

Information sheet on psychotherapy

psychotherapy

... is the treatment of people with mental or physical ailments in the form of conversations. The aim is to cure or improve existing illnesses and to promote the development and health of clients. This process takes place in the form of individual therapy, couple and family therapy or group therapy.

health

... does not only mean the absence of illness, but is viewed as the state of physical, mental and social well-being of the person in his/her entire life situation (WHO). Neither only physical nor only psychological causes or external circumstances cause illness, but the interaction of different conditions. This interaction can be influenced psychotherapeutically.

Cooperation between psychotherapists and doctors

For some symptoms or forms of illness, it is known that a combination of medical and psychotherapeutic treatment is most effective. Indications for psychotherapy Problems can mainly affect you, you and your partner, you and your family, you and your job. I am happy to answer more detailed questions about your individual situation in a personal conversation (also by telephone).

Confidentiality

Psychotherapists are subject to statutory confidentiality. Contents of the therapy may not be passed on to relatives, treating doctors, lawyers, etc.

Duration

Individual sessions last 45 (1 unit), couples and family therapy sessions 90 minutes (2 units) excluding documentation. The intervals between the meetings usually vary between 1 and 2 weeks, in crisis situations more often or by telephone. Whether a shorter or longer psychotherapy is indicated depends entirely on the system or the problem posed by the client.

Costs

By submitting an application to your health insurance company, a portion fixed differently for each health insurance company will be refunded per session. If the therapy is financed through other cost carriers, further conditions must be observed here (statement of the therapist, pre-financing of the health insurance contribution).

Cancellation policy

Appointments can be postponed or canceled no later than 48 hours in advance, otherwise you will be billed for the unit reserved for you.