



## NPI Online

### Online

NPI Online is part of NPI, which is a certified, specialized top mental health center, for treatment of personality disorders. NPI Online offers the same treatments as the regular NPI locations, except that they are offered fully online. Our team consists of registered (in the Dutch BIG registrar) specialized therapists. We offer weekly and when necessary, more frequent, online therapy sessions, according to scientifically proven treatment methods. Online therapy has several advantages for the therapy itself (for instance exercises can be done within your own familiar environment), but also in a practical way (less traveling time and being able to follow therapy within the comfort of your own home). Online therapy is being practiced in many countries worldwide for a wide range of disorders. Scientific research shows that it is equally effective compared to live therapy. Online treatment of personality disorders is relatively new, but research outcomes so far are very promising. NPI online also conducts its own research.

### Requirements

We only offer online therapy for clients who live in the Netherlands. To be able to follow an online therapy, it's important that you are in possession of a computer with a camera and a microphone and that you are able to work with this computer. A stable internet connection is essential. It's important that you have the use of a quiet, private space where you are able to talk without being interrupted or overheard by others. Aside from these practical requirements it is also important that online treatment is a method that suits you. This is something we will look at together during the intake. To be able to profit from online therapy, it's important that you are self-sufficient, able to cope with your emotions and to ask for support when needed. Sometimes there are other reasons why online therapy is not a good choice for you. You can discuss this with the therapist who does your intake.

### Treatment

NPI online offers individual schematherapy (25 to 50 sessions) in English as well as in Dutch. For further information about this therapy, you can read the factsheet schematherapy individual. Aside from this, we also offer the shortterm group (20 sessions), online in English as well as in Dutch. You can read about this in the factsheet shortterm group.

### Costs

If you are insured in The Netherlands, your NPI treatment will be covered by your Dutch health insurance. NPI is a specialized mental health institute, which means that the treatments are covered by the Dutch general health insurance package (de basisverzekering) and will be covered by all Dutch health insurances. There is a standard (yearly) amount which is called 'own risc'. This part, you will have to pay yourself. In the regulations of your insurance policy you can find further specific details about coverage. In some cases the insurer will not recognize NPI as a contracting partner. In that case you can mention that NPI is part of the bigger organization called Arkin. Arkin will be recognized. NPI treatments are covered by the contract with Arkin.

### **Contact**

With a signed letter of referral from your general practitioner or a medical specialist, you can apply for an intake at the NPI. For more information, go to our website [www.npispecialist.nl](http://www.npispecialist.nl). When you are already in treatment at one of the other brands within Arkin, your therapist can refer you for an intake.

You can use the general NPI telephone number to reach us; 020-5904700.