

Guidelines for therapy outside of Austria

We also refund **online** psychotherapy received by a psychotherapist abroad. If you received psychotherapy online by a therapist who's not in Austria, we will need additional information from you. Make sure that...

- a) ... it is a **recognized form of therapy in Austria** (e.g.: CBT, psychoanalysis, etc.) You can find a list of recognized forms of therapy at this link:
<https://www.europsyche.org/situation-of-psychotherapy-in-various-countries/austria/>
- b) ... we receive both the **invoices** and the **payment confirmations** from you
- c) ... for other currencies please **convert the amount into euros**
- d) ... you send us **a confirmation from your therapist** in German or English in the following wording:

confirmation

" _____(your name) has consumed x **hours** of therapy since **1.7.2024** and paid a **total amount** of _____".

→ Please include the type of therapy and the signature of your therapist with the date signed.

→ The confirmation can also be submitted later if it is not available immediately.