

HOW TO PREPARE YOURSELF WELL FOR YOUR PSYCHOTHERAPY APPOINTMENT



If you no longer feel mentally well psychotherapy might be necessary. To find an appointment you can utilise the service point of KV Saarland under, Tel. 116117 or www.eterminservice.de/terminservice Furthermore the Saarland's chamber of psychotherapists provides a search service: www.psych-info.de/



You would like to research symptoms and psychotherapy beforehand? Saarland's chamber of psychotherapists website www.ptk-saar.de or www.wege-zur-psychotherapie.org/



If needed you can bring a confidant to your first appointment and have diagnostic findings, health insurance card and medication plan, if you have one, ready. You do not need a referral. Individuals, who, as a result of war, have been driven from their home and currently do not have a health insurance card need a treatment certificate. The certificate is issued by the respective offices of the communes or districts/ regional association. If needed assistance is provided at the psychosocial centre (PSZ)

At the first appointment:

Be active in therapist-patient-communication:



Please observe the office's hygiene measures



Please be punctual.



Be open about your problems and concerns.

Since when do you have problems? Are there specific mental or physical burdens? Are you often in a bad mood? Also burdening thoughts, for example suicidal thoughts should absolutely be addressed.

Also talk about prior therapy and what efforts you have already made.

Specifically ask for a diagnosis and treatment recommendations:



Your psychotherapist informs you about your diagnosis. Information about specific psychological illnesses: www.bptk.de/publikationen/patientenratgeber/

At the end of the consultation, you will receive extensive written patient information. Your psychotherapist is obliged to secrecy, they will explain and give you advice on psychotherapy as well as other assistance and self-help options www.selbsthilfe-saar.de/

A trusting relationship between therapist and patient is particularly important in therapy. You might work on your illness for a while. Consider your instincts if you feel understood and can confide in them.

After the appointment:

- Talk about the various treatment options with a person you trust.
- Take your time and thoughtfully decide, whether you would like to start therapy.
- To ensure that the therapy will be successful, regular appointments are particularly important. Check, if an acceptable arrangement can be made.
- After the therapy session you should take time to reflect, for which a therapy diary can be very helpful.