

INFORMATION ON PSYCHOTHERAPY

My method

Person-centered approach

Additional focus on systemic family therapy

Duration and frequency

Depending on the given issues and the individual situation of the client, the duration of psychotherapy can vary. In accordance with the psychotherapist the client herself/himself essentially decides the progress and ending of the psychotherapy.

Psychotherapeutic treatment is based exclusively on free will and only works with the commitment of the client. The frequency of the psychotherapeutic treatment is agreed on by the client and the psychotherapist in the initial meetings. Usually one therapeutic treatment per week is arranged. One meeting is 50 minutes, that means around 45 minutes for psychotherapy and 5 minutes to arrange new appointments, make the payment and talk about matters arising. Parents, whose children are in psychotherapeutic treatment, are asked to pick their children up after 45 minutes.

Appointments and cancellation policy

The appointment is the guaranteed reservation of one hour for the client. If, for any reason, you cannot keep the appointment, I ask you to cancel it at least 48 hours in advance. If that does not happen, I ask your understanding for charging the full amount due for this appointment.

Costs & possible refunds

The fee is currently € 100,- for a single session (à 50 min) and € 200,- for couple therapy (à 90 minutes)

The health insurance company provides a subsidy in the case of disorders that are worthy of being treated. The amount of the refund depends on your health insurance and is currently per unit at:

- ÖGK: € 28,-
- BVAEB: € 42,40
- SVS: € 45,-

The fee must be paid after each hour. You will regularly receive the fee note for submission to the health insurance company from me. In addition, a doctor's certificate of medical harmlessness must be obtained at the latest before the 2nd therapy appointment.

Confidentiality

Psychotherapy is based on a confidential and trustful relationship between the client and the psychotherapist. Psychotherapists are legally obliged to keep strictest confidentiality. In case you meet a person you know in my psychotherapeutic office, I ask you to keep the same strict confidentiality.

Cooperation with respective pertinent professions

To the extent it might be supportive and necessary for the treatment, cooperation with respective professions (e.g. social workers, medical doctors) can be initiated by the psychotherapist- in agreement with the client.

I hereby acknowledge and accept the information given above.

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Date

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Client's signature