

Practice for Psychotherapy Amsterdam and vicinity

Reference/ client brochure

General basic mental health care (gb-ggz) Specialist mental health care (g-ggz)

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**✘ Praktijk voor
✘ Psychotherapie
Ψ Amsterdam eo**

Expert in persoonlijkheidsproblematiek



LVVP approved

Reference/ client brochure

In our practice, we provide psychological care – primarily general basic mental health care and specialist mental health care.

General basic mental health care (gb-ggz) is provided to alleviate mild to moderate psychological problems that emerged recently.

Specialist mental health care (g-ggz) is provided for problems that have existed for a long duration of time and are controlled by repetitive patterns.

The purpose is to bring about structural changes in the personality without losing one's own identity to make it less likely for the patterns of the complaint to recur.

The treatment team

Our multidisciplinary team comprises psychologists, gz-psychologists, psychotherapists, clinical psychologists and psychiatrists. Our experienced (psychoanalytic) supervisors ensure that the quality of mental health treatment is maintained.

The gz-psychologists, psychotherapists, clinical psychologists and the psychiatrist are BIG-registered and fall within the purview of strict supervision by the government, the Dutch Healthcare Authority (NZa) and relevant professional associations, which ensures that highly qualified mental health practitioners are employed.

If a client exhibits symptoms in which psychotherapy is indicated, the practitioner in charge will provide the treatment in cooperation with other mental health professionals. Any university graduate psychologist involved in the treatment is under the direct supervision of the practitioner in charge.

For quality assurance and enhancement, the practitioners are individually supervised once a week by an external qualified supervisor of (psychoanalytic) psychotherapy.

A literature discussion on psychoanalytic theory and psychoanalytic therapy is held once a week. An indication staff meets on a monthly basis, during which the entire treatment team is present.

One or more of our caregivers are members of the NVP, NVPP, VGct, NIP, LVVP and NPAV professional associations and/or have received training from one of these associations.

Our process of providing more appropriate mental health care as a ggz institution is laid down in our 'Kwaliteitsstatuut', which can be found on our website. We aim to be able to offer you superior treatment with visible results, which can be measured by scientific surveys and which will satisfy both of us.

**You have already signed up?
That's a courageous first step!
The therapy has actually begun.**

Treatment times

Treatments can take place during the day, in the evenings and on weekends.

Therapy can be followed at the practice or via a video consultation. For video calling, we use applications secured according to ISO 27001 and NEN 7510.

Application

You can schedule an appointment at our practice by calling 020-6730282 between 9 am and 5 pm on working days. You can also sign up online via our secure website <https://psychotherapieamsterdam.nl>.

Reference

When you sign up, you must have a valid referral from your GP. It must mention whether there is a suspicion of suffering from a DSM-appointed disorder. The date on the referral should not exceed six months from the date of signing up.

Intake procedure

The care needs are characterised based on the referral letter, intake interviews, HoNOS+ and psychodiagnostic testing (MMPI).

General basic mental health care (gb-ggz)

The intake procedure for the general basic mental health care programme generally comprises filling out a questionnaire and participating in two intake interviews. The interviews are 45 minutes each. The indicating practitioner in charge conducts the first one in the presence of a university psychologist, while the second one is conducted by one or two of our psychologists. Suppose the practitioner in charge determines that more complex health care is necessary than was initially anticipated and, for instance, advises long-term psychoanalytical psychotherapy. In this case, you will be referred to the specialist mental health care programme within our practice.

Specialist mental health care (g-ggz)

As unconscious processes play a major role in serious and complex problems, extensive research must be conducted in specialist health care. Therefore, before beginning the therapy, two aspects must be thoroughly established: what the problem is and how it can best be addressed. We go about this process as follows:

Step 1. The indicating practitioner in charge conducts the first intake interview (45 minutes) in the presence of a university psychologist, in which your problems are discussed in detail. This is followed by a second interview conducted by one or two of our psychologists.

This second diagnostic consultation is usually set aside for 120 minutes.

Step 2. The test research will be included in this step. You will need to fill out an extensive test form at home. This psychodiagnostic research must be conducted for the therapy to work more effectively, focusing on the dynamics of your personality. Afterwards, an appointment will be made for a test interview to discuss the test results and possibly obtain additional information. Based on all the discussions and tests, a comprehensive psychological report will be drawn up.

Such a report on your personality will be enlightening, as you will achieve greater insight into your personality and how it relates to your symptoms.

Step 3. The practitioner in charge will draw up a treatment proposal based on the intake interviews and research. They will propose one session to discuss this with you, and the best practitioner to treat you will be determined. The proposed therapist will then contact you to schedule appointments. During this consultation, you can also expect to get an idea of the estimated treatment costs according to NZa's Tariff Decision. A standard intake procedure for specialist mental health care costs approximately €2.500.

With which complaints can you contact us?

Psychological complaints

- Mood swings
- Anxiety
- Difficulty with sleeping
- Compulsions or obsessions
- Eating disorders
- Emotional problems
- Academic- and work-related problems
- Difficulty in establishing contacts
- Identity issues
- Assertiveness problems
- Problems after divorce
- Unresolved grief
- Traumatic experiences
- Sexual problems
- Problems caused by incest
- Personality problems

- Second-generation war issues
- Adoption issues
- Life stage issues
- Separation problems
- AD(H)D (Attention Deficit [Hyperactivity] Disorder)
- ASD (Autism Spectrum Disorder)

Physical symptoms for which doctors are unable to find a physical cause

- Nervousness or restlessness
- Hyperventilation
- Headache or back pain
- Overstrain
- Upset stomach
- Asthma or bronchitis
- Fatigue

Problems that manifest in families and relationships

- Divorce counselling
- Partnership and relationship problems
- Psychological reactions to childlessness
- Detachment problems

Forms of therapy

Individual therapy (adults)

- Psychoanalytic psychotherapy and its various forms
- IPT (Interpersonal psychotherapy)
- Client-oriented psychotherapy
- Schema therapy
- CBT (Cognitive Behavioural Therapy)
- Mindfulness
- EMDR (Eye Movement Desensitization and Reprocessing)
- EFT (Emotionally Focused Therapy)

Partner Relationship Therapy

- Behavioural therapeutic basis
- System-theoretical basis
- Psychoanalytic basis

Insightful Consultative Group therapy

- Issues faced by most of the members of the group
- Problems related to interacting with others

Please visit our website for more detailed information on the various treatment methods.

N.B. Scientific research has shown that the greater the motivation of the client and the longer the treatment, the better are the treatment results.

Insurance-related issues

The caregivers in our practice have decided not to sign any contracts with health insurers.

The reimbursement for non-contracted care depends on your basic insurance (basic policy).

Funding and reimbursement

Because you are responsible for financing your treatment (including diagnosis), it is important that you check the following beforehand with your health insurer: 1) whether the costs of the treatment you want to follow at our non-contracted mental health institution are fully reimbursed and, if so, 2) which conditions must be met.

Check in advance with your insurance company for specific details about your coverage and under what conditions it takes place!

Statutory mandatory excess

Regardless of what compensation you receive for our care, you must pay your statutory mandatory excess annually if you have not yet spent this amount on other care in the same calendar year. The legal minimum statutory mandatory excess for 2022 was determined to be €385.

Restitution policy as basic insurance

We recommend that you avail a restitution policy as basic health insurance with a 100% reimbursement for mental health care for several reasons. 1) This policy offers freedom of choice in care providers. 2) Although a restitution policy costs you just a little more per year than a natura polis, you often receive compensation for much more.

Please note! Always verify **in advance** with your health insurer 1) whether your treatment at our practice will be fully reimbursed and 2) the conditions or authorisation that have to be met for complete coverage. In case of complex care, we cannot provide your health insurer with precise information on treatment duration and the deployment ratio between the practitioner in charge and other mental health practitioners before treatment starts.

We are a ggz institution with a certified 'Kwaliteitsstatuut' and are registered with the AGB code 22227545.

Changing your health insurance

Your health insurance can be changed once a year from November 12. Pay attention: switching to another health insurer for the coming year must be done by December 31.

**Cancelling your appointment?
Always get in touch with us two
days in advance. This prevents
unnecessary expenses.**

Rates and invoice

From 2022 onwards, mental health care will have a new form of funding: the Care Performance Model (ZPM). In the ZPM, there is a single form of financing with a single set of rules and performances for the general basic mental health care and specialist mental health care.

The ZPM is based on performances (consultation rates) that are derived from the setting. As a mental health institution, we fall under the setting Ambulant kwaliteitsstatuut sectie III mono-disciplinair. The setting further depends on the profession of the therapist(s) with whom you have a consultation, the duration of the consultation and whether it concerns a diagnostic or treatment consultation.

In addition to diagnostic and treatment consultations, there are group consultations.

In case of group therapy, the rate is calculated per 30 minutes per practitioner, and the group size is taken into account.

The costs associated with all indirect time (time during which the therapist is working for you without you being present) are included in the consultation rate. Some examples are given here. The practitioner in charge regularly monitors the progress of the treatment by means of pre-, interval- and post-measurements. Your therapist follows individual supervision by an external supervisor. Further, all time spent on preparation, reporting, Multidisciplinary Consultation (MDO), correspondence and file creation is included in this rate.

Our consultation rates correspond to the rates mentioned in the current Mental Health Tariff Decision of the NZa.

Because each service is linked to a specific day, you can check whether the invoice has been drawn up correctly. Further information about rates and invoices can be found on our website under 'Costs and Reimbursements'.

'No-show' rate if you do not cancel in time

If you cancel an appointment, the therapy time you would have needed and that had been reserved for you will lapse. In our practice, we are committed to avoiding waste, especially with respect to the utilisation of time and money in health care. Therefore, we are compelled to charge a 'no-show' rate for clients who do not appear at the sessions and do not cancel their appointments on time.

Two 'no-show' rates apply, namely:

Diagnostic consultations. For consultations during the intake procedure and related to research, if the cancelled consultation takes place within four weeks, a 'no-show' rate of €140 applies. Otherwise, a 'no-show' rate of €220 applies.

Treatment sessions. A 'no-show' rate of €110 applies to treatment sessions.

You are required to cancel at least two working days or 48 hours in advance (excluding weekends). You can cancel your appointment with us only through the mail from your therapist or through the secretariat.

Infomedics (billing company)

During your treatment program, you will receive a bill regularly through the billing company Infomedics.

Once you have received the invoice, send it directly to your health insurer. They will pay you the invoice amount as a reimbursement after deducting the amount you have to pay. Next, you are required to pay the total amount that is shown on the care invoice to Infomedics.

**Trouble paying your invoice?
Get in touch directly with
Infomedics to make a repayment
arrangement.**

Problems with payment

Should you have any problems paying your bill, you can request a payment deferral from Infomedics or make a payment arrangement via the infomedics.nl website.

Our secretariat

Our secretariat is ready to help you with all your questions between 9 am and 5 pm on working days. For example, if you are wondering how you can personally enquire about the reimbursement of your treatment from your health insurer, they will gladly clarify your doubts and queries.

Collaboration

We work closely with general practitioners and other referrers. In some situations, additional testing by a psychiatrist working with us is desirable. Where necessary, they can advise the GP about prescribing medication and/or a further referral.

There are regular collaboration agreements with a psychiatrist and several clinical psychologists and psychotherapists for intervention and supervision.

Disclosure to referrer

With your approval, we will send a letter to your GP. It will contain therapy indication, registration symptoms and diagnosis, and it will state the treatment policy.

Upon termination of the therapy, with your permission, we will also send a brief report to the referring physician on the course of therapy, the results and/or any advice for further referral and treatment.

Rights and obligations

For the rights and obligations of both therapists and clients, please refer to our 'Algemene voorwaarden', which can be found on our website.

Head office – Amsterdam-Zuid

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