

MOBILE HEALTH APPS SITUATION IN AUSTRIA

Karin Kalteis, 29.09.2020

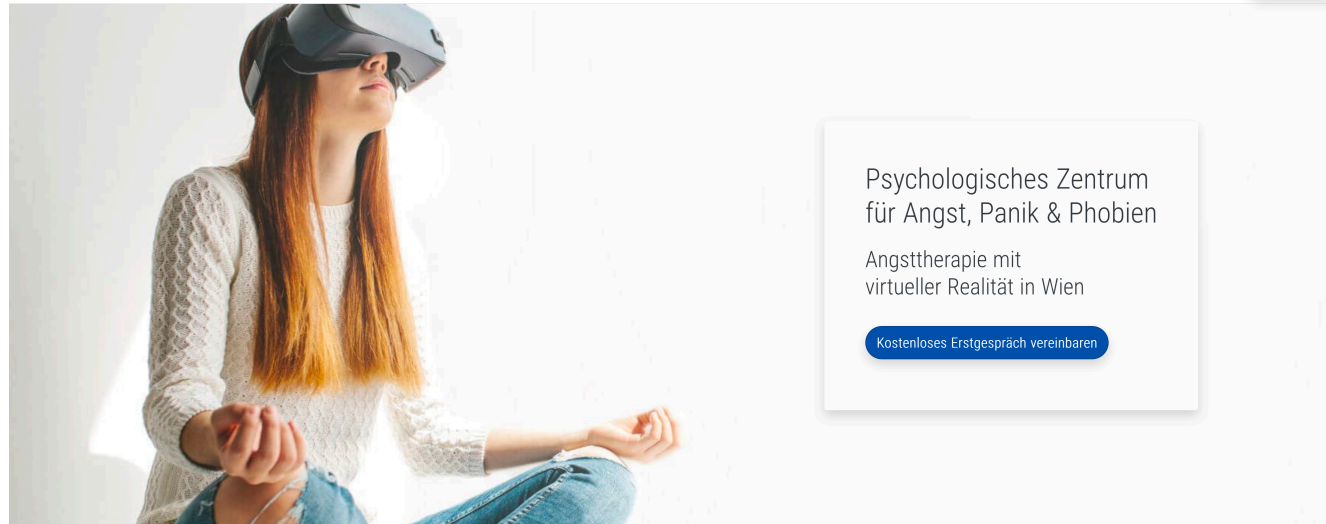
BÖP – Berufsverband Öst. PsychologInnen,
Fachsektion Psychotherapie

PSYCHOTHERAPY VIA DIGITAL MEDIA

- During the Corona lock down psychological and psychotherapeutic services are done via digital media in Austria
- Different digital media are used: zoom, skype, ... or phone calls
- The health insurances accept the psychotherapeutic treatment via digital media
- It is allowed for psychotherapists/psychologists to use digital media until the end of the year or maybe longer (Covid?): no limits at the moment
- Hotlines for mental health problems (BÖP Helpline,)

DIGITAL HEALTH APPS

- There is some reseach regarding this topic at university level
- No statistical data
- only a small part of psychotherapists uses digital health apps
- Example: Phobic therapy using virtual reality (www.phobius.at)
- No offical guideline for digital health apps in Austria



Psychologisches Zentrum
für Angst, Panik & Phobien

Angsttherapie mit
virtueller Realität in Wien

[Kostenloses Erstgespräch vereinbaren](#)

VIRTUAL REALITY

E-HEALTH

- Online counselling is allowed
- There are guidelines for online counselling in Austria
- Special competence in online counselling is required

SITUATION

- High acceptance for psychotherapy via digital media since Covid-19
- Discussion: benefits/risks?
- Discussion: psychological assessment via digital media?
- Guidelines for psychotherapy via digital media should be developed

PSYCHOTHERAPY - SITUATION IN AUSTRIA

Karin Kalteis, 29.09.2020

BÖP – Berufsverband Öst. PsychologInnen,
Fachsektion Psychotherapie

HEALTH PROFESSIONS

- 10.256 psychotherapists (regulated 1990)
- 10.972 clinical psychologists (regulated 1990/2013)
(about 1/3 = both qualifications)
- 10.396 health psychologists (regulated 1990/2013)

Regulation: Ministry of Health, Austria

PSYCHOTHERAPY

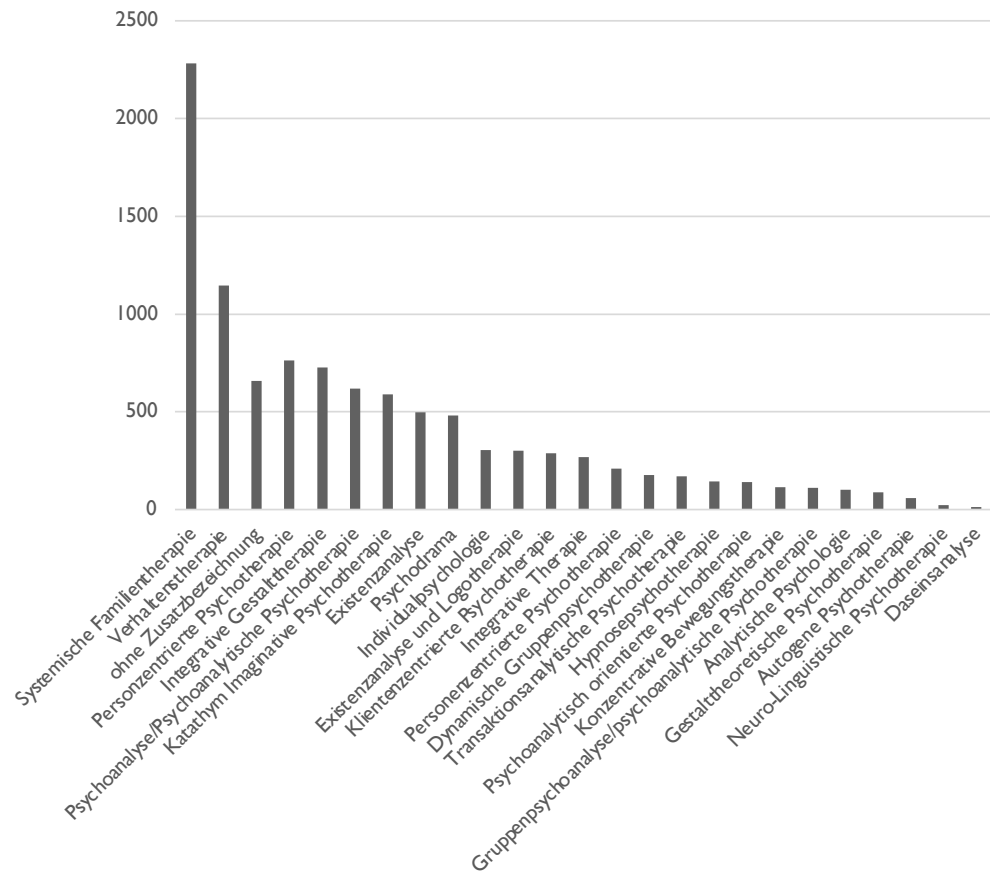
- Psychotherapy is regulated by law 1990
- A revision of the law is in discussion
- Discussion points:
 - education at academic level (bachelor, master, additional training) ?
 - Difficulties to establish the education on public universities (now education is on private level)
 - 24 methods (related to 4 clusters)
 - Actual access to education: social/health/....professions or “special access“ (Eignung)

PSYCHOTHERAPY

- Psychotherapists are not allowed to prescribe medications or other treatment (only refer or recommend other treatment)
- Corona changed the situation:
 - Psychotherapy via digital media is allowed
 - High acceptance

EDUCATION IN PSYCHOTHERAPY

- Access: social, health, ... profession or special access
- General part (Propädeutikum): 1.315 hours
- Specific part (Fachspezifikum): minimum 1.800 hours
- Duration: 3 to 6 years
- Different education associations (private level): 39



PSYCHOTHERAPISTS - METHODS

Methoden (nach Anzahl sortiert)	Anzahl
Systemische Familientherapie	2283
Verhaltenstherapie	1145
ohne Zusatzbezeichnung	658
Personzentrierte Psychotherapie	762
Integrative Gestalttherapie	726
Psychoanalyse/Psychoanalytische Psychotherapie	618
Katathym Imaginative Psychotherapie	590
Existenzanalyse	498
Psychodrama	481
Individualpsychologie	303
Existenzanalyse und Logotherapie	302
Klientenzentrierte Psychotherapie	287
Integrative Therapie	268
Personenzentrierte Psychotherapie	208
Dynamische Gruppenpsychotherapie	178
Transaktionsanalytische Psychotherapie	169
Hypnosepsychotherapie	145
Psychoanalytisch orientierte Psychotherapie	142
Konzentrierte Bewegungstherapie	113
Gruppenpsychoanalyse/psychoanalytische Psychotherapie	111
Analytische Psychologie	100
Gestalttheoretische Psychotherapie	87
Autogene Psychotherapie	58
Neuro-Linguistische Psychotherapie	22
Daseinsanalyse	14
PsychotherapeutInnen Österreich insgesamt	10268

PSYCHOTHERAPEUTIC METHODS IN AUSTRIA

Total 10.268 Psychotherapists
(September 2020)

Methods/Orientation (Cluster)	
psychodynamic orientation	3022
humanistic-existential orientation	3138
systemic orientation	2305
behavioral therapy/cognitiv therapy orientation	1145
without special orientation	658
Total	10268

PSYCHOTHERAPEUTIC
ORIENTATIONS
(CLUSTER)

EDUCATION IN CLINICAL PSYCHOLOGY

- Access: bachelor and master degree in psychology (min. 300 ECTS)
- postgradual education: 2.500 hours (theory and practice)