

Psychotherapie Trendle

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Psychotherapy Trendle: Tariffs and Health Insurance (08/22)

Since the so-called prescription model has come into force in July 2022, there have been three different ways in which psychotherapeutic sessions in my practice can be paid for.

1) Self-payment

- You pay for your treatment yourself. Payment is made by invoice handed directly to you.
- Advantage: Uncomplicated, no doctor's referral necessary, no psychiatric diagnosis necessary, no coordination with health insurance.
- Disadvantage: You bear the full cost yourself.

2) Supplementary health insurance

- If you have supplementary health insurance ("Zusatzversicherung") **please check** with your supplementary insurance company whether and to what extent they will contribute to the costs of your psychological counselling prior to starting treatment.

3) Basic health insurance (new prescription model since 01.07.2022)

- Rates are set by the basic health insurance: 90% of the cost is covered by insurance, 10% have to be covered by the client (deductible).
- Coverage by basic health insurance is only possible if you have **a medical doctors referral** (f.e. issued by your family doctor) prior to our first therapy session.
- A referral is usually only issued if there is an indication for psychotherapy, i.e. if you are suffering from a mental illness that requires treatment, you have a mental diagnosis and / or you have psychological complaints that can be improved by psychotherapy.
- Limitation: Basic insurance covers 15 sessions, after which - if necessary - a further application for 15 sessions can be submitted. After 30 sessions an assessment by a psychiatrist is required to evaluate whether further treatment will be covered by the health insurance.

Important: Please bring your **health insurance card** to your first appointment.

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Tariffs for self-paying clients / clients with supplementary insurance

- Individual sessions usually last 60 minutes and cost 190 CHF. (my preparation and follow-up time are included in this rate).
 - Longer sessions are charged at 32 CHF per 10 minutes.
 - Additional services in your absence (written reports, correspondences, telephone calls) are charged at 32 CHF per 10 minutes.
 - Couple sessions / family sessions usually last 80 minutes and cost 260 CHF.

Cancellation policy / the fine print

- In case of last-minute **cancellations** and postponements **less than 36 hours** before the scheduled appointment, you will be charged for the missed session.
- What is discussed in psychotherapy is kept strictly confidential. I am bound by doctor-patient confidentiality.
- The initial consultation is also charged.
- For psychotherapy sessions by phone or video-call, you agree to the privacy policy of the chosen video Video-call service provider. The responsibility for data protection remains with the client.
- If you contact me via a messenger such as WhatsApp, Telegram or Signal, you thereby allow me to send you a reply on the same channel.