PSYCHOTHERAPY IN SWITZERLAND

MOVING TOWARDS TRANSPARENCY AND QUALITY

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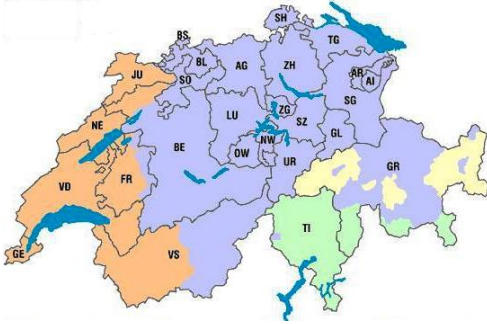UNIVERSITY OF LAUSANNE

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ROOTS FOR A LAW

4 LANGUAGES (cultures,…)
26 CANTONS (authorities, laws,…)

60 HEALTH INSURANCES

7 UNIVERSITIES
2 APPLIED UNIVERSITIES
24 MAS (postgraduate curricula)

50 PRIVATE INSTITUTIONS (associations,…)

62 provisionally recognized
POSTGRADUATE CURRICULA in PT

1942	PSYCHOTHERAPY	-> canton's laws (8 /26)
1970	CLIENT CENTERED THERAPY	-> private institute
1978	BEHAVIOR THERAPY	-> university teachings
1981	HEALTH INSURANCE	-> delegation rules
1987	SWISS FEDERATION OF PSYCHOLOGISTS (FSP)	-> grouping associations
1991	CANTON'S HEALTH DIRECTORS	-> law on medical professions
1994	GRAWE'S META-ANALYSIS	-> overcome 'schools' of PT
1998	FEDERAL GOVERNMENT	-> separate federal law
2001	FEDERAL PARLIAMENT	-> protect title of psychologists -> harmonize canton's laws (25) -> EU compatibility
2002	GROUP OF EXPERTS	-> first draft of federal law
2007	FEDERAL GOVERNMENT	-> end of consultations
2011	FEDERAL PARLIAMENT	-> final vote (+: 144/ -:3)
2013	FEDERAL GOVERNMENT	-> election of Federal Authority -> put law into force

-> REINFORCE PUBLIC HEALTH
-> PROTECT CONSUMERS

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FACTS & FIGURES*

OFFER :   76% with postgraduate title of psychotherapist
24% in training

34% private practice
31% delegated practice
23% public ambulatories
13% hospitals

32% Psychoanalytic Therapists
19% Cognitive-Behavior-Therapists
17% Humanistic Therapists
12% Systemic Therapists
20% multiple 'schools'

POPULATION : 8'140'000

PSYCHOLOGISTS: **15'000** (1.8/1'000)
PSYCHOTHERAPISTS: **5'733 (**0.7/1'000)
fulltime equivalents   **3'100** (0.4/1'000)

PSYCHIATRISTS: **3'241** (0.4/1'000)

PERFORMANCE: **259'000 patients/year** (3.2/100)
84 patients/therapist

29 sessions/patient within 17 months

59% have waiting-lists, 43% no availability
drop-outs: 22% in private practice
5% in delegated practice
3% in public ambulatories

HEALTH INSURANCE COSTS : 9'875'400'000 CHF

PSYCHIATRY: **1'055'200'000 CHF** (11%)
PSYCHOLOGISTS :   **272'100'000 CHF** (2.7%)

COSTS :   **406'000'000 CHF / year**   (481'600'000 CAD)
1'570 CHF/patient   (1'860 CAD)

67% by Health Insurances
4% by Public Social Services
29% by Patients (mainly complementary insurances)

* BASS (2013):: Strukturerhebung zur psychologischen Psychotherapie in der Schweiz 2012

PERSPECTIVES

TRANSPARENCY

SINCE 2013 :   **PSYCHOLOGIST**   protected title (MSc, 5 years, 300 ECTS)
              SPECIALISTS   5 domains: <u>**PSYCHOTHERAPY**</u>
                                                                       NEUROPSYCHOLOGY
                                                                      HEALTH-PSYCHOLOGY
                                                                      CLINICAL PSYCHOLOGY
                                                                     CHILD & ADOLESCENT

PSYCHOLOGY

= **equivalences** evaluated by Federal Authority
= **provisional accreditations** (transition period until 2018)
= **canton's individual authorization** required for practice

FROM 2015:   <u>**FEDERAL REGISTER**</u> OF PSYCHOTHERAPISTS (in preparation)

SINCE 2013:   <u>**QUALITY CRITERIA**</u> FOR POSTGRADUATE TRAINING
            = knowledge & skills (500h)
            = practical training: supervised practice (500 h) + 10 case studies
                                      personal supervision (150 h) + individual setting (50 h)
                                      personal therapy (100 h) + individual setting (50 h)
                                      specific technique experience (50 h)
                                      clinical experience (2 years, 1 year in psychiatric setting)

FROM 2015:   **SELF-EVALUATION** by training program
            HETERO-EVALUATION by a group of experts
            RECOMMANDATION by independent quality experts (OAQ)
            -> <u>**ACCREDITATION**</u> (for 7 years maximum)

FROM 2018:   ONLY ACCREDITED POSTGRADUATE TRAININGS WILL BE RECOGNIZED

QUALITY ASSURANCE

o a q

accredited
in Switzerland

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CHALLENGES

1. **RECOGNIZING FOREIGN CURRICULA**
    Federal Authority faces legal proceedings based on international conventions
    by lawyers hired by refused candidates. Quality for health services or legal constraints ?

2. **ACCESS TO HEALTH INSURANCE FUNDING**
    Widen access for all psychotherapists will cost more than the 'delegation model'.
    How to convince politicians and insurances ?

3. **TRENDS CHANGING PROFESSIONAL IDENTITIES**
    Psychiatrists are seen to be at the lower end of the hierarchy in medical professions.
    Recruiting foreigners does not help (language, culture) and psychologists replace them.
    How to create multi-professional teams and develop synergies ?

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