

# Psychotherapy Services in Vienna

## Therapy Outpatient Clinic AST – Outpatient Systemic Therapy

Offers individual, couples, and family therapy. Sessions are transmitted via a one-way mirror for the psychotherapy students of the institution.

**Cost:** Voluntary contribution.

## Psychotherapy Outpatient Clinic of the ÖAS

Provides individual, couples, child, and family therapy.

**Cost:** From €15 per session with psychotherapists in training.

## Psychotherapy Outpatient Clinic of Sigmund Freud University

Offers behavioral therapy, systemic family therapy, and psychoanalysis.

**Cost:** Socially scaled fees based on income, self-help groups are free.

## St. Elisabeth Foundation

Psychotherapy for people with mental illnesses provided by psychotherapists in training.

**Cost:** Free of charge.

## Association for Outpatient Psychotherapy

Provides information and referrals via a patient hotline for psychotherapy covered by health insurance in Vienna.

**Cost:** Free of charge.