

What do Psychiatrists, Psychotherapists, Psychologists do

“Nervenarzt” (neurologist), “Psychiater” (Psychiatrist), „Neurologe“ (neurologist)

A “**Psychiater**” (psychiatrist) is the specialist in the treatment of mental illnesses. He can make diagnoses, prescribe drugs (e.g. psychiatric drugs), admit to the clinic, write a medical certificate for sick days at work. In the treatment of all mental illnesses, which can be attributed to physical disorders, the use of drugs by a specialist is required and thus the treatment has to be done by a psychiatrist. Some psychiatrists additionally or exclusively offer psychotherapy. A newer name is “Facharzt für Psychiatrie und Psychotherapie”, which can be translated as "Specialist in Psychiatry and Psychotherapy".

In Germany, there are two different kinds of neurologists, either a **Neurologe** or **Nervenarzt**:

A “**Neurologe**” (neurologist), on the other hand, usually has little to do with the emotions of the patient, he is more interested in the conductivity of the nerves, and he asks about reflexes, paralyses, or emotional disorders in the skin.

A “**Nervenarzt**” (neurologist) has a specialist training both as a psychiatrist and as a neurologist.

“**Ärztliche Psychotherapeuten**” (medical psychotherapists) are doctors who have additional qualifications in the field of psychotherapy. In addition to psychiatrists this can also be other doctors, for example general practitioners / family doctors.

“Psychologe” (psychologist) and “Psychologischer Psychotherapeut” (psychological psychotherapist)

„**Psychologen**” (psychologists) deal extensively in their studies with the experience and behavior of humans, as well as with psychological diagnostics (personality tests, intelligence tests).

“**Psychologen**” (psychologists) can only work as therapists, if they have completed additional multi-year training in one or more approved psychotherapeutic methods. They are then approved by the state as “Psychologischer Psychotherapeut” (psychological psychotherapists). This is a prerequisite for approval of being allowed to bill the charge for the psychotherapeutic services through the health insurance companies.

Psychological psychotherapists are responsible for all diseases that can be treated through psychotherapeutic conversations and exercises, such as: compulsion, depressive moods, psychosis, addictions or personality disorders.

„Heilpraktiker (für Psychotherapie)” (alternative non-medical practitioners for psychotherapy)

„**Heilpraktiker (für Psychotherapie)**“ do not have to have studied or have any other formal qualification. Only by proving in the „Heilpraktiker (für Psychotherapie)” examination that they pose "no danger to public health", can they call themselves „Heilpraktiker (für Psychotherapie)“.

“Psychotherapeut” (psychotherapist)

“**Psychotherapeut**” (psychotherapist) is a legally protected name. It is either a medical psychotherapist or a psychological psychotherapist or a children’s and adolescent psychotherapist. „Heilpraktiker (für Psychotherapie)” may not call themselves “Psychotherapeut” (psychotherapists).



Why therapy?

A successful therapy will address among other things*:

- **Your thinking process**, which can often cloud your perception and create a whirlpool that drives you into a deeper crisis.
- **Relationship problems**, that can become stress factors. The problems may also have been caused by something you said or did because of the symptoms of your mood disorder.
- **Family and everyday problems**, such as raising children or managing finances.
- **Work situation**, problems with or through work or personality conflicts with colleagues.
- **Being together with other people** that causes you stress or that has suffered because of your illness.

** From a text found in: Manisch-Depressiv für Dummies, Candida Fink und Je Kraynak, WILEY-VCH Verlag, 2010, S. 114*

Psychoanalysis and depth psychology-oriented psychotherapy are particularly about the experiences you have had in childhood and adolescence.

In a therapy this is important to me, that’s what I want to achieve:



Psychotherapist search

From „*Tipps und Tricks um Ver-rücktheiten zu steuern*“ (*Tips and Tricks to control your madness*),

Bundesverband Psychiatrie-Erfahrener e.V. (BPE) Psychotherapie:

1. *Discuss your reasons for and against a psychotherapy with people who know you and thus get different opinions.*
2. *Discuss your idea with a trusted professional who should educate you about the various therapeutic directions and consider together with you, which therapists should be short-listed.*
3. *Make sure you have preliminary talks with different therapists and take a list of questions that are important (e.g. question about the training of the therapist, question of whether he/she has already worked with people who have your problem, what is his/her attitude to psychiatry and psychotropic drugs, etc.)*
4. *Take your time with your decision and decide also according to your feelings for this person. Can you imagine developing trust to this person?*
5. *Therapies of esoteric or other unusual scenes can be extremely dangerous: for example, the so-called scream therapy, rebirthing in weekend seminars, past life regression seminars, spiritual healers etc.).*

But even with so-called reputable forms of therapy, there is a lot that is not without danger, when the therapist does not understand his craft and is not prepared to adjust his method to the needs of the client.

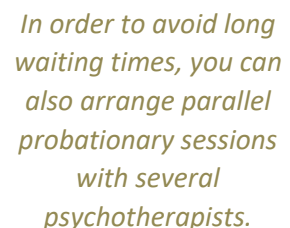
So it is urgently necessary to look very carefully when searching for a suitable therapist.

To go to a psychological psychotherapist, you do not need a referral from your doctor, you can go directly with your health insurance card.

However, the health insurance only pays for one of the three procedures: **behavioral therapy, depth psychology-based therapy, psychoanalysis.**

In up to 5 or 8 probation sessions (depending on the psychotherapy procedure), you can determine if the relationship of trust between you and the psychotherapist could constitute a good basis for therapy. At the end of the probationary sessions, an application for reimbursement of the cost from the health insurance will be made. For this application, a medical examination is necessary (consultation report), which confirms that your disease has no physical causes.

If you feel that “the chemistry is not right” between you and your therapist, you have the opportunity to go to another psychotherapeutic practice. Take advantage of this!



In order to avoid long waiting times, you can also arrange parallel probationary sessions with several psychotherapists.

How do you find a psychotherapist?

The need for psychotherapy is greater than the number of psychotherapists. When looking for a psychotherapist you usually need a lot of patience. Of the 10 therapists called, unfortunately, often only one calls back.



- **Ask persons affected and doctors,**
if they can recommend a therapist. Please keep in mind: the therapist, who was good or bad for the other person, may be quite different for you.
- **bipolaris-list psychotherapists in Berlin & Brandenburg**
bipolaris has asked psychotherapists in Berlin and Brandenburg if and how often they treat people with bipolar disorder or other serious conditions.
The results are available on the website: www.bipolaris.de/ptdb
- More lists:
 - **Psychotherapie-Informations-Dienst (PID):**
<https://www.psychotherapiesuche.de/pid/search>
 - **Psych-Info:**
<https://psych-info.de/>
 - **Deutsche Psychotherapeutenvereinigung:**
<https://www.deutschepsychotherapeutenvereinigung.de/nc/patienten/psychotherapeutensuche/>
 - **Pro Psychotherapie e.V.:**
<https://www.therapie.de/therapeutensuche/>
- Psychotherapy can also be done at one of over 20 **psychotherapeutic training centers**. There one is treated by psychotherapists in training, who in turn are supported by the supervision of an experienced psychotherapist. Information can be found at the **Psychotherapeutenkammer Berlin:**
<http://www.psychotherapeutenkammer-berlin.de/links/ausbildungsinstitute/>
- In the **Psychiatrischen Institutsambulanz (PIA)** (Psychiatrist Outpatients Clinic) those patients can be treated on the basis of § 118 SGB V, who require a particularly intensive and complex hospital-related therapy because of the nature, severity or duration of their mental illness. However, it must be inquired whether a regular psychotherapy is possible. Psychiatric outpatient clinics exist at many psychiatric hospitals, see:
<https://www.bipolaris.de/psychiatrische-adressen/spezialambulanzen/>

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If, despite extensive efforts, you cannot find a spot with a psychotherapist approved by health insurances, then you can also go to a psychotherapist who does not have a health insurance accreditation, but charges in accordance with the reimbursement procedure, see for example the leaflet at the Deutschen Psychotherapeutenvereinigung:

<https://www.deutschepsychotherapeutenvereinigung.de/patienten/faltblaetter-broschueren/>

leaflet „Kostenerstattung“

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