

Find a therapy place

How is psychotherapy actually done?

- Together with a psychotherapist, you explore some of the patterns that contribute to symptoms
- in a confidential setting
- 50-minute sessions, in most therapies once a week at a fixed time
- psychotherapists are bound for confidentiality as a matter of principle



Do I need therapy at all?

- Everyone has times of crisis
- Sometimes it`s difficult to find out alone whether psychotherapy is the right way to cope --> decide together with a psychotherapist: A psychotherapeutic consultation (“Psychotherapeutische Sprechstunde“) is used to find out whether psychotherapy or other help is indicated
- Most people suffering from mental illness seek help too late
- For example: The earlier depression is treated, the better; otherwise there is a risk of chronification.
- Signs that I should seek therapy:
 - Restrictions in daily life due to insomnia, difficulty concentrating, loss of motivation or moodiness
 - Difficulties in relationships
 - Loss of interest in hobbies
 - Environment is worried
 - Doctors do not find a physical cause for physical complaints
 - Increased alcohol or substance use



How to proceed with the search?

- Search engine of the „Kassenärztliche Vereinigung“ (KV)
 - Use „weitere Suchkriterien“ and „Fremdsprachen“ for your language preferences
- Call during telephone office hours or in the 10 minutes before the hour (break between sessions). Alternative: Mail with a short description of the complaints
- Contact as many psychotherapists as possible, get on waiting lists, stay tuned!
- Contact training institutes: psychotherapists are working there in the last stage of their training and work under supervision. (State-approved training institutes in berlin)
- Waiting time for therapy place can take up to several months
- Temporary solutions: Psychological counseling at the FU/Studierendenwerk, support.points at the departments



How to proceed with the search?

- Appointment service of the KV arranges free appointments for a psychotherapeutic consultation (“Psychotherapeutische Sprechstunde”) at short notice: to be reached at 116 117
- Psychotherapeutic consultation („Psychotherapeutische Sprechstunde“):
 - Mandatory before starting psychotherapy
 - **Attention: A psychotherapeutic consultation with a psychotherapist does not mean that a psychotherapy place is available with him*her!**
 - Initial diagnostic clarification of symptoms and complaints
 - Written recommendation for further procedures, e.g., advice for further counseling or recommendation for psychotherapy (report of findings, form PTV 11). Urgency of psychotherapy can be confirmed on form
 - With "urgency code", appointment service of the KV arranges appointments for a session of acute treatment or a trial session ("probationary session")



And who pays for it all?

- The statutory health insurances (Gesetzliche Krankenkassen: GKV) cover the costs for behavioral therapy, psychodynamic psychotherapy (depth psychology or psychoanalysis) and systemic psychotherapy
- Individual and group therapies (also combination)
- Condition for reimbursement by the GKV: Therapist must be licensed by the GKV.
- There are also licensed psychotherapists outside of the health insurance system (not licensed by GKV) who work privately or through cost-reimbursement procedure (“Kostenerstattungsverfahren”).
- Privately insured persons: check contract conditions/ ask your health insurance company what portion is covered
- Alternatively, costs for treatment can be covered by yourself (approx. 100 €/session)

! To be on the safe side, always ask the psychotherapist beforehand how psychotherapy is billed !



cost-reimbursement procedure („Kostenerstattungsverfahren“)

- When, despite all efforts, no place can be found for psychotherapy that is needed in a timely manner: "system failure" of the statutory health insurance system
- In this case: possibility of cost-reimbursement procedure
- Insured persons first settle the therapy sessions directly with the psychotherapists and are then reimbursed by their health insurance (statutory).
- Also possible with psychotherapists who are not licensed by health insurance companies (§13 Abs. 3 SGB V)
- Ask your health insurance company about requirements for a cost-reimbursement procedure.
- **Important: Documentation! Record all telephone calls, inquiries, conversations, duration of waiting time or cancellation**



What should I look for when searching?

- Due to the diversity of offers in the field of therapy, a critical look at the corresponding qualifications of the therapists is recommended in any case.
- Quality criterion: Psychological psychotherapist (psychology degree + many years of psychotherapeutic training) *or* medical psychotherapist (medical degree + many years of psychotherapeutic training).
- Psychiatrists can prescribe medication and usually only have short time slots of a few minutes, like other specialists (unless they are also a medical psychotherapist).



Finally arrived: The probationary sessions

- Before each psychotherapy 4 - 6 probationary sessions take place, in which therapist and patient get to know each other and decide whether they want to work together. Listen to your gut feeling!
 - Basic positive feeling is sufficient
 - Fears and uncertainties before therapy are common and ok
 - The experience in the relationship may and should be addressed in the therapeutic framework



Types of therapy

- Guiding question when deciding on a therapy method: With which type of problem solution can I most readily identify?

Cognitive behavioral therapy

- Goal: Develop an understanding of how current suffering is triggered and maintained.
- Assumption: thinking, behavior, feelings **learned and changeable**
- With the help of various methods such as confrontation exercises, relaxation exercises or role plays, new, helpful behavioral and thought patterns are practiced
- **Particularly suitable when concrete assistance is desired for outlined problem areas in everyday life**



Types of therapy

Systemic therapy

- Focus on social context of mental disorders
- Goal: question symptom-promoting relationship patterns and develop new, health-promoting solutions
- Stimulation for self-transformation with own strengths, abilities and potentials
- In addition to stress topics, the focus is on resources of the person and the social context
- Important persons of reference can be involved directly or indirectly, through special questioning techniques and other tools (e.g. system board)
- **Particularly suitable if there is interest in looking at symptoms with a special focus on relationships and communication**



Types of therapy

Psychodynamic psychotherapies

- Assumption: behind symptoms there are conscious and/or unconscious conflicts; formative relationship experiences are transferred into the here and now (focus on biographical origins of current stresses)
- Psychological stress as problems in the relationships that someone has with themselves or with certain parts of themselves (thoughts, feelings, impulses, behaviors), or also as problems in the relationship with other people.
- Strong focus on the therapeutic relational experience -> shared understanding.
- **Particularly suitable if you are curious to get to know and understand your own relationship patterns and your own emotional inner world, unconscious processes, fantasies and dreams better in a free and open setting, or if you do not (yet) have a clear picture of your psychological burdens**



Types of therapy

Psychodynamic psychotherapies

Depth psychologically based psychotherapy

- Focus on currently effective unconscious inner-psychic conflicts
- Sitting, 1x/week

Analytical psychotherapy (psychoanalysis)

- Broader focus than in TP: experience and behavior against the background of the individual personality structure.
- Principles such as free association (saying everything that comes to mind)
- Classically lying down, several times (2-4x) per week



Contact

If you have any further questions, please feel free to contact us at one of the support.points.

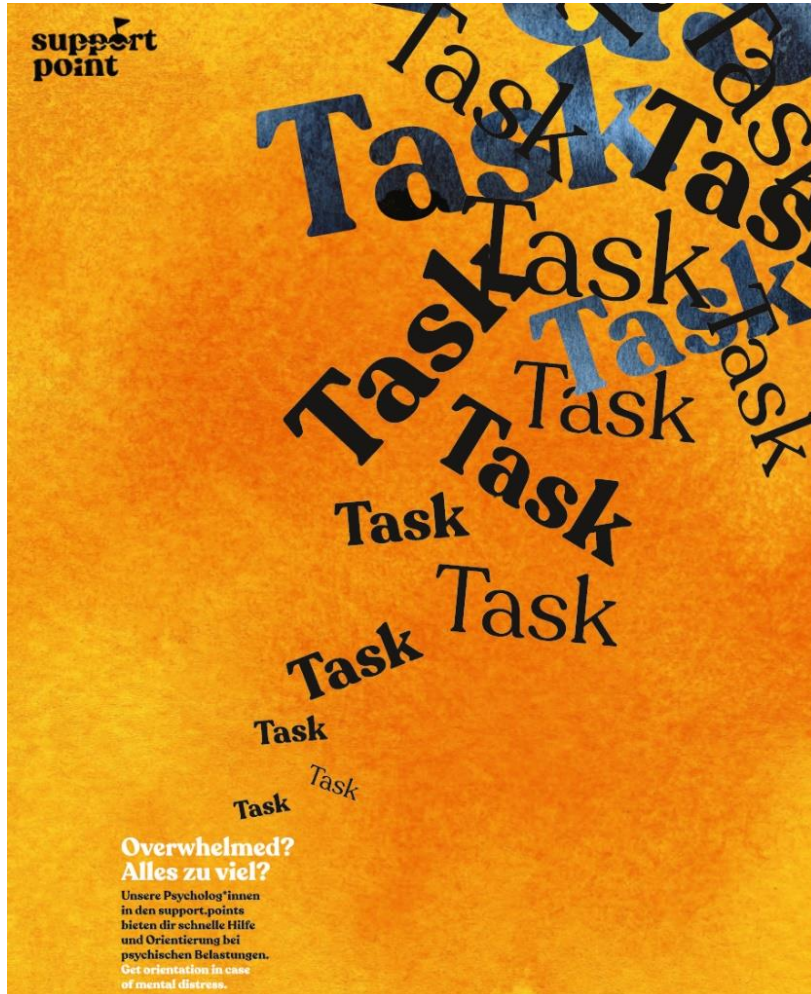


fu-berlin.de/mentalwellbeing

support.point@studienberatung.fu-berlin.de



General info about the support.points



- first point of contact for all concerns regarding mental health during studies
- **no concern is too big or too small**
- open to all students and employees of the FU
- consultations are confidential, staff are bound to secrecy
- all information about the support.points (locations, consultation hours) + infos, e.g. on how to find a psychotherapy:

fu-berlin.de/en/sites/mentalwellbeing



support.point GeschKult

- Fabeckstraße 23/25, room 1.0103 (access via waiting room 1.0104, corner office between the Institute for Chinese Studies and the Department Administration)
- open consultation hours (on site and online) as well as appointment hours (on site)
- overview consultation hours + appointment booking: www.fu-berlin.de/sites/mentalwellbeing/Support_Points
- anonymous consultation is possible; languages: German and English
- Contact/ inquiries: support.point.geschkult@studienberatung.fu-berlin.de
- short notice changes are sometimes necessary – please always check the homepage!



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psychologist & mediator

