

INFORMATION SHEET FOR PSYCHOTHERAPY

An effective and helpful psychotherapy is structured along the following terms:

Treatment Method

I work according to the principles of psychoanalytic psychotherapy and group psychoanalysis. This is one of 23 state-approved methods and belongs to the main cluster „depth psychological-psychodynamic“. It is characterised by working on unconscious conflicts and the transference of often early childhood feelings and patterns, which are brought into consciousness through free association, among other things.

Basic attitudes

- Psychotherapy is based on voluntary participation.
- Psychotherapy requires a counterpart.
- Psychotherapy is work.

Confidentiality

From the initial contact until after the end of therapy, strict confidentiality is required by law. Your right is my duty! What is discussed in therapy stays there.

Procedure and duration

It begins with an appointment for a free, non-binding initial consultation, which lasts approximately 20-30 minutes and gives you a first impression of me, the practice and the atmosphere. Together we will determine a therapy concept, including the appropriate and available setting (individual or group therapy), duration, frequency, costs and therapy goals.

Duration and frequency of sessions

Sessions are measured in units (EH). The number, frequency and duration are adapted to the respective therapy setting.

- Individuals:** 1-2 sessions per week,
1 EH per session, 1 EH lasts
50 minutes
- Families and couples:** Number and frequency are
individual, 1-3 EH per session,
1 EH lasts 50 minutes
- Groups:** Number and frequency are
individual, 1 EH per session,
1 EH lasts 90 minutes

Locations and practise hours

Practise in Vienna: Mon + Wed
Practise in Klosterneuburg: Tue + Fri

Fees

I charge EUR 110 for one 50-minute session for individuals, EUR 125 for couples and EUR 150 for families. I charge EUR 55 for one 90-minute group therapy session. You will receive the invoice monthly in arrears by email and it must be paid promptly by bank transfer. You will find the necessary payment information on the invoice.

Health insurance subsidy

In the case of mental illness, reimbursement by your health insurance company is possible upon application. More detailed information on health insurance reimbursements can be found in a separate information sheet.

Cancellation policy

If you are unable to attend an appointment, please cancel at least 24 hours BEFORE the session. If you are absent without cancellation or cancel within the 24-hour period, a replacement fee equal to the full amount of the missed session will be charged.

End and termination agreement

A good psychotherapy ends with a mutually agreed conclusion. In at least the last 3 to 5 sessions, the course of therapy is reflected upon and the findings are rounded off. If you wish to terminate the therapy unilaterally, spontaneously and without consultation, I ask you to attend a free clarification and conclusion meeting.

Emergencies and crises

In the event of an emergency or a serious, acute crisis, please contact me by telephone. If I am unavailable or cannot be reached, you can find immediate help all year round at these numbers: Telephone counselling (142) and Social Psychiatric Emergency Service (01 31330).

Psychotherapy is based on **trust**. Important information about the fundamentals and limitations of psychotherapy, as well as your rights, can be found summarised at: www.lebens-gezeiten/rechtlicher-rahmen

INFORMATION SHEET ON COST SUBSIDIES

This guide is intended to facilitate the processing of a cost subsidy by your health insurance company:

Rates for cost subsidies

The amount of the health insurance subsidy depends on where you are insured:

ÖGK EUR 33.70 SVS EUR 50
BVAEB EUR 50.20 KFA-W EUR 38

For group therapy you can expect to be paid between EUR 11.68 and EUR 16.90 per session, depending on your health insurance provider and the size of the group.

Doctor's confirmation

You can apply for a cost subsidy for the first 10 sessions of psychotherapy without additional authorisation. To do so, you will need a doctor's certificate, which you must obtain before the second therapy session. You can obtain this from your family doctor. It will rule out physical illnesses as the cause of impairments or psychological suffering and confirm your eligibility for psychotherapy.

Bestätigung der ärztlichen Untersuchung bei Inanspruchnahme einer psychotherapeutischen Behandlung		OGK		Andere Kostenträger		Erweiterte Abrechnung Schwerer		Pensions- stat(N)		Kings- kasse (Sonderf.)		F		B	
Familienname				Vorname				Versicherungsnummer				Dient zur Vorlage beim KV-Träger			
PatientIn				Tag				Mon.				Jahr			
Anschalt															
Versichert(er) (nur ausfüllen, wenn PatientIn sonst Angehöriger ist)				Tag				Mon.				Jahr			
§ 135 Abs. 1 Z. 3 ASVG: „Im Rahmen der Krankenbehandlung ist der ärztlichen Hilfe gleichgestellt ... eine psychotherapeutische Behandlung ... wenn nachweislich vor oder nach der ersten, jedenfalls vor der zweiten psychotherapeutischen Behandlung innerhalb desselben Abrechnungszeitraumes eine ärztliche Untersuchung (§ 2 Abs. 2 Z. 1 des Ärztegesetzes 1998, BGBl. Nr. 373) stattgefunden hat.“															
Ort, Datum								Stempel, Unterschrift							

Submitting the first 10 sessions

Once you have completed the first 10 therapy sessions and paid the invoices you have received, you can apply for a cost subsidy for these. You must submit the application to your health insurance company yourself. To do this, you will need the aforementioned doctor's confirmation, as well as fee notes and proof of payment (transfer confirmation).

On a personal note: I would like to contribute to affordable psychotherapy in Austria →

I do not charge any costs or expenses for activities outside the therapy setting (writing applications, issuing confirmations, providing support with queries from authorities, etc.).

Application subject to approval

Any further support beyond 10 sessions is subject to approval. To do this, you will need to submit an application to your health insurance company, which I will prepare and we will complete together after the 8th or 9th session. Such additional support is only possible for mental illnesses (according to ICD 10), but not for personal concerns such as self-awareness or personality development or as part of psychotherapeutic training. This application must be received by your health insurance company before the 11th session. Follow-up or extension applications are possible. To do this, you will need an application form pre-filled by me, which we will coordinate and finalise together.

Submission of the application

Unlike the first 10 sessions, this application must be submitted to your health insurance company in advance. Here are some contact details – you can find the links to the online platforms on my website (under General Conditions):

BVAEB

Tel.: 050405 23700

Email: wien.leistung@bvaeb.at

Online platform

KFA (Wien)

Tel.: 01 40436 46900

Email: psychotherapiereferat@kfawien.at

Online platform

ÖGK

Tel.: 050766 112741

Email: psychotherapie@oegk.at

Online platform

SVS

Tel.: 050808 808

Online platform