

## INFORMATION

## Psychology practice Bas Nijenhuis

You have been referred to my practice. I welcome you for a first meeting. There is a waiting room at the first floor.

### This practice offers:

- Basal mental health care called 'basis-GGz'.
- Therapy for mild to moderate psychological problems.
- Treatment focussed on the problems, at specific goals and is fairly short in length.
- Treatment is for people older than 18 years of age.
- Days of opening are on *Thursday* and *Friday* 9:00 -17:00 (16:00 is last time for meeting)
- When continuing you are responsible for making follow-up appointments, which can be done by phone (see below) or at the desk below with the assistants (entire week).

### Referral letter and funding

To be eligible for funding by the Dutch insurance (if you have this) you will need a referral letter from your doctor or general physician. This is called 'verwijsbrief' in Dutch. Please take this with you at the first appointment.

If you are insured for healthcare in the Netherlands, your treatment will be fully funded

*Note:* every specialist treatment (beside that of your general physician) and medicine will use your 'eigen risico' (own risk threshold) first. This is a fixed amount each year you will have to pay up first.

### Certain diagnoses

At the first meeting a diagnosis will be formulated (if present). Having a psychiatric diagnosis is also required by the insurance company.

Unfortunately not all of the psychiatric problems will be funded by insurance. These are:

- Relational problems, work related problems, specific phobia, adjustment disorder

If you have *only* one of these the insurance will not fund it. If you think this might be so and have questions upfront, please contact me.

A diagnosis or a referral letter is not necessary if you want to pay for the treatment yourself. This is 80 euro per session and paid after each session. There is no ATM device, so cash only.

### The treatment

In the basal healthcare there are various trajectories:

Short	Medium	Intensive	Chronic
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The type of problems and the severity will influence choosing from these options. From the short (maximum 5 meetings) to the intensive (maximum 12).

The first appointment will be 60 minutes, follow-ups are 45 minutes.

### **Cancelling**

Up to 24 hours you may cancel the appointment, this is free. After that moment it will count as a 'no-show' and 60,- euro's will be charged.

### **Privacy**


Everything that will be spoken about will fall under the principle of privacy: all will remain with the therapist. Only your own doctor will receive a short letter about your situation and treatment plan. This letter/ treatment plan is also for you and will first be given to you (at the second meeting).

### **Adress**

Office of general physicians Boersma and Soeters (huisartspraktijk Boteringestraat)

Nieuwe Boteringestraat 1

9712 PD Groningen

 050 - 312 54 32

 [contact@psychologiepraktijkbasnienhuis.nl](mailto:contact@psychologiepraktijkbasnienhuis.nl)

Site: [www.psychologiepraktijkbasnienhuis.nl](http://www.psychologiepraktijkbasnienhuis.nl)

### **Practice detail**

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AGB individu: 94-015545,

AGB praktijk: 94-062597,

BIG register: 69909689725,

Bank account: NL23 INGB 0703 6481 79