

How long will the treatment take?

It is difficult to say precisely how long treatment will take. Sometimes one session is enough to sort everything out. Other people need more than one session depending on the kind of problem involved.

Confidentiality? Of course!

Any personal information you give us is covered by *professional confidentiality*. We will not provide others with your details without written permission from you. Your privacy is anchored in law. We have made a separate brochure about this called, '*Wat gebeurt er met uw persoonsgegevens bij Riagg Rijnmond?*' [What happens to your personal data at Riagg Rijnmond?] though this is currently only available in a Dutch version. Ask for one of these from your therapist if you were not given one at your first appointment. The brochure states clearly what the Riagg will and will not do with your personal data e.g. not sending any data on to your family doctor without your *express* permission.

Treatment largely reimbursed

As of 1st January 2008 medical insurers undertake to reimburse therapy for those with basic cover. Personal contributions are only levied on psychotherapy for which we have to charge € 15,60 per session.

If you are unable to keep your appointment please tell us in advance

Let us know **at least 24 hours prior to your appointment** if you find you are unable to make it. The progress of your care programme can only benefit from this. Moreover, you will be billed for the full personal contribution for any psychotherapy sessions you fail to cancel within the 24-hour deadline.

Groups and therapies

- Turkish and Moroccan Women's Groups on the theme: "How you can improve your personal effectiveness".
- Nuevas caminas/Novos caminhos: two groups for men and women between the ages of 20 and 60 (for Spanish and Cape Verde/Portuguese speakers) whose lives have been negatively influenced in different areas as a consequence of migration and adjustment-related problems, who are experiencing tension, stress and mood swings, have been maltreated or sexually abused and have complaints of a psycho-somatic nature.
- KOPP with a transcultural view (a discussion group for children of parents with psychiatric and, or, addiction problems).
- Pain Group (*in preparation*)
- Moroccan Men's Group (*in preparation*)
- Yoga Group for Men and Women

For more information see our website at: www.riaggrijnmond.nl