Referral of patients, inclusion criteria:
- Stroke (including subarachnoid hemorrhage)
- Between 18 and 75 years of age
- Being treated in the outpatient rehabilitation phase
- Being able to follow the group therapy

Inclusion of patients:
- Rehabilitation physician provides information to patient
- Signed informed consent

Baseline measurement

Randomization

Intervention group (standard care + PST)
- T1 measurement (8 weeks after T0)
- T2 measurement (6 months after T1)
- T3 measurement (12 months after T1)

Control group (standard care)
- T1 measurement (8 weeks after T0)
- T2 measurement (6 months after T1)
- T3 measurement (12 months after T1)