

WELCOME TO THE HEART-BASED CENTER BASEL

Heart-based. Structured. Here for you.

# Offer for individuals

At the Heart-Based Center, I offer psychotherapeutic support for adults navigating challenging phases of life. My therapeutic approach combines methods from cognitive behavioral therapy with a heart-centered and mindful attitude.

You – your story, your goals, and the obstacles on your path – are at the center of our work. Together, we create a space where your experiences are taken seriously and where new perspectives and strategies can emerge.

Whether you are dealing with stress, anxiety, relationship issues, emotional exhaustion, or major life transitions – we work together to find clarity, strengthen your confidence, and reconnect with your needs and values.

Psychotherapy, in this context, is not only about solving problems. It is also about developing inner clarity, growing emotionally, and coming back into contact with what truly matters to you.

I work with individuals in both German and English. My focus lies in the treatment of anxiety, depressive moods, and emotional exhaustion. Another key area is support through developmental crises – such as career transitions, relationship challenges, or feeling stuck. Common themes in therapy also include difficulties in managing intense emotions and stress, social challenges, and issues related to low self-esteem.

## What therapy can offer you:

- **Orientation:** Understand what is going on beneath the surface — emotionally and behaviorally.
- **Perspective:** Recognize patterns that keep you feeling overwhelmed or stuck.
- **Relief:** Reduce symptoms of stress, anxiety, or emotional strain.
- **Structure:** Build effective coping tools you can actually use in everyday life.
- **Support:** Work through life's challenges in a space that is respectful and non-judgmental.
- **Progress:** Set realistic goals and take meaningful steps toward change.
- **Empowerment:** The confidence to move forward with more trust in yourself

Therapy means stepping onto a clear, honest, and mindful path that we walk together. You bring your experiences; I bring structure, tools, and a commitment to understanding what matters to you. You are welcome to arrive just as you are.

Let us start where you are — and move forward from there.



[Contact me](#)

## Your psychologist:

**Selina Ackermann**

After completing my Master's degree in Psychology, I had the opportunity to engage in a multi-year PhD project at the University Hospital Basel, focusing on doctor-patient communication in emergency medicine. Following this, I spent 2.5 years in the United States, where I significantly deepened my English language skills. Upon returning, I continued working in academic research for several years.

Over time, however, my desire to work more directly with people and support them through emotional challenges became increasingly clear. This led me to pursue advanced training to become a federally licensed psychotherapist in Switzerland, with a specialization in cognitive behavioral therapy – an evidence-based and structured approach that resonates with me both professionally and personally.

I completed my clinical training at the outpatient clinic of the Psychiatric Services Baselland. In this role, I gained broad experience beyond individual therapy – from crisis intervention to leading a DBT group therapy program, and conducting forensic psychological assessments. A particularly meaningful part of my work was supervising junior colleagues. It made me realize how valuable it is to be present for others – with structure, clarity, and heart.

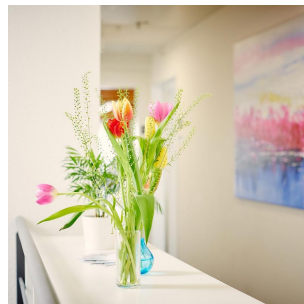
Today, I'm grateful to bring this wealth of experience to the Heart-Based Center – a place where professional expertise and authentic human connection go hand in hand.

[Contact me](#)



## The Heart-Based Center

The Heart-Based Center is a health center for heart-based medical and therapeutic counseling and support. Heart-based medicine is a skill that can be taught, acquired, and studied like any other specialty. The multi-professional team is guided by the philosophy and findings of the Heart-Based Medicine Foundation, which scientifically researches, validates and communicates the energy potential and healing power of love and human-centered medicine. The heart-based offer includes therapy, counseling and coaching.



## I look forward to seeing you

You can reach me at any time by e-mail:

[Send E-Mail](#)

For telephone contact:

[Call 061 555 11 11](#)

**Heart-Based Center Basel**

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