

Searching for a psychotherapist/clinical psychologist

In Austria, a distinction is made in the treatment between psychotherapists and clinical psychologists. The main difference lies not only in their training but also in the methods they use. Psychotherapists are usually trained in a specific therapy approach (e.g., cognitive-behavioral therapy), while clinical psychologists use different methods.

Fully covered by health insurance

There is a limited number of psychotherapy spots that are fully financed through health insurance, commonly referred to as "Kassenplätze" or "Psychotherapie auf Krankenschein", which are offered by specific therapists only. In Styria, these spots are administered by two organizations:

<p><u>Verein Netzwerk Psychotherapie</u> www.psychotherapie-steiermark.net office@psychotherapie-steiermark.net 03132/3228</p>	<p><u>Verein für ambulante psychologische Psychotherapie (VAPP)</u> www.vapp.at; 0676/7373262 Di + Do, 11:00–14:00</p>
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Subsidized by health insurance

Currently, a refund from health insurance ranges between 30 to 50 euros per session of psychotherapy/clinical psychological treatment – individual insurance providers vary in their contributions.

e.g., <https://www.gesundheitskasse.at/cdscontent/?contentid=10007.897679&portal=oegkportal>

Social/reduced rates

- Some psychotherapists and clinical psychologists offer so called social rates ("Sozialtarife") based on a client's personal income. For these reduced rates, the health insurance company may still grant a partial refund (see above).
- „Psychotherapeut/innen in Ausbildung unter Supervision“ are psychotherapists in training who have progressed far enough that they are allowed to accept their own clients towards the end of their training. They work under the regular supervision of an experienced therapist and usually offer reduced rates for clients. However, a health insurance refund is not possible when working with a therapist in training.

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- www.psychnet.at → Berufsverband der Österreichischen PsychologInnen (BÖP)
- www.oeh.ac.at/helpline/ → ÖH Helpline
- www.psychotherapie.at → Österreichischer Bundesverband für Psychotherapie (ÖBVP)
- www.psyonline.at → Psyonline
- <http://www.stlp.at> → Steirischer Landesverband für Psychotherapie. Their "Infostelle" offers counseling and information regarding all questions about psychotherapy, every Thursday 17:00–19:00. 0316/372500, infostelle@stlp.at

In acute crisis situations, the 24-hour emergency hotline, **PsyNot**, is available as the first point of contact and assistance for all individuals living in Styria. **0800/449933**