PSYCHOTHERAPY IN SWITZERLAND

MOVING TOWARDS TRANSPARENCY AND QUALITY

JEAN-PIERRE DAUWALDER
UNIVERSITY OF LAUSANNE
ROOTS FOR A LAW

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
2002  GROUP OF EXPERTS  -> harmonize canton’s laws (25)
2007  FEDERAL GOVERNMENT  -> EU compatibility
2011  FEDERAL PARLIAMENT  -> first draft of federal law
2013  FEDERAL GOVERNMENT  -> end of consultations
2011  FEDERAL PARLIAMENT  -> final vote (+: 144/ :-3)
2013  FEDERAL GOVERNMENT  -> election of Federal Authority
2013  FEDERAL GOVERNMENT  -> put law into force

-> REINFORCE PUBLIC HEALTH
-> PROTECT CONSUMERS

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
FACTS & FIGURES*

**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)

---

**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’

**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): Strukturhebung zur psychologischen Psychotherapie in der Schweiz 2012
PERSPECTIVES

TRANSPARENCY

SINCE 2013:  PSYCHOLOGIST SPECIALISTS
protected title (MSc, 5 years, 300 ECTS)
5 domains:  PSYCHOTHERAPY
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:  FEDERAL REGISTER OF PSYCHOTHERAPISTS (in preparation)

QUALITY ASSURANCE

SINCE 2013:  QUALITY CRITERIA 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)
-> ACCREDITATION (for 7 years maximum)

FROM 2018:  ONLY ACCREDITED POSTGRADUATE TRAININGS WILL BE RECOGNIZED
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?