

# What is Psy-RENA?

The abbreviation **Psy-RENA** stands for psychosomatic rehabilitation aftercare.

The aftercare takes place in the form of **group sessions** that help you apply the strategies learned during rehabilitation in everyday life and in your professional life.

Our Psy-RENA program also helps you enhance your **stress management, conflict resolution, and self-management skills**.

## Who is Psy-RENA suitable for?

You can participate in the aftercare program if you are **currently in rehabilitation** or have completed it within the **last three months**.

To register for the aftercare program, you also need a **recommendation** from your treating physician in rehabilitation. Feel free to ask them about it!

# Contact

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# Psy-RENA

## Aftercare following rehabilitation



PROF. DR.  
YOUSSEF SHIBAN

Psychological  
psychotherapist

## About me



Hello!

My name is Youssef Shibane.

I am a psychological psychotherapist specializing in cognitive behavioral therapy and a professor of clinical psychology and psychotherapy at the Private University of Applied Sciences Göttingen (PFH).

Here, I teach, conduct research, and provide psychotherapy.

## How do the sessions proceed?



Our Psy-RENA program consists of group sessions with groups of **up to 10 people**. The sessions take place in my practice in Göttingen every **Tuesday or Wednesday from 4:30 PM to 6:00 PM** depending on the group.

The aftercare includes **25 group sessions** and **two individual sessions**.

Please note that the group sessions are conducted exclusively in **German**.

## Further Information

### What does participation cost?

The costs for the Psy-RENA program are **fully covered** by the German Pension Insurance (Deutsche Rentenversicherung, DRV), so there are **no costs** for you. Additionally, travel expenses can be reimbursed with a flat rate of €5 per session.

For more information, you can also visit my website:

<https://psyrena.de/therapeut/prof-dr-shiban-youssef-goettingen>

### Take the first step!

Contact us using the phone number or email address provided on the back and sign up for our aftercare program!

"Traveler, there is no path,  
you make the path as you walk."

- Antonio Machado, Poet