



PSYCHOTHERAPY AND
CROSS-CULTURAL STUDIES CENTER
FOR MIGRANTS

www.pluriels.ch

Organization in special consultative status with
the Economic and Social Council since 2014



Pluriels

Pluriels is a non-profit association established in Geneva, since July 1995, with a branch office in Meyrin, since 1999.

Pluriels brings together health professionals with an interest in cultural diversity and its implications.

For patients

WHAT FOR ?

Facing the challenges of life and all its changes, it can be normal to experience difficulties such as :

- The feeling of not being understood, of not belonging.
- Changes due to relocation can be confusing, destabilizing, and potentially traumatizing.

- Anxiety, distress, sadness, loneliness, isolation.

- Social, professional, academic, family or marital problems.

- Psychotrauma.

Talking to a professional is, already, the beginning of a solution.

That's why *Pluriels* is here

FOR WHOM ?

Anyone, male or female, young or older, couples, families or individuals, whose main cultural frame of reference is not the one of Switzerland as well as their relatives.

HOW ?

We propose :

- Therapeutical consultations and counselling for international workers.
- Short-term therapies for situations of loss, depression, culture-shock, racism, burn out, mobbing.
- Couple and Family therapy : a specific attention is given to spouses for we recognize and acknowledge the complications they may experience.
- As well as their children : when growing up amongst worlds gets confusing.

**Psychologists will see you,
by appointment.**

**For sessions on a once-off or
longer-term basis for individuals,
couples and families.**

We work in many languages and can call on our interpreting service.

Plusiels is here for you

For professionnals

OUR SERVICES :

- Short-term therapies for situations of loss, separation, depression, grief, culture-shock, racism, mobbing, family entry and settlement, etc.
- Special therapies for victims of organised violence - and those close to them.
- Psycho-social interventions : conference, workshops, group facilitation (community therapy A. Barreto), supervision and training for staff working in the field of migration.

WHERE ?

Downtown

15, rue des Voisins (3rd floor)
Case postale 20
1211 Genève 4
Tél./Fax +41 (0)22 328 68 20

Meyrin

Gilbert Centre
2 bis, rue de la Prulay
1217 Meyrin
Tél. +41 (0)77 457 49 95

Reception

+41 (0) 22 328 68 20

Mon - Fri 9.30am – 12.00am
pluriels@pluriels.ch

Consultations : by appointment.

Fees : dependant on resources
of client. We are refunded by
complementary health insurance.

If you wish to become a member of Pluriels, a one-year subscription costs Fr. 50 (individual) or Fr. 80 (institutions). **CCP 12-15583-5.**

With the support of :



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