mailto:msb@arkadis.ch)  
[www.arkadis.ch](http://www.arkadis.ch)

Account for donations  
46-5000-6

## **Breitenbach**

Stiftung Arkadis  
Therapie und Beratung  
Bodenackerstrasse 9  
4226 Breitenbach  
Phone 061 781 31 50  
[msb@arkadis.ch](mailto:msb@arkadis.ch)

# arkadis

gemeinsam  
lebensqualität  
schaffen

## Multisystemic counseling



### **Multisystemic counseling**

Multisystemic counseling focuses on families – viewed as a unit – as well as on individuals, i.e., parents, children, adolescents, and couples. We particularly focus on children and adolescents and maintain channels for them to contact us directly without having to go through their parents or schools. Our counseling range covers a variety of social, psychological, family, educational, and professional issues.

A multisystemic approach means that we include the social systems relevant to the individual or to the family. This allows us to pursue a preventive approach where challenges may arise, or to provide care when challenges have already occurred. We consider the current level of knowledge of those affected in order to meet their individual needs.

### **Our counseling approach**

We rely on effective and efficient support and coordination during the collaboration. We work in alignment with the resources available to the respective individual. Interdisciplinarity, i.e., the cooperation between different disciplines, ensures customized and professional counseling in a quick and target-oriented manner.

### **Target groups**

We offer counseling on a vast range of subjects to avoid the risk of people falling through the “cracks” with their own life issues. Find a non-exhaustive list of subjects below.

#### **Target group families**

- Strengthening parenthood in various subjects
- Strengthening parenthood among immigrant parents (family, everyday life, and school issues)
- Challenging situations in the couple relationship related to parenthood
- Counseling for families as a whole or for their individuals – parents, children, adolescents, couples
- Crisis support in cases of deterioration during the counseling process – grief, life crises, development crises, overload, burn-out of professionals, or similar issues

#### **Target group adolescents**

- Strengthening in identity/development/sexuality and peer matters
- Strengthening financial skills
- Building bridges between parents/school/apprenticeship company
- Supporting care leavers during their transition to independent lives
- Individual issues, from “lost” to “I’m back on track!”

#### **Target group school management, teachers, school social workers, or specialist departments**

- Complementary counseling: Specialist coaching and case counseling

### **Contact**

Contact us directly at [msb@arkadis.ch](mailto:msb@arkadis.ch) or call 062 287 00 25.

### **Costs**

Multisystemic counseling costs CHF 150 per hour. Five counseling sessions are available free of charge for residents of the Untergäu social region.