

Practice for Psychotherapy Amsterdam and vicinity

Reference/ client brochure 2021

Specialist mental health care (SGGZ) General basic mental health care (GBGGZ)

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

Expert in persoonlijkheidsproblematiek



LVVP approved

Reference/ Client brochure 2021

We provide psychological care, primarily general basic mental health care (GBGGZ) and also specialist mental health care (SGGZ) in our practice.

General basic mental health care (GBGGZ) is provided to alleviate mild to moderate psychological problems that emerged recently in the patients.

Specialist mental health care (SGGZ) is provided for patients' complaints that have existed for a long duration of time and are controlled by repetitive patterns.

The purpose is to bring about structural changes so as to make it less likely for the patterns of the complaint to recur.

The treatment team

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

The health care psychologists, psychotherapists, clinical psychologists and the psychiatrist are BIG-registered and fall under the purview of strict supervision by the government, the Dutch Healthcare Authority (NZa) and relevant professional associations, all of which ensure that highly qualified mental health practitioners are employed. If a patient exhibits symptoms in which psychotherapy is indicated, the practitioner in charge will provide the treatment in cooperation with the other mental health professionals. If a university graduate psychologist is involved in the treatment, they fall under the direct responsibility of the practitioner in charge.

For quality assurance and enhancement, the practitioners are individually supervised once a week. A literature discussion on psychoanalytic theory and psychoanalytic therapy is also 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 hope that we will be able to offer you superior treatment with visible results, which can be measured by scientific surveys, and a result that will satisfy both of us.

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

Treatment times

Treatments can take place during the day and in the evenings.

Therapy can be followed at the practice or via a video consultation. For video calling we use applications that are secured in accordance with ISO 27001 and NEN 7510.

Application

You can schedule an appointment at our practice by calling 020-6730282 at office hours. You can also sign up online via our secure website <https://psychotherapieamsterdam.nl>.

Reference

To be eligible for a reimbursement of the diagnosis and treatment, you must have a valid referral from your GP or referrer when you sign up. It must mention if there is a suspicion of suffering from a DSM-appointed disorder. The date on the referral should not be more than six months before the date of signing up.

Intake procedure

General basic mental health care (GBGGZ)

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, and the first one is conducted by the practitioner in charge while the second one is conducted by one of our psychologists. If after the first intake you immediately decide not to continue the proceedings, you will be charged €140 (2021). If the practitioner in charge determines that more complex health care is necessary than was initially anticipated and, for instance, advises long-term psychoanalytical psychotherapy, you will be referred to the specialist mental health care (SGGZ) programme within our practice.

Specialist mental health care (SGGZ)

As unconscious processes play a major role in serious and complex problems, extensive research requires to be conducted in specialist health care.

Therefore, before beginning the therapy, what is going on and how the problems can best be addressed should be thoroughly established. We go about this process as follows:

Step 1. The first intake interview (45 minutes) is conducted by the practitioner in charge, which is followed by a second interview (90 minutes) that is conducted by one of our psychologists.

Step 2. The test research will be included in this step. You will need to fill out several extensive test forms at home.

This psychodiagnostic research needs to be conducted for the therapy to work more effectively with a focus on the dynamics of your personality. Afterward, an appointment will be made for a test interview (90 minutes) to discuss the results of the test and to possibly obtain additional information. On the basis of 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 get more insight into your personality and how it relates to your symptoms.

Step 3. Based on the intake interviews and research, the practitioner in charge will draw up a treatment proposal. The practitioner in charge will propose one or, sometimes, two 45-minute sessions to discuss this with you, and the best practitioner to treat you will be determined. You will then be contacted by the proposed therapist to schedule appointments. During this consultation, you can also expect to gain insight into the estimate treatment costs according to the tariff available from the NZa.

If after the first intake you immediately decide not to continue the proceedings, in the case of specialist mental health care, you will be charged €217,36 (2021). A completed SGGZ intake procedure costs approximately €3,250.

What complaints can you contact us for?

Psychological complaints

- AD(H)D
- Autism-related issues
- Mood swings
- Anxiety
- Difficulty with sleeping
- Compulsions or obsessions
- Eating disorders
- Emotional problems
- Work and academic 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

Physical symptoms for which doctors can't find a physical cause

- Nervousness or restlessness
- Hyperventilation
- Headache or back pain
- Overstrain
- Stomach upset
- 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
- Cognitive behavioural therapy
- Mindfulness
- EMDR (Eye Movement Desensitization and Reprocessing)
- EFT (Emotionally Focused Therapy)

Partner-relation therapy

- Behavioral therapeutic basis
- On a system-theoretical basis
- On a psychoanalytic basis

Insightful Consultative Group therapy

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

For more detailed information on the various treatment methods, please visit our website.

NB: 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.

In this way, our therapists can focus more on your individual needs as a client.

The content of the treatment and the number of sessions required to achieve your goal can be determined better by you and your therapist. Experience shows that this improves the quality of treatment.

Funding and reimbursement

Because you are responsible for financing your treatment (including diagnosis), it is important that you check beforehand with your health insurer whether the costs of the treatment you want to follow at our mental health institution are fully reimbursed and, if so, 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 in case you have not yet spent this amount on another care in the same calendar year. The legal minimum statutory mandatory excess for 2021 was determined to be €385.

Restitution policy as basic health insurance

We recommend that you avail a restitution policy as basic health insurance with a 100% reimbursement for the general basic mental health care and specialist mental health care for several reasons. This policy offers freedom of choice in care providers.

Although a restitution policy costs you just a little bit more per year than a natura polis, you often get compensated for much more.

Please note! Always verify in advance with your health insurer whether your treatment at our practice will be fully reimbursed and the conditions or authorization that have to be met for complete coverage. In case of complex care, we cannot provide your health insurer with precise information about the treatment content, 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 mid-november. Pay attention: switching to another health insurer for the coming year must be done by 31 December.

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

Rates and invoice

In **general basic mental health care (GBGGZ)**, the intensity of care is identified based on the intake interviews and diagnosis and whether the short, medium or intensive treatment is opted for in accordance with the guidelines of the NZa. For each of these services, a limited number of 45-minute treatment sessions are compensated by the insurers. Therefore, it may be possible that your treatment will not last for very long.

Treatment in **specialist mental health care (SGGZ)** works with a Diagnostic Treatment Combination or DTC (Dutch: DBC).

DTC's represent all possible diagnoses, treatments and costs. A DTC includes all costs from signing up to the final interview with the practitioner in charge.

In a DTC treatment, a record is maintained in the form of direct and indirect time.

Direct time usually means face-to-face contact with clients. Indirect time includes preparation, reporting, internal consultations, correspondence and filing.

The practitioner in charge regularly monitors the progress of the treatment through pre-, intermediate- and post-measurements.

The direct time, in general, and indirect time, in particular, that is taken up by these tests is processed in the DTC as minute diagnostics.

The psychiatrist is also remunerated through a DTC invoice. Any additional work carried out by your practitioner on your behalf will be charged separately.

In a DTC, a fixed rate per minute does not apply, instead, turning points that are set by the NZa at a specific number of minutes are used.

The costs are based on the average costs that are incurred for a particular treatment.

Therefore, in some cases, the bill will be lower than the actual costs that are incurred, and in other cases, it will be higher.

The rates applied to GBGGZ and SGGZ can be found in the relevant tariff decision of the NZa. See 'Costs and Reimbursements' on our website.

"No-show" rate if not cancelled in time

If you cancel an appointment, then the therapy time that you would have needed and that had been reserved especially 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 of €110 to clients who do not appear at the sessions and do not cancel their appointments in time. You are required to cancel your appointment at least two working days or 48 hours in advance (weekends excluded).

You can cancel your appointment with us only through the mail from your therapist or through the secretariat.

Famed billing company

After treatment, you will receive an invoice from the *Famed/Infomedics* billing company for the treatment that you received. In case of a DTC, you can expect to receive this invoice within 365 days after the start of treatment or sooner should the form of therapy or the treatment goal have changed due to a new diagnosis.

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 part that you have to pay. Next, you have to pay the full amount that is shown on the care invoice to *Famed*.

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

Problems with payment

If you face any problems while paying your care invoices, you can make an arrangement with *Famed* directly for payment or deferred payment. You can find their contact details on the invoice.

Collaboration

We collaborate closely with GPs and other referrers. In some situations, additional examination by a psychiatrist working with us is desirable. If and when necessary, they can advise the GP about prescription medicine and/or further references. There is regular collaboration between a psychiatrist, clinical psychologists and psychotherapists for inter-
vision 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 will state the treatment policy.

Upon termination of the therapy, 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, with your permission.

Rights and obligations of psychotherapist and client

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

Head office – Amsterdam-Zuid

Parnassusweg 207, 1077 DG Amsterdam

Badhoevedorp

Eelderstraat 1, 1171 JD Badhoevedorp

Duivendrecht

In de Pelmolten 8, 1115 GM Duivendrecht

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