

## Psychotherapie Trendle

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## Psychotherapy Trendle: Tariffs and Health Insurance (07/22)

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

### 1) Self-payment

- You pay for your treatment yourself. Payment is made by invoice directly to you.
- Advantage: Uncomplicated, no doctor's prescription necessary, no diagnosis of a mental illness necessary, no coordination with health insurances.
- Disadvantage: You bear the full costs yourself.
- In the case of psychological counselling for people without a mental illness / burden there is usually only this option of self-payment, as these treatments are not usually covered by health insurance.

### 2) Supplementary health insurance

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

### 3) Cost coverage by basic health insurance (new prescription model since 01.07.2022)

Provided you meet the conditions it is possible that your **basic health insurance** will cover the costs of your therapy (minus the usual 10%).

- You will need a **doctors referral** for this option.
- This doctors referral must be available before the first appointment that is to be reimbursed via the basic insurance.
- The rates are set by the basic insurance. 90% of the costs of your outpatient psychotherapy are covered by the basic insurance, 10% are to be paid by you as a deductible.
- Conditions: A referral for psychotherapy is usually only issued if there is an indication for psychotherapy, such as 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 order for 15 sessions can be requested. After 30 sessions, an assessment by a psychiatrist is required, who will forward this information to your health insurance company to check whether further treatment will be covered.

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

## Tariffs for self-payers / 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.- per 10 minutes.
  - Couple sessions / family sessions usually last 80 minutes and cost 260.-.
  - Additional services in your absence (written reports, correspondences, telephone calls) are charged at 32.- per 10 minutes.
- Payment is usually made by invoice directly by you ("tiers garant").

## 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.
- Communication channels and data protection: 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.