

The Social Clinic



Applicant Information

Organization name

Czech Institute for Biosynthesis (CIB)

The Social Clinic

Address: Eliasova 21, 160 00 Prague 6, the Czech Republic

www.socialniklinika.cz, www.biosynteza.cz

Phone/Fax: +420 776 688 922

Legal Form: Civic Association

Date of Incorporation: 4th December 2007

Identification Number: 22687459

Bank Details: Bank account: 219485874/0300

Statutory Representative: PhDr. Barbora Janečková, Ph.D. (president of CIB's board)

barbora.janeckova@socialniklinika.cz, +420 777 206 525

Contact Person: Mgr. Anna Audrlická (director)

anna.audrlicka@socialniklinika.cz, socialniklinika@socialniklinika.cz, +420 776 688 922

Information about activities of our organization

The subject introducing the project (CIB, see www.biosynteza.cz) is a respected training institute in the Czech Republic. In addition, the institute offers psychotherapeutic services to a wide spectrum of individuals in difficult and demanding life situations. Since 2008 it has been supervising education for future therapists in biosynthesis. With this aim, CIB has been organizing psychotherapeutic trainings lead by both Czech and international trainers. Its psychotherapeutic trainings are accredited by the Czech Ministry of Health. CIB is a member of International Institute for Biosynthesis. It has also been accredited by the prestigious European Association for Psychotherapy. CIB has taken part in projects applying biosynthesis out of the range of psychotherapy, e. g. in the basic education and social areas, in cooperation with health care assistants or nurses. CIB has long-standing experiences in training programmes and supervisions for both attendants and graduates of psychotherapeutic trainings.

CIB has established and applied the idea and concept of The Social Clinic. The clinic is a response to the current state of health care system in the Czech republic, where therapy covered by the national health care insurance is by far not available in the extent needed, with the number of clients considerably exceeding the therapists' capacity. The aim of the social clinic is to provide quality psychotherapeutic services to individuals in demanding life situations who cannot afford to pay for their therapy beyond the spectrum of covered health care.

Name of the Project: The Social Clinic

Project Description (brief summary of the project and the aims)

The aim of the social clinic project in the next 12 months is to ensure quality psychotherapeutic care for at least 100 individuals in a burdensome life situation (note: the project is submitted for a limited time period, nevertheless we plan to run the social clinic in the long term). **Our supposed clients whom we aim to help are individuals who have suffered violent treatment or were aggressively handled by other people – both by close and unknown ones – having interfered into their personal territory, having violated their feeling of security, disturbed their ability to lead a satisfying and satisfied life, or generally having put them in danger. We aim to lend support to at least 100 individuals by providing first-rate psychotherapeutic services at the social clinic.**

The output of the pilot phase of the social clinic (from March to August 2014) has showed that our therapists often work with clients' experiences with aggression and violence which they had to bear either as children or adults. The social clinic supposes it is not necessary to offer a detailed

description of the many negatives consequences of their experiences for their health, both physical and mental, well-being, and their trust in the world and other people (the social clinic is based on the value system of biosynthesis, see www.biosynthese.cz; biosynthesis representing a holistic psychotherapeutic approach respecting a modern concept of somatic psychotherapy). **That is why we – in the scope of this project – have decided to lend support to clients with the above described experiences.**

Needs and target groups of the project in the Czech Society

The social clinic project responds to the present situation in the Czech republic, when therapeutic sessions covered by the public health insurance are not accessible in the needed extent. Psychotherapeutic services covered by the public health insurance often are not adequate due to overloaded out-patient departments of psychology and psychotherapy and their limited time. Quality psychotherapeutic services in the Czech republic are financially very demanding (estimated 2 000 CZK a month). Psychotherapists cooperating with the public health insurance system are able to take up a limited number of patients and, what is more, the waiting period is intolerably long. The number of motivated clients significantly exceeds the capacity of the therapists providing psychotherapy covered by the public health insurance although a huge scope of research proved that a timely professional psychotherapy in demanding life situations significantly reduces the development of psychosomatic diseases and other health-related problems. A timely psychotherapy (e. g. after a trauma) promotes a more prompt recovery and a more ready coping with everyday-life and with its demands both, on personal and social levels.

The clients of the social clinic tend to be individuals actively searching solutions to their problems, being motivated to enhance their life with the help of psychotherapy. Further on, the social clinic's clients tend to actively solve their problems, they are motivated to work on themselves by means of therapy. They usually can see the connection between their problems in the present and violent and aggressive situations in the past (sometimes in the present as well) and they are not willing to keep behaving in the pattern of their past. They do not want to be restricted by their experiences in the present nor in the future. Nevertheless, they face other demanding problem: to find a quality psychotherapeutic support and attendance because this kind of service is costly, therefore both people from the lower socio-economic class and people facing existential difficulties cannot afford to pay for their therapy, or are not able to pay a long-term therapy to have the desirable effect (to recover well-being, health, and personal relationships, to have a chance to find a better job).

The social clinic is based on the idea „help with your heart“ (because each of us has got one). It aims to offer and provide client with quality psychotherapy for a symbolic payment. Each client decides how much she or he is able to pay for her or his therapy. Their payments (our clients usually pay 100 CZK for one therapeutic session lasting 60 minutes) symbolize their willingness to work on themselves and their commitment to initiate changes in their lives. Their optional payments are co-invested in professional support for the therapists cooperating with the social clinic (supervisions, further education).

Outcomes

Psychotherapeutic services provided to a minimum of 100 individuals within the next 12 months.

110 accomplished admission screening interviews with potential clients. Following each screening interview a written report is included. 100 individuals were accepted to initiate psychotherapeutic sessions at the social clinic.

1200 psychotherapeutic sessions (each client from the 100 admitted ones will be provided with twelve 60-minutes therapeutic sessions).

4 group supervisions for 40 – 60 therapists (one group supervision lasts 3 hours).

40 - 60 individual sessions for 40 – 60 therapists (one individual supervision lasts 60 minutes).

Benefits of the project

1. Individuals who were faced or have been facing violence and aggression from other people, being in a demanding situation which does not enable them to pay for their therapy can be provided with therapeutic help despite their inability to pay for this kind of help. Further on, despite their disadvantaged situations they have a possibility to work through their traumas a search for healthy outcomes and processes supporting their well-being.
2. Attendants of the biosynthesis training and other psychotherapeutic methods can practice their therapeutic skills in an environment supported by superior supervision sessions and continuous support in developing their professional knowledge and skills from more experienced colleagues.
3. The concept of the social clinic spreads the idea of „help with your heart“, offering a part of one’s time to help and support people in need who have been unlucky. Last but not least, the concept supports the belief that it is necessary to find rewarding energetic balance, to balance giving and receiving.

Ethical principles, methodology of offered services

Providing quality psychotherapeutic services by experienced therapists.

- A professional guarantee of therapeutic sessions by graduates of the biosynthesis training.
- Providing professional supervision to all therapists cooperating with the social clinic.
- Providing continuous and further education to all therapists – based on their real needs – cooperating with the social clinic.
- The possibility to provide free or symbolically paid psychotherapy to people who cannot afford to pay the full price at the moment.

The services of the social clinic are provided by both experienced therapists with many years of practice and by attendants of the biosynthesis training (www.biosynteza.cz), namely attendants in the end phase of the training (lasting two years), i. e. after finishing a three-year self-experience phase, having been educated in the theory and practice of the biosynthesis method. The attendants co-operating with the social clinic welcome the idea of „help with your heart“. They are willing to invest their time to support and help people who have been unlucky.

The therapists cooperate with their clients **free of charge** due to their belief that an energetic balance between giving and receiving is important. They believe that personal satisfaction and fulfilment in life come with meaningfulness and usefulness of what we do. They came to believe that when providing therapeutic services for regular payments in their private practice, to reach a good balance they can afford to cooperate with a specific number of their clients free of charge (each therapist of the social clinic decides for herself or himself how many clients she or he cooperates with free of charge). People connected with the social clinic believe that clients who have been „receiving“ now, will be able to „give“ in the future to other people, to someone else. They believe that giving from their hearts helps to create balance in their own life. The number of therapists working at the social clinic (40) and those interested in cooperating with the social clinic shows that our society slowly overcomes the belief that someone will take care of us and has been coming to see that it is crucial to be responsible for what we live in, with whom and how.

Thus, the therapists receive no payments for their services. Nevertheless the philosophy of the social clinic is to **provide high-level services of superior quality**. This kind of service can be provided only by people/therapists who have been attending gradual education in the areas of their competencies. That is why the concept of the social clinic essentially includes professional support for the social clinic’s therapists, especially by arranging and guaranteeing professional supervisions, enabling further education, offering residencies at cooperating social clinics abroad.

Budget - Financing

The total budget of the project for the minimum of 100 clients reaches 888 400 CZK. The Social clinic has grant from Foundation of Karel Janeček, gifts from private donators and we are negotiating for other two grants.

Other activities realized during the project, promotion

- 1. Admission interviews with applicants:** a potential client of the social clinic sends a filled-in application form. The form is available at <http://socialniklinika.cz>. Next, the director of the social clinic contacts him or her. The potential client attends a screening interview led by an experienced therapist (not by an attendant of the later stages of the therapeutic training). The aim of the interview is to specify the needs of the potential client and to assess the best possible service for him or her (psychotherapy, psychological counselling, coaching etc.). The therapists executing screening interviews (a team of 8 professionals) account for executing and assessing the interviews with potential clients, they take part in „pairing“ clients with therapists, meaning they try to find the best combination of the needs of the clients and the knowledge, personality and experience of the therapist. After the screening interview the therapist writes a report including key information provided by the applicant, assessing and recommending the best service to his or her (the social clinic's or other services). In case the therapist does not recommend the social clinic's services, he or she states what kind of help may the client profit from. When the applicant is recommended for the social clinic's services, the director of the social clinic signs a written contract with him or her and a specific therapist is assigned to the future client (now, the therapist may be an attendant of the biosynthetic training in the last stage – a supervision one – of the training). If the screening therapist finds out that the applicant does not fall into the aim group of the social clinic he or she offers the applicant a contact to another organisation with optimal services for him or her.
- 2. Education for the social clinic's therapists** – proficiency seminars and workshops (e. g. crisis intervention) and group meetings enabling sharing and communication the therapists' experiences from the therapeutic sessions with their clients.
- 3. Supervisions (both individual and group ones)** for the social clinic therapists, organized and led by therapists with long-term and wide-range experiences in a direct psychotherapeutic cooperation with clients.
- 4. Highly guaranteed quality and professionalism of all services** provided to the social clinic's clients. The guarantee is ensured by a professional warranter–specialist of the social clinic.
- 5. Evaluating of feedbacks from clients** whom the services of the social clinic were provided to.
- 6. Continuous evaluating of feedbacks from therapists** providing services to the social clinic's clients.
- 7. Advertising the social clinic's services to the public**

The public has been informed about the services of the social clinic by means of the web sites www.biosynteza.cz and www.socialniklinika.cz and with the help of social networks. Next, a press release will be published with the help of Petr Třešňák, a member of the editorship team of the magazine *Respekt*. The magazine is a godfather of the social clinic project. The press release will be published recurrently, at the beginning and at the end of the duration of the handed-in project. Based on the pilot stage of the social clinic project, the core members of the social clinic were interviewed in the television morning programmes. The core members suppose there will be at least one possibility to take part in another medial presentation (e. g. CT1's programme „Sama doma“ (word-for-word translation „Alone at home“) for women, or CT1's „Studio 6“ covering news). The web sites are going to, with the of consent the clients of the social clinic, publish their feedbacks. The professional public will be informed at the meeting of non-profit organisations, which the social clinic is going to organise once a year. An article about the project is going to be published in the professional magazine *Energy & Character International Journal of Biosynthesis*. The Czech social clinic's experience are also going to be shared by the Lisbon Institute for Biosynthesis.