

Management of the relationship between the general practitioner and the psychotherapist



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Background : psychosomatic disorders and wellbeing



- ❧ Psychology is not only a psychiatric intervention but also a way to improve wellbeing or a psychosomatic approach of illness
- ❧ Psychosomatic disorders are not new: Freud (1906)
Turkevitch (1956) Leshan (1958)
- ❧ Evolution of psychologist' work in a hospital setting: from psychiatric intervention to action within a team and with a patients family but also with the patient

Background : Situation of psychologists in Belgium



- ❧ Before 1983 : a master in psychology was an academic degree without any legal definition or protection
- ❧ Between 1983 and 1993 there was a discussion between the Association of psychologists and the federal authorities to recognise psychologists (integration of psychologist in hospitals)
- ❧ Since 1993 the title has been protected by law but not the function itself
- ❧ April 2014 : clinical psychologists and psychotherapists are recognized as health care professionnals

Law of 2014.04.04



- ✎ There is a definition of clinical psychology, « remedial education » and psychotherapy.
- ✎ For psychotherapists the law states that among other things, psychotherapist must network with the other health care professionals.

It is in the best interest of public health:


- To have more communication between the health care professionals
- To have a more multidisciplinary approach (holistic approach) of the patient

Cost of psychotherapy



- ❧ At this moment is not possible to estimate the cost of a session of clinical psychology or psychotherapy
- ❧ The federal authority, de Federal entities, the local authorities, the health insurance, the private sector can subsidise jobs or can intervene in the costs of consultation.
- ❧ Currently the cost of a consultation is between 0,00 € et 150,00 per consultation ...

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- ❧ How to articulate the collaboration between GPs and clinical psychologists/psychotherapists in psychotherapeutic interventions ?

Methodology



- ❧ 2 surveys based on the principle of the analysis of offer and demand (= a cross analysis of offer and demand)
 - ❧ What demands does the GP have?
 - ❧ What is the offer of the clinical psychologist and psychotherapist

- ❧ Sampling : 800 GP (+/- 5% of GP) response rate hoped +/- 50%
8000 psychologist and psychotherapist recognized
by the BCP (response rate hoped 5 %)

Discussion



- ↻ Statistical analysis of results (descriptive)
- ↻ Analysis of the relationship between demand and offer
- ↻ Attempt to model the relationship
 - attempt to have a workable definition
 - attempt to answer this question :
Who does what and how for whom?

Hypothesis model



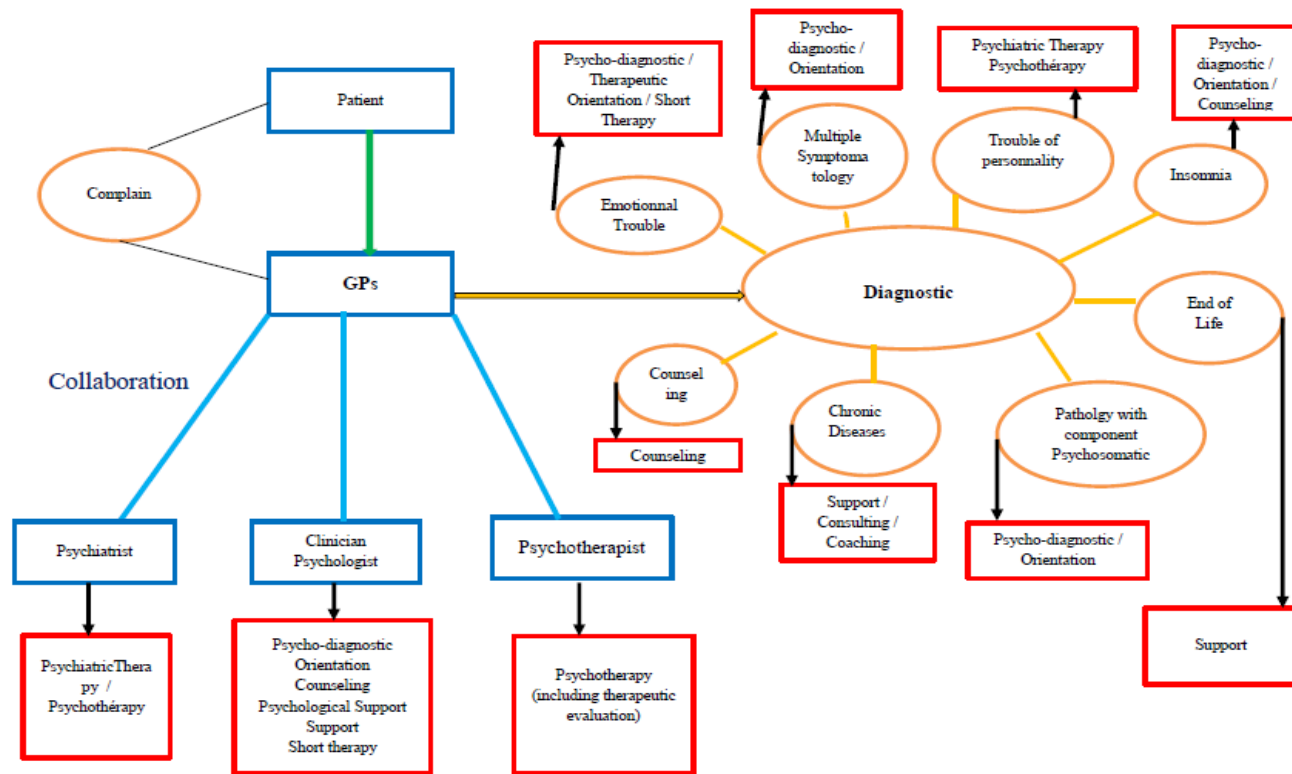
A integrative model of the somatic and psychological aspects of illness

Which means

- chronic illness (diabetes, sclerosis, cancer...)
- End of life
- Psychosomatic illness (asthma, gastric ulcer, ...)

But also personality disorders (bipolar personality, schizophrenia, ...) and emotional disorders (burn out; depression, ...)

Hypothesis model





 Thank you for your attention