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## PSYCHOTHERAPY INFORMATION SHEET

Thank you for your interest in my profile. Below you will find more detailed information about my psychotherapeutic work and the general conditions in my psychotherapy practice:

- **Target group:**  
I work with adults of all ages, genders and sexual orientations.
  - **Setting:**  
I offer individual as well as couples therapy.  
In addition to meeting face-to-face in my practice, we can also arrange sessions by phone or video call. Since my practice is situated near Augarten, we can also meet there for a Walk & Talk session (i.e. psychotherapy outdoors while walking at a slow pace).
  - **Practice:**  
My practice is located at Castellezgasse 16/8, near Augarten/U2 Taborstraße and tram 2. Unfortunately, the practice is not accessible to people with reduced mobility (access to the elevator only via stairs).
  - **Practice hours:**  
My availabilities for psychotherapy are: Mon morning, Tue & Thu afternoon, Fri all day, occasionally Sat morning. I am currently unable to offer evening hours.
  - **Session duration and fees:**
    - Individual therapy 50 min. € 80
    - Couples therapy 90 min. € 160
- I believe psychotherapy should be accessible to people of all socio-economic backgrounds. Therefore, I also offer psychotherapy at a reduced fee, subject to availability.
- **Initial consultation:**  
The initial consultation is about getting to know each other. It is there to help us decide if we want to work together and to get a first idea of what such a cooperation might look like. We talk about what brings you to therapy, potential therapy goals as well as the general conditions in my psychotherapy practice. Regarding duration and costs, the initial session is like a regular session.
  - **Frequency:**  
Continuity is important for the therapeutic process. We will discuss which frequency best fits your needs during our first session and adapt it throughout our therapy process.
  - **24-hour cancellation policy:**  
The appointments we make are binding. Appointments can be cancelled free of charge up to 24 hours before the agreed time, after which the full fee will be charged. This also

applies in case of illness or other unforeseeable reasons for cancellation. If I have to cancel a session, I will offer you the next available appointment as a replacement.

○ **Payment:**

There are two payment options: You can either pay in cash at the beginning of each session, or once a month (at the end of the month) by bank transfer.

○ **Confidentiality:**

All our interactions – from the first contact to the last session – are subject to confidentiality on my part, as regulated by Austrian law (§ 15 Psychotherapiegesetz).

○ **Integrative Gestalttherapie:**

The method of psychotherapy I work with is Integrative Gestalttherapie (IGT), a branch of gestalt therapy. The following aspects of IGT are particularly important to me:

- Anchored in the „here and now“: The focus is on the present moment. We work with what comes up during the therapy session.
- Body-oriented: The body plays a key role in therapy. Physical sensations, body impulses as well as bodily expressions (such as posture, facial expression, gestures, tone of voice) are just as relevant in therapy as words, thoughts and emotions.
- Variety of methods: Therapy is not limited to conversation. It can also incorporate a variety of other forms of expression, among them work with creative media such as drawing or symbolisation with objects, mindfulness and imagination exercises, bodywork and movement. It is always up to you if you would like to try a certain intervention or not.
- Dialogical: This refers to a quality of interaction which is present, authentic, non-judgemental and respectful. Therapist and client each have different roles and responsibilities in therapy, but as two individuals, we meet as equals. I contribute my knowledge and experience of psychotherapy and the therapeutic process, while my patients are the experts for themselves, their experiences and life choices.

○ **Psychotherapy „in Ausbildung unter Supervision“:**

I am currently in the final phase of my psychotherapy training (“in Ausbildung unter Supervision”), which has the following implications:

- I am required to review my work in supervision with experienced therapists at regular intervals. This review process is also strictly confidential: Whenever I refer to specific clients, I do so anonymously. My supervisors are bound by the same confidentiality laws as I am.
- All my clients come to me as private patients. With the exception of certain private insurances, my therapy fees cannot be covered by health insurance (neither full coverage nor partial refunds).

○ **And finally...:**

If you have any questions, don't hesitate to contact me. I'm looking forward to hearing from you!

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