

Psychotherapy/Clinical Psychological Treatment

Full Cost Coverage

Psychotherapy covered by health insurance: Some freelance psychotherapists offer fully covered therapy sessions through health insurance. However, these insurance-covered spots are limited and often come with long waiting times. A medical confirmation of the necessity of psychotherapy is required.

Partial Reimbursement

Private therapists (Wahltherapeut_innen): If you choose a private therapist, you can apply for a reimbursement. A diagnosed mental disorder is required. The amount of reimbursement varies depending on the insurance provider:

- **Austrian Health Insurance Fund (ÖGK):** €33.70 per session
- **Insurance Institution for Public Servants, Railways, and Mining (BVAEB):** €48.80 per session
- **Social Insurance for the Self-Employed (SVS):** €45.00 per session

Discounted Rates

Psychotherapists in training under supervision: These therapists are in the final stage of their training and often offer lower rates. They are already qualified to work with clients but are closely supervised by senior therapists.

Social rates: Some psychotherapists offer social rates to support individuals with low income.

ÖH Psychotherapy Fund: The Austrian National Union of Students (ÖH) provides a psychotherapy fund that allows students to apply for financial support for therapy costs. Requirements include proof of therapy necessity and confirmation that health insurance covers part of the costs or that a social rate has been agreed upon. The maximum support is €1,500.

Finding a Therapist

You can search for therapists through online platforms like [PsyOnline.at](https://www.psyonline.at) or the [Vienna Association for Psychotherapy](https://www.viennaassociationforpsychotherapy.at).

Alternatively, referrals to psychotherapists are available through the [ÖH-Helpline](https://www.oehelpline.at).