

Our Group Therapy Offers

Therapiepraxis Hagemeyer

Overview of group offers - entry possible at any time

Languages German and English	Group size max. 6 participants on site / 10 online, unless stated otherwise
Location Freiraum in a Box Boxhagener Str. 96, 10245 Berlin	Version May 2026

www.helenhagemeyer.de

Overview

All groups are offered in German and English. Depending on the group and available capacity, entry is possible at any time or on an ongoing basis.

No.	Group	Short description
1	ADHD Behaviour Training according to Lauth & Minsel	Online, ongoing, monthly entry possible
2	ADHD & Nervous System Regulation	Practical regulation for everyday life, body and inner stability
3	ADHD & Autism Spectrum / AuDHD	Therapeutically guided self-help group
4	ADHD, Shame & Masking in Relationships	Overcoming the hurdle of standing by yourself
5	SMUDGE! Creative Therapy	Art-therapy-oriented group offer in an occupational therapy setting
6	Coming into Your Strength	Self-worth, self-confidence and authentic living
7	ACT - Psychological Flexibility & Living by Your Values	Acceptance & Commitment Therapy
8	Self-Leadership in Relationship Dynamics	Self-regulation and trauma-sensitive nervous system competence

1. ADHD Behaviour Training according to Lauth & Minsel

Facilitator	Camille Darlin (they/them)
Qualification	Specialist for neuro-inclusion & ADHD behaviour trainer according to Lauth & Minsel
Format	Online, ongoing, monthly entry possible

Groups:

- Neurodivergence in female-socialised people
- Queer-sensitive group for neurodivergent people

Schedule - ongoing and weekly:

- Tuesday, 17:00-19:00 - Neurodivergence in female-socialised people
- Wednesday, 14:30-16:30 - Neurodivergence in female-socialised people
- Thursday, 10:00-12:00 - Queer-sensitive group for neurodivergent people

Apply directly to Camille Darlin: c.darlin@proton.me

2. ADHD & Nervous System Regulation

Practical regulation for everyday life, body and inner stability

Description:

This group is for people who identify with or move within the ADHD spectrum and would like to learn practical ways to better regulate their nervous system in everyday life.

The focus is on concrete, everyday self-regulation exercises. These include both body-oriented methods and strategies for daily structure. The group supports participants in becoming more aware of inner restlessness, sensory overload, overwhelm, tension or exhaustion, and in developing individual ways to regulate.

Facilitator:

Facilitator	Helen Hagemeier
Role	Practice director; couples and sex therapist; occupational therapist specializing in psychiatry and psychosomatics
Focus	Relationships, communication, neurodivergence and self-regulation
Lived experience	Lived experience of ADHD and the autism spectrum
Pronouns	no pronouns / deren / dessen

Format:

- On site or online
- 5-8 participants
- 10 sessions
- 105 minutes per session
- The group can be repeated several times if needed.

Topics:

- Body-oriented methods for nervous system regulation
- Grounding, orientation and stabilisation
- Working with inner restlessness and sensory overload
- Daily structure, transitions and routines
- Recognising early warning signs of overwhelm
- Strategies for exhaustion, stress and emotional overload
- Transfer into everyday life

This group is for you if you ...

- identify with or move within the ADHD spectrum, diagnosed or suspected
- often experience inner restlessness, overwhelm or sensory openness
- want to learn practical regulation methods
- want to structure your everyday life in a more nervous-system-friendly way
- want to try body-oriented and everyday strategies
- want to develop more stability, orientation and self-efficacy

Planned dates:

- Likely on Mondays
- Possible time slots: 12:00-13:45, 14:00-15:45 or 16:00-17:45

Scheduling:

- Day and time will be set according to registrations and the availability of the participants.
- If most interested participants can attend better on another day or at another time, the schedule can be adjusted accordingly.
- Additional dates are possible by arrangement and depending on group registrations.

Apply directly to Helen Hagemeyer: Therapie.Coaching.Berlin@gmail.com

3. ADHD & Autism Spectrum / AuDHD

Therapeutically guided self-help group for exchange, understanding and everyday practice

Description:

This group is for people who identify with or move within the ADHD and/or autism spectrum and who would like a protected, understanding space for exchange, reflection and shared learning.

The group is designed as a therapeutically guided self-help group. The focus is on participants' experiences: How does neurodivergence show up in everyday life? What challenges arise in relationships, communication, work, sensory processing, structure or self-care? What actually helps - and what tends not to?

In addition to exchange among participants, the facilitator regularly brings in professional input, reflection questions or agenda points.

Facilitator:

Facilitator	Helen Hagemeier
Role	Practice director; couples and sex therapist; occupational therapist specializing in psychiatry and psychosomatics
Focus	Relationships, communication, neurodivergence and self-regulation
Lived experience	Lived experience of ADHD and the autism spectrum
Pronouns	no pronouns / deren / dessen

Format:

- On site or online
- Therapeutically guided self-help group
- Once a week
- 105 minutes per session
- 5-8 participants
- Ongoing or as a fixed group possible

Topics:

- Exchange around ADHD, autism and AuDHD experiences
- Sensory processing, overwhelm and withdrawal
- Social exhaustion and communication
- Structure, routines and everyday coping
- Relationships, boundaries and needs
- Self-acceptance and neurodivergent identity
- Input and agenda points from the facilitator

This group is for you if you ...

- identify with or move within the ADHD and/or autism spectrum, diagnosed or suspected
- want to connect with other neurodivergent people
- want to understand and contextualise your experiences more clearly
- want to learn from others and share your own strategies

- would like a therapeutically guided, appreciative group space
- want to reflect on relationships, communication, sensory processing and everyday practice

Planned dates:

- Likely on Tuesdays
- Possible time slots: 12:00-13:45, 14:00-15:45 or 16:00-17:45

Scheduling:

- Day and time will be set according to registrations and the availability of the participants.
- If most interested participants can attend better on another day or at another time, the schedule can be adjusted accordingly.
- Additional dates are possible by arrangement and depending on group registrations.

Apply directly to Helen Hagemeier: Therapie.Coaching.Berlin@gmail.com

4. ADHD, Shame & Masking in Relationships

Overcoming the hurdle of standing by yourself

Description:

This group is for people in the ADHD spectrum who would like to explore shame, adaptation, masking and relationship experiences.

Many neurodivergent people experience having to adapt, hide or overextend themselves in order not to appear 'too much', 'too chaotic', 'too sensitive', 'too direct' or 'not right'. Especially in relationships, masking can lead to exhaustion, inner distance, misunderstandings or the feeling of not truly being seen.

In this group, we explore personal relationship patterns, place feelings of shame into context and develop new ways of being in more authentic contact with yourself and others.

Facilitator:

Facilitator	Helen Hagemeier
Role	Practice director; couples and sex therapist; occupational therapist specializing in psychiatry and psychosomatics
Focus	Relationships, communication, neurodivergence and self-regulation
Lived experience	Lived experience of ADHD and the autism spectrum
Pronouns	no pronouns / deren / dessen

Format:

- On site or online
- 5-8 participants
- Therapeutically guided group
- 105 minutes per session
- Ongoing or as a fixed group possible

Topics:

- Shame in connection with ADHD and neurodivergence
- Masking, adaptation and people pleasing
- Relationships, closeness, distance and communication
- Fear of rejection and of 'being too much'
- Recognising and expressing your own needs
- Setting boundaries and standing by yourself
- Self-acceptance and authentic contact

This group is for you if you ...

- identify with or move within the ADHD spectrum, diagnosed or suspected
- often feel that you have to adapt in relationships
- know masking, shame or fear of rejection
- often ask yourself whether you are 'too much'
- want to communicate more authentically and stand by yourself more

- want to perceive your needs and boundaries more clearly
- want to experience new relationship possibilities in an appreciative space

Planned dates:

- Likely on Thursdays
- Possible time slots: 12:00-13:45, 14:00-15:45 or 16:00-17:45

Scheduling:

- Day and time will be set according to registrations and the availability of the participants.
- If most interested participants can attend better on another day or at another time, the schedule can be adjusted accordingly.
- Additional dates are possible by arrangement and depending on group registrations.

Apply directly to Helen Hagemeier: Therapie.Coaching.Berlin@gmail.com

5. SMUDGE! Creative Therapy

Description:

This art-therapy-oriented group offer in an occupational therapy setting gives you the opportunity to strengthen your resources creatively within the protected setting of a small group.

What will we do?

Through creative methods, artistic experiments and imagery exercises, we will come into sensing and make emotions visible and tangible. Through creative work, we will encounter the unexpected and explore new perspectives.

At the centre of each session is the interaction of material experience, perception of inner processes and shared reflection. Held by an appreciative group and a calm setting, the aim is to experience stress reduction, self-efficacy and creative agency in order to initiate processes of change.

Each week we will focus on a specific topic and work with different materials.

Who can participate?

- People who would like supportive accompaniment during personal transition processes
- People with stress symptoms, self-insecurity, low drive and/or anxiety
- People who find it difficult to perceive and/or classify emotions
- People with no artistic experience, but with openness to creative methods and different materials such as clay, paints or glue

When does the group take place?

- Tuesdays, 10:30-12:30
- Location: Boxhagener Str. 96, Berlin-Friedrichshain, ground floor/garden house
- Once a week
- Approximately 10 sessions
- Fixed group with a maximum of 6 people
- Each session lasts 120 minutes

If needed, additional individual online sessions can take place to explore personal topics and the transfer into everyday life in more depth.

Facilitator:

Facilitator	Maris Willems (they/them)
Qualification	Specialist for psychiatric and psychosomatic occupational therapy; systemic counsellor in the context of queer lived realities; art therapist in training

I am interested - what now?

If you are generally interested, there will be a free 15-minute online check-in conversation. Together we will see whether the offer is a good fit for you.

Apply directly to Maris Willems: maris.willems@protonmail.com

6. Coming into Your Strength

Self-worth, self-confidence and authentic living

Description:

This group supports people in strengthening their self-worth and developing a more stable, self-friendly way of relating to themselves.

It is especially for people who want to rebuild trust in themselves after periods of exhaustion, burnout or depression, or who often face self-doubt, pressure to adapt or inner criticism in connection with ADHD or other forms of neurodivergence.

Facilitator:

Facilitator	Julia Wimmer (she/her)
Qualification	Specialist for psychiatric and psychosomatic occupational therapy
Focus areas	Neurodivergence / ADHD; self-worth development; emotion regulation; mindfulness / MBCT; Acceptance and Commitment Therapy; imagery-based methods

Format:

- Online
- 5-8 participants
- Ongoing groups
- At least 10 sessions
- From mid-May
- Entry possible at any time

Topics:

- Working with self-criticism and perfectionism
- Understanding your own needs more clearly
- Recognising and setting boundaries
- Strategies for masking and rejection sensitivity
- Relating to yourself more authentically and self-kindly
- Strengthening self-worth after crises
- Working with guilt and inner criticism
- Rebuilding self-care and energy

This group is for you if you ...

- want to strengthen your self-worth and develop more trust in yourself
- want to learn to perceive your needs more clearly and protect your boundaries
- often orient yourself strongly around other people's expectations and want to come back to yourself
- want to rebuild inner stability and self-confidence after burnout, depression or prolonged exhaustion
- have ADHD, autism or another form of neurodivergence, diagnosed or suspected, and want to develop a more self-friendly approach to yourself
- invest a lot of energy in masking, adaptation or overcompensation and want to be more authentically yourself
- want to shape your everyday life in a more stable, self-friendly way and with more inner safety

Apply directly to Julia Wimmer: juliawim@gmx.me

7. ACT - Psychological Flexibility & Living by Your Values

Acceptance & Commitment Therapy

Description:

ACT supports you in accepting difficult thoughts and feelings while also shaping a life that aligns with your own values.

Format:

- Online
- 5-8 participants
- Ongoing groups
- At least 10 sessions
- From mid-May
- Entry possible at any time

Topics:

- Developing distance from stressful thoughts
- Learning a helpful way to deal with difficult emotions
- Recognising your own values and what truly matters to you more clearly
- Developing concrete steps towards a more fulfilling and coherent life

This group is for you if you ...

- often get stuck in rumination, self-criticism or stressful thoughts
- feel quickly overwhelmed by strong emotions or tend to avoid difficult feelings
- feel stuck or not truly living according to your own values
- want to develop more psychological flexibility and inner clarity
- want to learn to remain capable of action even with difficult thoughts and feelings

Apply directly to Julia Wimmer: juliawim@proton.me

8. Self-Leadership in Relationship Dynamics

Self-regulation and trauma-sensitive nervous system competence

All information at a glance:

<https://gamma.app/docs/Mai-Selbstfuehrung-in-Beziehungsdynamiken-2kw1udtqwph37c8>

Facilitators:

Facilitators	Sarah Ulrich (occupational therapist, HPsych) and Isabella Hauck (psychiatric/psychosomatic nursing professional, breathwork and sound practitioner)
Qualification / focus	Trauma-sensitive, nervous-system-oriented and relationship-oriented self-leadership
Format	Hybrid - on site and online

Focus:

- Self-regulation
- Emotional intelligence
- Nervous system competence
- Trauma-sensitive
- Neuro-inclusive
- Body-oriented

On-site group dates:

Berlin, 'Freiraum in der Box', Boxhagener Str. 96

- Friday, 15.05.2026 - 16:00-19:00
- Saturday, 16.05.2026 - 11:00-14:00
- Friday, 22.05.2026 - 16:00-19:00

Online check-out:

- Wednesday, 27.05.2026 - 18:00-19:00

For whom:

- People with stress, exhaustion or relationship topics
- Neurodivergent people
- People interested in body-based self-regulation and relationship work

For a non-binding check-in conversation or registration, contact: sarahulrich.ergotherapie@proton.me

Guaranteed First Appointment - How It Works

As soon as you receive the following prescription and send it to us, we can guarantee you an appointment. The prescription must be signed on the back.

Required prescription:

- Medical prescription for OCCUPATIONAL THERAPY
- Psychological-functional treatment - individual therapy
- 1-3 times per week
- 10 sessions or a blank prescription

Important:

- We cannot reserve therapy places.
 - Appointments are assigned only after the fully completed prescription has been received.
 - Attached to this email you will find a detailed PDF with all relevant information about the prescription, which you can present directly to your doctor or treating psychotherapist.
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Important Note on the Prescription

Please send us the prescription as soon as possible, signed on the back.

How to proceed:

- You may first send a photo or scan by email so that we can check the prescription in advance.
 - Afterwards, please send the original by post to our practice.
 - This helps us ensure quick appointment allocation.
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Therapy Process

After the first appointment, up to three trial sessions can take place. If both the client and therapist wish to continue working together, therapy begins immediately afterwards.

Our GROW Model - Holistic Support

We work as an interdisciplinary team. Our internal GROW model enables comprehensive and sustainable therapeutic support.

If it does not seem to be the right fit professionally or personally, you may - subject to capacity - switch to another therapist or coach within the practice.

Costs & Reimbursement

With a medical prescription:

- Medical prescriptions are accepted
- Coverage by statutory health insurance may be possible
- Mandatory statutory co-payment: 10% of the prescription value
- For 10 sessions, the co-payment is approximately 100 euros in total
- Exemption from co-payment through the health insurance provider is possible
- Therapy may therefore be completely free of charge.

Self-payment:

Self-payment is possible via: www.helenhagemeyer.de / appointment booking

With a medical prescription, you can also:

- Combine individual and group therapy
- Participate in groups immediately
- Switch flexibly between formats

Location of the Offers

New practice	Freiraum in a Box, Boxhagener Str. 96, 10245 Berlin
Office address for sending the prescription	Therapiepraxis Hagemeyer, Thaerstrasse 39, 10249 Berlin

We look forward to welcoming you and accompanying you on your therapeutic path.

Kind regards

Therapiepraxis Hagemeyer

www.helenhagemeyer.de