



Welcome to the English language TuBF page!

We would like to briefly present our services:

Counseling and Therapy

We offer both psychological counseling and therapy for women. Women can come to our open counseling sessions without having previously arranged an appointment.

You may attend up to two counseling sessions free of charge during the open counseling session times. If needed, we may subsequently recommend a longer-term support in the form of a counseling session series or personal therapy; for lesbians, couple therapy is also available.

All counselors and therapists are bound to professional discretion; you may use our counseling and therapy services anonymously.

Open counseling session times are:

Monday, Thursday 10:00 a.m. – 12:00 p.m.

Tuesday, Thursday 6:00 p.m. – 8:00 p.m.

The **costs** of one therapy hour amount to between €40 and €70, income dependent. Students at the University of Bonn can make use of therapy and counseling session series for a reduced price under certain preconditions as per agreement with the University of Bonn AStA (student council). If certain preconditions have been met, it may also be possible for the City of Bonn to absorb counseling or therapy costs for women with lower income registered in Bonn.

Intercultural Counseling

The TuBF is open for counseling women with diverse background experiences. Women who live in a bi- or multicultural context do differ from one another as regards age, reason for migration, residence status, culture of origin, first, second or third generational status, sexual orientation, religious affiliation or educational background. Despite all of these differences, there are factors which are often shared by women from multicultural backgrounds:

- biographical disruptions
- distress and homesickness
- great improvisational talent
- problematic conditions for work and life
- experiences with discrimination and disappointments
- linguistic difficulties and troubles expressing themselves adequately
- crisis-tested social and self management

These experiences require one to draw upon one's own strengths and to devise diverse strategies for surviving and developing new perspectives. We would like to support women in

also using their own life situation for themselves as a unique source of diversity and in mobilizing their resources.

Our counselors/therapists have continued (in part with educational programs of several years) to develop their intercultural competencies and offer culture-sensitive counseling.

Women have the opportunity of being counseled by a counselor with or without a migration background.

If women would like to talk to a Turkish speaking advisor, they can contact Frau Avci by telephone.

Ayfer Avci

Psychologist (Diplom), born in 1974 in Duisburg and currently residing in Cologne. Basic education in Rogers's client-centered psychotherapy. During her studies she worked as an advisor to the Autonomous Disabled Students Group of the AsTA (student council) at the University of Cologne for several years.

Lesbian and lesbian couple counseling

In this area, together with our counselors Ursula Saschek, psychological psychotherapist, and Margret Terweiden, educationalist (Diplom), we offer open-door and professional counseling for lesbian and bisexual women, or for women concentrating in some way on the topic of sexual orientation. Lesbian and lesbian couple counseling are offered Thursdays from 6 p.m. – 8 p.m.. During these counseling session times, counseling sessions (in German language) are possible without having previously arranged an appointment both for individual women, as well as for couples.

Motives for counseling could include the following:

- requests for information about meeting points or other activities of lesbian subculture
- coming-out problems
- personal and professional conflicts or crises
- sexual orientation problems in society
- relationship conflicts
- interest in receiving couple counseling
- interest in receiving a longer-term counseling session series or therapy
- issues concerning transidentity, transgender or bisexuality

Counseling by and for Women with Disabilities

Women with disabilities have a unique life situation due to, on the one hand, their gender, and, on the other, their disability. The psychologist Ayfer Avci, who lives with a physical disability herself, offers counseling sessions for women with disabilities. Counseling can be performed in German or Turkish.

Counseling issues may include:

- sexuality and partnership
- body awareness and body image
- exposure to discrimination, marginalization and other burdens
- disabilities and university
- desire for a self-determined lifestyle
- development of professional and personal prospects

- questions concerning information and opportunities for support (application for assistance, integration assistance for a university visit, etc.)

As the TuBF is only conditionally accessible for wheelchair users (elevator size: 92 cm deep and 98 cm wide, no wheelchair-accessible washroom), we ask that you call ahead if assistance is required. A handicapped parking space in front of the building and a ramp are also available.

Job related coachingfor women (in german or dutch)

Globalisation and the worlds economic crisis, determine the demand for jobs and communication structures in companies and work teams. Great personal commitment and a high level of autonomy within the workplace, can inspire as well as burn out. Company philosophies, such as having own personal responsibility and a certain amount of flexibility are a double edged sword because opportunities and job pressures are not always balanced.

Therefore questions about professional and personal self image arise, such as:

- How can I regain or maintain my enthusiasm and contentment for the job?
- How do I assess my successes and failures?
- How do I find a happy medium between benchmarking myself and my solidarity with my colleagues
- How do I respond to the ever changing pressure to prove myself in all areas of my life

Questions like these can be discussed in our individual coaching sessions and the answers can be formulated to you own personal needs.

The consultations can be carried out anonymously and confidentially. Appointments can be made for these sessions. The first consultation is free. Future coaching sessions cost between € 60 and € 90.

The coaching team:

Monika Konczulla:	born 1964, qualified psychologist, theologian, gestalt therapist, coaching
Margret Terweiden,	born 1954, qualified teacher in drama, focusing and coaching

Legal Information

Every first and third Wednesday per month from 5 p.m. – 7 p.m. legal information (*in German language*) will be made available in the TuBF. A female lawyer is available to personally answer your questions regarding family law, and on select dates also regarding immigration law. Please call us for further details if interested.

Telephone Hours

are Wednesday, 4 p.m. – 5 p.m. (*in German language*). You may also leave us a message in English or Turkish. We will gladly return your call and also offer information about other supportive institutions (provided that they also offer services in non-German languages) within the counseling framework.

You can contact us via **email**, also in **Turkish or English language** at **info@tubf-frauenberatung.de**. We will then respond in kind as soon as possible.

The TuBF Team:

Our method can be essentially characterized by four factors:

Self-determined working style

Autonomy concerning organization and content makes it possible for us to combine qualified work with democratically oriented structures. Independent and self-determined practical work is backed by mutual decision-making processes in conceptual topics. Regular team supervision by an independent supervisor and our own interest in debate and transition enable us to collaborate with solidarity in a satisfying and professional way.

Professionalism and Development

Our cooperation is geared towards mutually assuring the quality of our counseling and therapy. Qualified trainings, regular advanced trainings, helpful supervision and attentive use of our resources secure a high standard of work. A permanent working group for therapeutic and political topics serves to broaden our feministic competencies.

Network

We are a member of “Registered Umbrella Organization of autonomous Women’s Counseling Centers (e.V.)” and in the DPWV. Furthermore, we are connected with groups and organizations both local and supra-regional concerned with specifically women, lesbian and intercultural issues.

Variety of Methodology

The methodological spectrum of the TuBF consists of the following qualifications: conversation therapy, Gestalt therapy, focusing, psychodrama, systemic family therapy, “Somatic Experiencing” trauma therapy and Shiatsu. In addition to the various therapeutic qualifications, pedagogical, theological and traditional healing disciplines provide a discreet background setting.

Where you can find us:

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