

# GUIDE TO FINDING THERAPY PLACES

## PSYCHOTHERAPEUTIC CONSULTATION HOURS

- » The psychotherapeutic consultation serves to clarify the need for treatment and to make an initial assessment of the psychological problem.
- » A decision must also be made as to whether further treatment is required very soon (so-called 'acute treatment'). If this is the case, you will receive an 'urgency code' for acute treatment.
- » Since 1 April 2018, it has generally been mandatory to attend a psychotherapeutic consultation before starting psychotherapy. A psychotherapeutic consultation can only be waived if a patient has been in inpatient hospital treatment or rehabilitative treatment for a mental illness.

**An appointment for the psychotherapeutic consultation** will either be arranged for you by the appointment service centre or offered to you directly by psychotherapists.

Appointment service centre (of the Association of Statutory Health Insurance Physicians):

Online booking system via » [www.116117-termine.de](http://www.116117-termine.de)  
 Telephone number 116 117, 24 hours a day, 7 days a week



## PSYCHOTHERAPEUTIC ACUTE TREATMENT

Psychotherapeutic acute treatment is arranged by the appointment service (within two weeks). However, there is no entitlement to treatment close to home.

## FINDING OUTPATIENT PSYCHOTHERAPY

- » First, make an appointment for a psychotherapeutic consultation (see above).
- » Ask your health insurance provider for a list of therapists and/or create your own list using the following links:



» [www.arztauskunft-niedersachsen.de](http://www.arztauskunft-niedersachsen.de)



» [www.psych-info.de](http://www.psych-info.de)



» [www.psychotherapiesuche.de](http://www.psychotherapiesuche.de)

- » You will probably have to make several phone calls.
- » Try to reach the therapist in person during office hours. Leaving a message on the answering machine or writing an email is often not enough! You should call during the office hours of the respective practice. These are often only 1–2 times a week during a short time window.
- » Important: Make a note of when you called whom and what the answer was on the phone. If you can prove to your health insurance company that your search has been unsuccessful even after many efforts, you may be eligible for the so-called cost reimbursement procedure (see below). Please ask your health insurance company under what conditions you can apply for the cost reimbursement procedure.



## WHICH THERAPY METHODS ARE COVERED BY HEALTH INSURANCE?

- » Statutory health insurance companies cover the costs of four different forms of outpatient therapy: analytical psychotherapy, depth psychology-based therapy, behavioural therapy and systemic therapy. Other forms of therapy, e.g. with alternative practitioners for psychotherapy, usually have to be paid for by the patient.
- » Explanations of these forms of therapy can be found, for example, at: » [www.dptv.de/psychotherapie/psychotherapieverfahren/](http://www.dptv.de/psychotherapie/psychotherapieverfahren/)



## GROUP THERAPY

- » In addition to individual therapy (standard case), group therapy and combinations of individual and group therapy are also offered and covered by health insurance companies
- » Group therapy also offers the opportunity to focus on your own mental health. Waiting times are significantly shorter here:  
» [www.gruppenplatz.de](http://www.gruppenplatz.de)



## COST REIMBURSEMENT PROCEDURE

- » Therapists who bill privately can, under certain conditions, apply for a so-called cost reimbursement procedure with you. Please ask your health insurance company under which conditions you can apply for the cost reimbursement procedure and find out more at the following link:  
» [www.kassenwatch.de/hinweise-fuer-patientinnen](http://www.kassenwatch.de/hinweise-fuer-patientinnen)



**Even if you receive a few rejections, don't be discouraged and keep trying. We wish you lots of perseverance.**

Detailed information on finding a psychotherapy place can be found at:

» [www.wege-zur-psychotherapie.org](http://www.wege-zur-psychotherapie.org)



or

» [www.ptb.uni-hannover.de/de/zum-weiterlesen/tipps-zur-therapieplatzsuche](http://www.ptb.uni-hannover.de/de/zum-weiterlesen/tipps-zur-therapieplatzsuche) (here you will also find tips on how to prepare for making contact by telephone and the first therapy session).

