

# SKYLOUNGE



مجلة على العقارات وإدارة الثروات

In Conversation  
with  
*Dr Claudia Elsig*

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## مقابلة مع الطبيب كلوديا إلسج



In Conversation with Dr Claudia Elsig

5 min

with  
**Dr Claudia Elsig**

***Your clinic specializes in rehabilitation programs for psychological health, please tell us a bit more and what makes you so special?***

What makes us special is that we offer a highly discrete, personalized one-to-one, one-to-one rehabilitation program. We specialize in personalities from business, politics, art, showbiz, nobility. In the banking business one speaks of UHNWI's.

Because we are critical of the use of psychotropic drugs, we therefore work with micronutrients (vitamins, minerals and amino acids). Our team of 12-15 specialists takes care of just one client, in a luxurious setting.

Our extensive laboratory including epigenetic tests shows exactly where the strengths and weaknesses of the individual can be found on a physical level. Diet and lifestyle are therefore also included in the treatment concept. Unique and of the highest quality is that a doctor leads the clinic and personally performs the core psychotherapy. This guarantees that policy decisions are guided by the medical need and not by business interests.

We have a very broad range of indications. Most commonly, we treat addiction (mostly multi-substance abuse), post-traumatic stress disorder, anxiety, depression, burnout, chronic stress. But eating disorders (especially bulimia) and borderline personality disorder are also part of our competence. Incidentally, in depression we have developed a special program for postpartum depression where mothers can take their babies with them. That's very important to us.

***Your holistic approach for patients with different kind of addictions has proven quite effective – please tell us a bit more about your CALDA concept.***

The holistic approach brings the highest efficiency. The individual forms of therapy all work together and accelerate the recovery process. You can compare this to a catalyst in a car. The most common combination of addictive substances we see is alcohol, cannabis and cocaine.

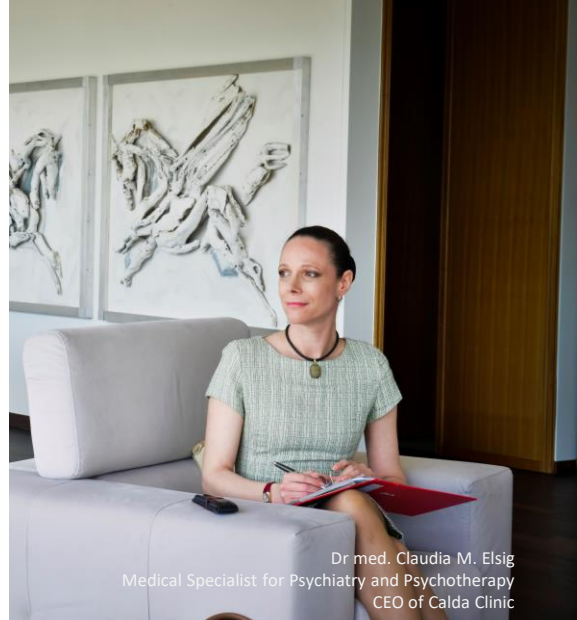
In addiction, many clinics offer only a physical detoxification program of 7-10 days. However, that is not enough to live long-term freedom from addiction. The body may be detoxified after this short time, with substances that remain in the body

for a longer period of time, for example, in the fatty tissue. The psyche, the changes of brain structures, including the control and reward center - these are the real challenges in the treatment. And this takes much more time, maybe 8-12 weeks. The aim of an addiction therapy should indeed be a sustainable result, and not the reassurance of conscience by physical detox in order to then continue to happily continue to consume. As long as you are young and the body can still compensate, this may be ok. As you get older you notice damage to the organism, for example the liver or the brain. Liver adiposity is reversible, but not a liver cirrhosis. In the non-material addictions (gambling addiction, buying addiction, etc.), of course, the psychotherapeutic aspect has priority.

***In a fast paced world where everyone is constantly overloaded by information (email, social media, etc.), which can lead for some to "toxic stress" syndromes, how do you care for patients with that kind of addiction?***

It is interesting to call our fast-moving time or chronic stress an addiction, but why not! After more than 20 years of experience in psychiatry, I have come to the conclusion that chronic stress is, I believe, the source of most problems and symptoms. Added to this is the genetic predisposition.

It is therefore important to instruct our clients in the art of deceleration. These include yoga, mindfulness, various relaxation techniques, neurofeedback and much more. We also offer horse-assisted psychotherapy if the person is open to it. Horses together with the dolphins are the most sensitive beings for a therapy and allow to enter into a non-verbal relationship and to reflect the inner constitution. Consciousness is at the beginning of any change.



Dr med. Claudia M. Elsig  
Medical Specialist for Psychiatry and Psychotherapy  
CEO of Calda Clinic





Dr Claudia M. Elsig has over more than 20 years experience in the area of psychiatric and psychotherapeutic medicine. She studied at the medical faculty of the Zurich University and after this completed an extensive and deepened training in various evidence-based psychotherapeutic methods. She specialised on psycho-traumatology. Out of a deep interest for the effects of psychological and physical traumas like post-traumatic stress disorder, depression, eating disorders, the which in her grew to help those people individually, holistic and sustaining. On the way to a multi-specialist she looked for the best mentors in Europe for behavioural therapy, hypnosis and EMDR, amongst others Prof. Walter Bongarzt, Prof. Klaus Grawe, Prof. Waldemar Greil. With Dr Kira Kubenz she passed through training in genetics and genetic consultation with the focus on addiction, depression and anxiety disorders and discovered the fascination of epigenetics. For years she managed the special consultation for clinical hypnosis at a private clinic in Zurich. During the past years as a medical director and manager of the psychiatry department in an international practice she deepened her knowledge on multiple types of addiction and their effects. In 2004 she founded the Calda AG and developed an individual integrative treatment concept for psychological diseases. Today, she is the manager of the Calda clinic for in-patient clients at Lake Zurich and an outpatient, psychiatric-psychotherapeutic practice in Zollikon. Furthermore, she is a demanded referee and trainer. She is entitled to utmost professionalism paired with authenticity and efficiency is part of all her activities.

As a rule, the first two weeks are sort of a "shutdown". We measure the individual function of the stress axis, which by the way is already modified in the womb. This means that if the mother is under stress during pregnancy, it will have an effect on the unborn child. In most cases we detect a dysbalance between the sympathetic and the parasympathetic to the disadvantage of the latter. We can strengthen the parasympathetic nervous system only indirectly by reducing the sympathetic activity through all the above-mentioned procedures, including orthomolecular medicine.

***How long does an average treatment takes and how do you make sure your patients are not slipping back in their habits ?***

Our CALDA programs (except our program for specific phobia) last at least 4 weeks and combine state of the art psychotherapy with Orthomolecular Medicine and Alternative and Complementary Medicine. Our weekly schedule includes 6-8 therapy sessions per day, 7 days a week, so it's very intense. For certain addictions and also for bipolar affective psychosis (manic-depressive) a stay of 8 to 12 weeks is preferable. After the primary treatment at the CALDA Clinic, we recommend a continuing care of several weeks in the familiar environment of the client. This means that a personal coach comes home as a therapeutic reference person and supports the transfer and integration of the learned into everyday life.

In the residence of the CALDA Clinic, a kind of artificial protection, a cocoon, is created for the primary phase, in which the recovery can start in the first place. After leaving you are again confronted with the old charms and triggers and it is not easy in the first time to follow the new path consistently. It helps enormously if you can incorporate individual therapy elements firmly into everyday life. Rarely does it come once again to a relapse. The so-called recurrence can be part of the recovery process. But then it's time to act immediately, to know what steps to take. And you are no longer at the same point as before the first treatment, because you recognize warning signs much earlier and can therefore provide counter measures.

***What has been your experience with patients from the GCC so far?***

People from the Gulf region particularly value Switzerland with their high quality of life. It is known worldwide for its discretion, neutrality and one of the most advanced, future-oriented healthcare systems. Many clients from the Gulf States have a connection to Europe, whether they have studied here or lived here for some time. Much is also changing in the current world politics in the Middle East and it is very exciting to be able to deal with it in such an intensive and constructive way on the direct human level. For people from the Gulf states, virtually all of us are dealing with powerful and influential family dynasties. Young princesses demand the same rights as their brothers. To find a compromise between the old traditions and modern trends, between the client and her family of origin, is a challenge worth taking. The family is an indispensable resource and a break in relationships would lead to the failure of the treatment.

Particularly in addiction treatment, the development of one's own spirituality in the broadest sense is indispensable for a positive personal development. The Islamic religion can be a source of inspiration. The Gulf States also have problems dealing with alcohol, drug abuse and other mental health issues. Many of these areas are shameful and guilty. They are taboo, with no difference to the Western world. Recovery in an unbiased, tolerant, cosmopolitan environment is much easier.

***Finally one last question: What's the best piece of advice you have been given?***

Oh, there are several: Be grateful for the talents, gifts, resources that have been given to you. They are gifts that you can use as a source of power and inspiration to help others. Never stop being curious and learning new things. You may sympathize but not suffer. Be always authentic.





Calda Clinic, located in Zollikon, Switzerland, specializes in rehabilitation programs for psychological health. The unique success-proven CALDA concept brings together consult diverse techniques from multiple disciplines of medicine, such as psychiatry and psychotherapy, orthomolecular medicine and alternative and complementary medicine. Our specialists work without psychotropic drugs whenever possible.

## مرحبا بك في عيادة كالد

عيادة كالد ، تقع في سويليكون ، سويسرا ، متخصصة في برامج إعادة التأهيل للصحة النفسية. يجمع مفهوم "كالد" الفريد الذي أثبت نجاحه معاً استشارة تقنيات متنوعة من تخصصات متعددة في الطب ، مثل الطب النفسي والعلاج النفسي والطب الجزيئي والطب البديل والتكميلي. يعمل المتخصصون لدينا بدون أدوية عقلية كلما كان ذلك ممكناً.



CALDA CLINIC SWITZERLAND

Calda Clinic  
Administration  
Stettbachstrasse 12

PO BOX 215  
CH-8702 Zollikon  
Switzerland

T. +44 44 224 20 00  
F. +41 44 224 20 01  
info@caldaclinic.com



## AT THE BEGINNING IS REALIZATION

Taking clients and their illnesses seriously does not only involve listening, being sensitive and sympathizing but also treating them consequently.

### Treatments and procedures

### العلاجات

Trauma	صدمة
Addiction	إدمان الكحول
Phobia	رهاب
Stress	ضغط عصبي
Burn-out	احتراق
Perioperative Destabilization	مشاكل الرفاه
Anxiety disorder	القلق
Weakness in competition	عدم تنافسية
Personality disorder	تقلبات الشخصية
Mood disorder	تقلبات مزاجية
Aging	الشيخوخة
Postpartum depression	اكتئاب ما بعد الولادة
ADD / ADHD	اضطراب فرط النشاط
Eating disorder	اضطرابات الطعام
Obsessive Compulsive Disorder	اضطراب الوسواس القهري

Our corporation specializes in rehabilitation programs for psychological health. The unique success-proven CALDA concept, our international medical team and our network of highly qualified experts guarantee customised precision medicine and an individual 1:1 premium care.

Our specialists from the areas of psychiatry, psychotherapy, orthomolecular medicine, alternative and complementary medicine as well as from preventive-, better aging- and lifestyle medicine, work without psychotropic drugs whenever possible. Instead, methods from integrative medicine take the organism back to the desired balance.

During the entire inpatient stay, which usually takes at least 4 weeks, our team accompanies the clients empathically, discrete and professionally on their path to a happy, liberated and healthy life, in safe and luxurious, private surroundings.



## THE CALDA CONCEPT: NEW WAYS TO FREEDOM

Integrative medicine in the service of psychiatry leads to new promising treatment strategies for phenomena like trauma, addiction, depression etc. Psychological diseases do not only cause mental and physical pain but are also a threat to personal freedom. In many cases, the aftereffects of traumas limit the ability to act of those affected and lead to devastating dependencies. Currently, efforts are made to no longer classify psychiatric diseases by specific categories, but to summarize them by their spectrum of symptoms.

The reason for this is that treating only the tip of the iceberg, the acute symptoms respectively does not prove to be effective and does not do justice to the individual in their entirety. The greatest challenge in state-of-the-art psychiatry lies in consequently personalising the medical treatment. In order to elaborate individual therapy programmes, new paths need to be followed.



Psychiatry has to open up to the entire established medical world. The combination of field-tested and scientifically profound methods from conventional medicine, complementary medicine and Asian medicine in many cases leads to extraordinary results within short time. One of the keys to this success is, that these methods are summarised into personalised and holistic concepts by including the most current molecular and epigenetic insights. This insight caused us to develop the CALDA concept. The CALDA concept includes new treatment strategies to overcome

phenomena like trauma, addiction, stress, aging etc. The core of the concept is the advanced and deepened diagnostic system, the interpretation of results through an interdisciplinary team of experts and the development of personal, creative treatment strategies, which revert to all proven recipes taken from integrative medicine. Our attitude towards the common practice of psychiatry of uncritically and sometimes hastily prescribing psychotropic drugs is a critical one. Therefore, we initially stop medication as far as possible to see what is underlying.





## THE BASIS FOR A PERSONAL SUCCESS STRATEGY

The analysis of results is only one aspect. What we make of it is what is decisive. Our opinion of diagnostics forces us to go far beyond the medical diagnostic routine. In addition to an extensive psychiatric diagnostic, we conduct a comprehensive clinical-chemical analysis and a targeted genetic analysis to determine the current status and the personal risk profile for the most significant chronic diseases. With the genetic analysis we analyse more than 30 genetic sequences. We determine the genetic pre-disposition, which means the risk factors for overweight, cardio-vascular diseases, cancer or diabetes mellitus. We also determine the metabolism type: slow, intermediary, extensive or ultra-fast.

### Psychiatric Diagnostic

The centre of our concept is the clinical psychiatric diagnosis, which happens in terms of an extensive first interview with the Medical Director. The current psychological status, a personal anamnesis, the family anamnesis and the addiction anamnesis are analysed. More than 20 years of experience allow us to precisely estimate the current situation, its genesis and the evaluation of therapeutic core topics.

In addition the following psychological instruments are used/available:

- 10 relevant tests specific for disorders
- 4 relevant disorder-comprehensive tests
- 4 relevant problem specific tests
- 1 direct change measurement

### Orthomolecular-Medical Diagnostic

The clinical diagnostic together with the physical factors takes place during an extensive interview with our special medical doctor for orthomolecular- and lifestyle medicine. Extended clinical-chemical and genetic analyses provide information on the fat metabolism, cholesterol levels, anti-oxidative capacity, reaction to inflammations and infections, vitamin levels, hormone balance, iron intake and utilization, dissolving capacity of food ingredients, lactose intolerance, gluten intolerance.

If for instance the anti-oxidative capacity is too low oxidative stress will result. This means that a metabolic state results at which the normal detoxification and repair functionality of a cell no longer works properly. Free radicals damage mitochondrial DNA, which is especially seen in connection to neurodegenerative diseases. Furthermore, the individual risks for osteoporosis, cardiovascular diseases, diabetes and cancer are determined:

- Fat metabolism cholesterol
- Overweight and Diabetes
- Anti-oxidative capacity
- Detoxification behaviour with harmful substances
- Reaction to inflammations and infections
- Vitamin balance (B-Vitamins, Homocysteine)
- Bone metabolism
- Stress and mood balance
- Iron intake and utilization
- Decomposing of food ingredients
- Pharmacogenetics
- Lactose malabsorption
- Risk for celiac disease



### Internal Check-Up

Directly after the client's arrival, the internal check-up with ECG abdomen sonography, which takes between 1 to 3 days, is performed in our private partner clinic Bethanien. Further examinations like bicycle ergometry or pulmonary radiography are conducted as required. In case of addiction topics the detoxification is initiated immediately.

The standard values to be analysed are:

Haematography V, ASAT, ALAT, Gamma-GT, alkaline phosphatase, Bilirubin, acetate dehydrogenase, creatinine, uric acid, HbA1c, overall protein, glucose, sodium, potassium, iron metabolism.



## ALTERNATIVE AND COMPLEMENTARY MEDICINE

In addition to conventional medicine there are a number of traditional medical and therapeutic fields, which from a Western view, rightly or wrongly, are classified under the term Alternative and Complementary Medicine. The most important and extensive of those in Western perspective unconventional methods come from Asia: from China, Tibet and India. But also in the Western parts of the world, alternative movements like Kinesiology, Metabolic Typing, Anthroposophist Medicine, Homeopathic medicine, osteopathy, Chirotherapy, naturopathy, physiotherapy, body and soul therapies and lifestyle medicine exist.

As proponents of integrative medicine we extended our spectrum of measures by proven and successful recipes of the so-called alternative and complementary medicine. The treatment elements that are most effective with respect to psychological problems are the following:

- Acupressure, acupuncture
- Breath-, Singing- and voice therapy
- Ayurveda
- Movement therapy
- Chrono-therapy
- Coaching of the 12-step program
- Cranial Electrotherapy Stimulation CES
- Art and creativity therapy
- Manual therapies
- Meditation and Mindfulness
- Neurofeedback
- Horse-assisted psychotherapy
- Phytotherapy
- Yoga



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Orthomolecular medicine is not only a valuable alternative to psychotropic drugs but also forms the basis of modern preventive, better aging and lifestyle medicine

## ORTHOMOLECULAR MEDICINE

The term Orthomolecular Medicine was created and defined by the Nobel Prize winner Linus Pauling in an essay concerning orthomolecular psychiatry. Orthomolecular medicine deals with the effects of micronutrients like vitamins, vitaminoids, amino acids, micronutrients, secondary plant substances and minerals. Micronutrients in many cases are a good alternative to psychotropic drugs. They are well tolerated and do not carry the risk of addiction. Furthermore, they speed up the psychotherapeutic process empirically. Psychological diseases always cause an imbalance of neurotransmitters, the messengers of the brain.

This imbalance can be regulated naturally through orthomolecular medicine and psychotherapy. The effect extends to the epigenetic level of the cell. In some cases, analyses visualize biochemical imbalances and risks even before they become clinically relevant. In this case micronutrients can even be applied for precise prevention. In order to simplify the intake, thanks to an internationally patented procedure micronutrients can be processed to a granulate mixture. Orthomolecular medicine is not only a valuable alternative to psychotropic drugs but also forms the basis of modern preventive, better aging and lifestyle medicine.



## PSYCHOTROPIC DRUGS

In medication management we avoid psychotropic drugs as far as possible. If medication is already taken we analyse the interactions and risks, simplify the intake and reduce, when indicated, the number and dosage of the medication. Elements of integrative medicine prove to be an alternative.

## CLINICAL HYPNOSIS

Clinical hypnosis as psychotherapeutic measure has nothing in common with show-hypnosis. By means of modern clinical hypnosis after Milton Erickson, an altered state of consciousness called trance is induced. It enables access to intuition and the subconscious and for this reason could also be called emotional therapy.

Clinical hypnosis refers to the mental and spiritual resources of a human being. The client's attention is directed away from everyday life and drawn to the inside. Through this a number of characteristic phenomena appear like narrowing of attention, change of body awareness, trance logic, an improved visualization of imaginations, a distorted time perception, greater emotionality, improvement of dissociative processes, an increased suggestibility, decrease of the sympathetic irritability level.

The efficiency of hypnosis depends on how deep the trance is. Through the activation of creative searching processes blockages can be solved selectively and sustainably.



## COGNITIVE BEHAVIOURAL THERAPY (CBT)

The cognitive behavioural therapy, which goes back to Aaron Beck, focuses on the observable behaviour of the client and their attitude and beliefs. In this the desired behaviour is achieved by re-learning wrongly adapted behaviour or learning not yet adapted behaviour. The cognitive behavioural therapy is based on insights from the learning theory and the psychology of thinking and feeling. Self-perception in the form of protocols is a contribution to an extensive behavioural diagnostic, from which solution-oriented models are derived. Role-plays and homework are part of the conventional methods of behavioural therapy. They serve as means for self-assessment and information retrieval, for trying out new possibilities, maintaining progress and for transfer to daily-life. Cognitive behavioural therapy is relevant to present times and target oriented, structures and interactive. Depending on the situation, stress management, communication and competence training, training of mindfulness, psycho-education, couple- and family sessions are included. The dialectic behavioural therapy (DBT) by Marsha M. Linehan was developed from CBT and is especially applied in cases of borderline-personality disorders.

## EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)


EMDR is a psychotherapy method developed by Francine Shapiro to work on traumas. It is the therapy method with the most studies regarding effectiveness in posttraumatic stress disorder (PTSD). It even enables treating complex trauma related diseases. In the last years the indication spectrum was enhanced to include fear, depression, addiction and pain. EMDR is based on the insight that psychological stress reduces when both hemispheres of the brain are stimulated alternating, while the client is thinking about the traumatizing event. Through this, information is processed at a greater speed and cognitive restructuring happens. Sleep researchers assume that through the bilateral stimulation in waking state the same mechanisms as in information processing during sleep are stimulated. When applying bilateral stimulation a relaxing reaction is induced. In a preliminary talk the traumatizing key events and the most blocking negative personal statements are determined.

## THE CALDA WAY

### *EVERY TREATMENT STRATEGY IS AS UNIQUE AS THE CLIENT*

There cannot be routine and automatism in psychiatry. Every of our treatment strategies is a one-time recipe, which is re-invented every time.

We invest a lot of know-how and time into an extensive interdisciplinary diagnostic as a basis for further procedures. The results of these thorough examinations are interpreted multi-dimensional within the team of specialists. The same team is responsible for the correct conclusions to be drawn and priorities to be set. Based on this, for each client a personal holistic treatment strategy is developed, which includes the optimum treatment duration, the private in-patient living situation and further bio-psycho-social aspects.

A woman with dark hair tied back, wearing a green blazer over a beige top and a necklace, is seated in a modern interior. She is looking out a large window on the left, which shows greenery outside. The room has a white wall, a brown pendant lamp, and a pink flower arrangement in the background. In the foreground, the back of a person's head and shoulders are visible, looking towards the woman.

KNOWLEDGE, TALENT,  
EXPERIENCE AND PASSION  
MAKE THE DIFFERENCE

Entrepreneurially, we convince with highest professional competence, a structured way of working and the continuous willingness for innovation.

The Calda Clinic and the CALDA concept respectively, do not only base their existence on new ideas but especially on the personalities that are behind. The key persons are the members of the management, the board of directors, the advisory board and the international expert network.



## SWISS PREMIUM STANDARDS AND INTERNATIONAL FLAIR

A pleasant stay eases the compliance to the therapy plan and speeds-up the healing process.

Zurich is known for its safe international airport, the confidential private banks, the exclusive luxury hotels, the renowned opera and the world-known Bahnhofstrasse.

## PRIVATE RESIDENCE

The location of our private residencies corresponds to the high Swiss standards. They are in a slightly elevated, quiet and favoured location at the Golden Coast at the right lakeside of Lake Zurich and have a magnificent view of the lake and mountains. The spacious rooms in our residencies are amongst the top in the whole of Switzerland.







## SERVICE-TEAM

Our personal service team consists of the Client Service Director, the interpreter, the butler who cares for the client around the clock, the chef who besides Haute Cuisine enjoys to fulfil wishes and cooks according to the medical instructions as well as a chauffeur and limousine that are available at any time.