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Information Sheet

Welcome

Welcome to my psychotherapy practice. Starting therapy can feel exciting but also overwhelming. This information sheet provides an overview of important practical, financial, and ethical details that you should know before your first appointment.

Appointments

Appointments are offered by appointment only. Please arrive on time. If you are late, kindly inform me. However, the session will still end at the scheduled time. The frequency of sessions will be discussed during the initial interview, based on your personal needs, therapeutic goals, and available resources.

Cancellation Policy

If you need to cancel or reschedule a session, please inform me at least 24 hours in advance. Late cancellations or missed appointments will be fully billed, regardless of the reason.

Fees & Payment

- Individual sessions: 50 minutes → €110 / 90 minutes → €200
- Couples sessions: Minimum 90 minutes → €200
- The first session must be paid in cash.
- Payment methods for subsequent sessions can be discussed during the first appointment.

Insurance & Reimbursement

There is no reimbursement from public insurances such as ÖGK at the moment. Some private health insurances may partially cover the costs, but it is the patient's responsibility to contact their insurance provider and handle claims directly. An invoice will be issued for every session.

Confidentiality

Everything shared during psychotherapy is strictly confidential. Exceptions apply only when there is a serious risk of harm to yourself or others, or when disclosure is legally required (e.g., court orders, child protection cases).

Ending Therapy

You are free to end therapy at any time. However, it is strongly recommended to bring this up at least one session before your planned ending, allowing enough time to reflect on your progress and ensure a smooth conclusion.

First Session Expectations

The initial session focuses on understanding your reasons for seeking therapy, exploring your history, discussing your goals, and agreeing on the initial frequency and structure of future sessions.

- Please switch your mobile phone to silent mode during sessions.
- If you are late, the session will still end at the scheduled time.
- If you feel unwell or cannot attend, please inform me as early as possible.

For any further questions/clarifications, please do not hesitate to contact me.

Kind Regards

Dr. Himanshu Giri