



### ***General information about therapy at International Counseling TVB***

International Counseling TVB is a practice specialized in individual gestalt therapy, partner relationship therapy, EMDR and schema therapy (trauma related problems or disorders).

Regarding therapy, most clients need about 20-40 sessions to learn how to break negative patterns they are stuck in. Breaking negative patterns allows you to be feel more in charge of your own life and gives a better connection with oneself and others where there is trust and security. Sometimes it can take longer depending on your previous (traumatic) experiences in your life such as violence or other abuse.

Online therapy is equivalent to therapy in real. Many people experience great benefits from meetings online. It is nice to be in the security of your home while discussing vulnerable emotions and it is perceived as less time consuming since travelling is not necessary.

### ***Approach of Individual therapy***

During the first meeting Mirjam will meet and discuss if she can be of help which will be followed if you decide to work together. If so, you will proceed the next meeting with an interview continued with more detailed information about the method is used.

### ***Approach of Couple therapy***

The first time we will meet with all three and discuss the need for therapy. If we decide to proceed therapy together, Mirjam will meet the next two times each of you individually to also get to know you as individuals and have an interview. After that, you all three meet regularly on weekdays.

### ***Rates & Payment from 1<sup>st</sup> of April 2023***

*Individual therapy/ 125 euros/60 minutes*

*Couple relational therapy/ 160 euros/60 minutes*

The rates include 15 minutes "indirect time" (preparation, journaling, correspondence, etc) per consultation.

*Payment needs to be made after each session directly online, you'll receive the invoice by email after the payment has been made.*

### ***Reimbursed insurance coverage***

The college of insurance companies decided that when relational or work problems are the main diagnose, from January 2013 will not be covered.

International Counseling TVB is independent practice which means that it works without contracts with healthcare insurance companies. The invoice will be directly sent from the practice and the invoices you can hand them over by your own health care insurance.

Depending on which insurance company you have, the costs of the session will be reimbursed. It is possible to receive reimbursement which is established by the Dutch Healthcare Authorities. More information you can find [www.NAP-psychotherapie.nl](http://www.NAP-psychotherapie.nl)

On the website [www.zorgwijzer.nl/vergoeding/gestalttherapie#vergoedingen](http://www.zorgwijzer.nl/vergoeding/gestalttherapie#vergoedingen) you will find an overview of the reimbursements of each healthcare insurance.

Please, contact the insurance company and check the codes.

AGB-code practice International Counseling TVB 94066694

AGB-code zorgverlener Mirjam Tiel van Buul 94110303

### ***Cancellation and rescheduling***

Cancellations and/or rescheduling can be made at least 48 hours before the scheduled time. Otherwise, the 65 euros will be charged. Please, inform on time when you are not able to attend the meeting. A couple of days you'll receive a reminder by email. Hereby, you can cancel or reschedule your meeting ahead depending on your preference. You have the right to discontinue therapy in its entirety at any time, but a proper closure is needed. It is important to know that if you cancel the first meeting and you'd like to start again, you can send a new registration of interest for therapy to get a new time slot when there is an open space. The reason for this is because your registration of interest will be removed when you have an appointment for a first meeting.

Bookings for time slots can be made by [https://calendly.com/mirjam-tiel-van-buul\\_therapy/session-with-mirjam](https://calendly.com/mirjam-tiel-van-buul_therapy/session-with-mirjam)

### ***Privacy Policy***

International Counseling TVB values great importance to the protection of your personal data. In this Privacy Policy we want to provide clear and transparent information about how we handle personal data. We do everything we can to guarantee your privacy and therefore handle personal data with care. International Counseling TVB complies in all cases with applicable laws and regulations, including the General Data Protection Regulation. This means that we in any case:

- Process your personal data in accordance with the purpose for which it was provided, these goals and type of personal data are described in this Privacy Policy.
- Processing of your personal data is limited to only those data that are minimally necessary for the purposes for which they are processed.
- Ask for your explicit permission if we need it for the processing of your personal data
- Have taken appropriate technical and organizational measures to ensure the security of your personal data.
- Do not pass on personal data to other parties, unless this is necessary for the implementation of the purposes for which they were provided.
- Be aware of your rights regarding your personal data, want to point this out to you and respect these rights.

As International Counseling TVB, we are responsible for the processing of your personal data. An extensive and complete privacy policy is in our possession, and you can request it if you wish.

***Use of email and SMS or whats app***

International Counseling TVB will not email you any substantive information unless you explicitly request this. International Counseling TVB will pass on appointment changes by email or through SMS or whats app. If you object this, please let International Counseling TVB know.