



PSYCHOTHERAPEUTIC TREATMENT

Patient Information

Please read the following information sheet carefully. It contains essential important information about what you should do when using a psychotherapeutic Treatment should be noted. If you have any questions, please contact your psychotherapist.

What is psychotherapy?

Psychotherapy is an independent healing procedure in the health sector for the treatment of mental, psychosocial or psychosomatic behavioural disorders and states of suffering. It exists on an equal footing among other healing methods, such as for example the medical or clinical-psychological treatment. The practice of psychotherapy is "Austrian Psychotherapy Act" regulated. The Focus is the conversation and exchange between psychotherapist and patient. Depending on the psychotherapeutic method this exchange can be done through exercises and other interventions are supported and promoted.

Forms of psychotherapy?

Individual, couple, family and group therapy.

How does psychotherapy work?

Psychotherapy can be curative (healing), palliative (soothing), promoting health, preventive (preventive) and helpful with personality development. Proven active factors are therapeutic relationship, empathetic understanding, emotional acceptance and support by the psychotherapist.

Also, psychotherapy works through the funding of emotional expression, encouraging insight sensory experience, the promotion of communicative competence and relationship skills, raising awareness, self-regulation, the promotion of learning opportunities, learning processes and interests, also through the promotion of creative experiences as well as the development of positive prospects. Very crucial are also promoting a positive personal relation to values and the promotion of sustainable social networks and experiences of togetherness.

As a rule, psychotherapy proceeds as follows: The patient describes the problems in a first contact; his / her expectations and motivations which are meant to be discussed. Then the therapeutic interventions

follow, sometimes with the involvement of the patient's environment and the life story of the patient. In a joint reflection between the patient and the therapist, the previously worked on is integrated, to implement what is experienced or learned to promote in everyday life. Outpatient psychotherapy - as described here - can be distinguished in some aspects from inpatient psychotherapy, in which the patient is cared for by a team of therapists.

When is psychotherapy performed?

For mental disorders or psychiatric and psychosomatic illnesses of all ages: personality disorders, depression, post-traumatic stressful conditions, addiction problems, behaviour disorders, sexual disorders, school failure, fears (phobias, panic attacks), learning disorders, dissociality, difficulties of separation, separation and loss and their somatic and psychological consequences. In the event of disorders and illnesses due to general or change crises in which the patient feels that they can no longer cope alone. For the accompaniment of the seriously ill and dying and supporting drug treatment.

In which cases is psychotherapy insufficient or only with reservations?

Limitations in psychotherapeutic treatment are given when the problem at first or accompanying requires medical attention.

What should you look for when starting psychotherapy?

There are 23 recognized scientific-psychological therapeutic methods in Austria (according to www.bmg.gv.at: 28.08.2014), which are roughly summarized in four directions let: deep psychological-psychodynamic (psychoanalytic), humanistic, systemic and behavioural therapy. It is recommended to find out about the various psychotherapeutic procedures before starting treatment (see brochure of the Ministry of Health www.bmg.gv.at, the homepage of the Federal Association for Psychotherapy www.psychotherapie.at, or Psychosomatic Network).

The start of psychotherapy is said to be free to choose by the patient. He_she should have the feeling that he_she can trust the therapist.

The psychotherapeutic procedure should, with its methods, techniques and framework conditions be well acceptable for the patient.



At the beginning of therapy, the psychotherapist has with the patient in a partnership to negotiate an agreement on why psychotherapy is indicated, which goals are to be achieved within the framework of the therapy and how the success of the treatment should be measured after completion of the treatment. A therapy process designed by patients has proven to be helpful for recovery.

How often? Frequency and duration of psychotherapy treatment.

Frequency and duration depend on the particular type of psychopathology or the patient's life situation and fall differently depending on the method used. The length of the psychotherapeutic treatment is too justify. The patient can stop the therapy at any time or change therapist. If this happens he /she should discuss this with the current psychotherapist beforehand.

What do patients have to consider? Rights and Obligations for psychotherapeutic treatment and special notes.

1. At the beginning is a "therapy contract" (oral or written) regarding the procedure and goal (s) of psychotherapy to be agreed between patient and psychotherapist.
2. The amount of the fee and the mode of payment should be in the course of the initial interview. There is also the possibility of psychotherapy paid by the health insurance company.
3. In therapy is the respectful handling of desires of the patient is indispensable.
4. The patient has the right to have questions ask about the therapeutic approach to be answered by the psychotherapist.
5. Psychotherapists are not allowed to use their personal, economic or sexual interests towards patients follow.
6. Psychotherapy should promote social contacts in the long term and do not strain.
7. The therapist has according to the "Psychotherapy Act" professional duties such as training and confidentiality. Every psychotherapist should also regularly take supervision.
8. Esoteric procedures are not allowed to be applied within the framework of psychotherapy.

Interactions of psychotherapy

If the patient has several psychotherapies at the same time or psychosocial counselling this can lead to undesirable effects. Exceptions can then be indicated if agreed with the therapist, when at the same time framework group psychotherapy is attended.

Side effects of psychotherapy

There may be phases of worsening of symptoms. There can be phases of overestimation and / or self-doubt arises. Partnership, family and friendships can change, improve or deteriorate. Professional changes in a positive and negative way can occur. In therapy, this is to discuss with the psychotherapist.

What undesirable effects caused by Psychotherapy can occur?

Financial and time burden. Entanglements in the relationship with the psychotherapist / to the psychotherapist - the psychotherapeutic relationship is not a private, but a paid employment relationship. If undesirable effects and / or no changes move towards the therapy goals, the following is recommended:

1. Addressing the problem with the psychotherapist. If there is no satisfactory response from the Therapist:
2. Addressing the problem with other technically competent people or people in advice centers etc.
3. Possibly repeated / additional medical clarification.
4. Consider changing psychotherapists.

Your psychotherapist is available to answer questions as well as the respective regional associations of Austrian Federal Association for Psychotherapy (ÖBVP) available: www.psychotherapie.at

Donau-Universität Krems
Department für Psychotherapie und Biopsychosoziale Gesundheit
Dr.-Karl-Dorrek-Straße 30, 3500 Krems, Austria
www.donau-uni.ac.at/psymed