

Welcome to My Practice

What Do You Need to Receive Psychological Treatment?

Referral via ZorgDomein

- The referral must be sent through **ZorgDomein**, the electronic system that connects your general practitioner (GP) with my practice.
- The referral should explicitly state: **SGGZ (Specialized Mental Health Care)**, along with the reason for referral, any diagnosis, and the need for psychological treatment.
- Once the referral is received in my system, I will contact you to schedule an intake appointment.

How Does the Process Work?

- **Intake Appointment:** During this meeting, we will assess your needs and determine if and when I can help you.
- **Start of Treatment:** Based on the intake, we will decide together on the next steps and your treatment plan.

Insurance Coverage & Costs

- I have contracts with the following insurance providers:
Menzis, VGZ, ONVZ, Zilveren Kruis, Zorg en Zekerheid, De Friesland, VGZ Bewust, VinkVink, FBTO, United Consumers, Univé, Christelijke Zorgverzekera.
- If you are insured with one of them, apart from the annual deductible of **€390**, your insurance will fully cover the treatment.
- If your insurance **is not** on the list, coverage may be **70%-75%**, and you will need to pay the remaining amount yourself.

Rates for 2025

The following rates apply for psychotherapy in 2025, as set by the NZa:

Type of Consultation	Performance Code	Rate (euro)
Treatment - 60 minutes	CO0635	€195,55
Diagnostics - 60 minutes	CO0570	€220,94
Short Consultation	CO0623	€117,47
Short Intercollegial Consultation (5-15 min)	CO0783	€47,03
Long Intercollegial Consultation (15+ min)	CO0785	€94,06

I look forward to supporting you on your therapeutic journey!

Best regards,

Miriam van Praag