

## Research psychotherapy education:

Psychotherapy training in Austria typically consists of two parts: the Propädeutikum (preparatory phase) and the Fachspezifikum (specialist phase).

1. Propädeutikum: This is a foundational stage where students learn the basics of psychotherapy. This stage usually requires at least 1-2 years of part-time study, and it includes 760 hours divided into theoretical and practical parts.
2. Fachspezifikum: This is the specialist training stage where students learn specific methods of psychotherapy. The duration of this stage depends on the method of psychotherapy one chooses to specialize in, but it generally takes around 3-5 years of part-time study. This phase includes approximately 2,860 hours of training, divided into theoretical and practical parts.

In total, a typical psychotherapy training program in Austria requires around 3,620 hours, which include both theoretical and practical parts, and takes around 5-7 years of part-time study to complete.

Sources:

<https://www.psychotherapie.at/psychotherapeutinnen/aus-und-weiterbildung/propaedeutika>  
<https://www.psychotherapie.at/psychotherapeutinnen/aus-und-weiterbildung/fachspezifika>

## Research psychotherapy facts in austria:

"Gaps in care for mental illnesses: 39 percent of people in Austria have been affected by a mental illness in the past or are currently affected. 63 percent would tell their family or friends about a mental illness, but only 21 percent would discuss it in a professional environment. In this context, the destigmatization and treatment of mental illnesses are vitally necessary."

"According to the study, only 13 percent of respondents are satisfied with the care situation. And for 65 percent, necessary treatment for a mental illness would not be affordable."

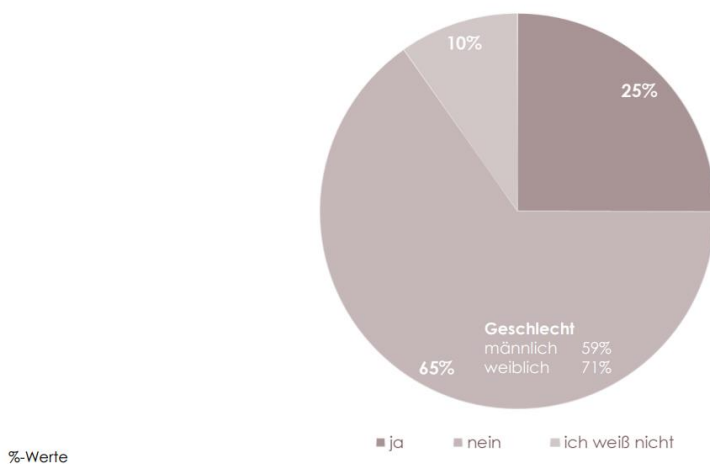
"A representative study by the Danube University Krems, already published in May 2020, showed that the frequency of depressive symptoms in Austria has multiplied since the beginning of the Corona crisis. Sleep disorders and anxiety symptoms have also significantly increased. Those particularly affected are adults under 35 years, women, singles, and people without work."

Christoph Pieh emphasized counseling and therapy, crisis interventions, remote options, high distress, and increased demand during the COVID-19 lockdown. He specifically emphasized the requirement for promptly accessible and tailored interventions, like crisis interventions, short-term therapies, or remote psychotherapy via phone or internet, to support individuals facing high levels of distress.

Main points of [Studie „Psychische Gesundheit in Österreich“](#):

- 63% of respondents would not disclose their mental illness to family/friends, while only 21% would disclose it to colleagues.
- Only 13% of respondents are very satisfied with the care provided to people with mental illnesses.
- Only 10% believe that mentally ill individuals in Austria receive sufficient help.
- Only 31% believe that people with mental illnesses receive the same amount of support as those with physical illnesses.
- 65% of people find necessary treatment for a mental illness unaffordable.

### EINE SELBSTFINANZIERTER BEHANDLUNG IST FÜR MIND. 65% NICHT LEISTBAR



for at least 65% self-financed therapy is not affordable!

Sources: <https://www.gesundheit.gv.at/news/aktuelles/aktuell-2020/psychische-erkrankungen-boep-studie.html#:~:text=39%20Prozent%20der%20Menschen%20in,es%20im%20beruflichen%20Umfeld%20thematisieren>  
[https://www.boep.or.at/aktuelles/detail?news\\_item\\_id=5efc60033c15c8588f000053](https://www.boep.or.at/aktuelles/detail?news_item_id=5efc60033c15c8588f000053)

Current psychotherapy online help platforms (Competitors):

- betterhelp
- ReGain
- Cerebal
- 7 Cups

## Pitch ideas?

### Introducing "Mentally": Your Mental Health Companion

- Innovating mental care: Mentally is a groundbreaking **website/service** designed to connect you with prospering psychology students who are passionate about helping others. We give you a chance to benefit from their fresh perspectives and dedication to learning and personal growth.
- Personalized support: Get matched with a prospering psychology student who aligns with your specific needs and goals. They will provide personalized **guidance/coaching/counseling/support** as you navigate your mental health journey.
- Convenient and flexible: With Mentally, you have the flexibility to schedule sessions that fit your lifestyle. Connect with your psychology student through virtual video or chat sessions from the comfort of your own space.
- Affordable pricing: We believe that quality mental health support should be accessible to all. Mentally offers affordable **subscription/pricing** plans, making therapy more accessible. Especially for young individuals on a budget.
- Confidentiality and privacy: We take the privacy and confidentiality of your information seriously. Rest assured that your personal data and conversations are securely protected within our app.
- Community support: Join a thriving community of individuals who are committed to prioritizing their mental well-being. Engage in group discussions, share experiences, and find support from like-minded individuals on your journey.
- Empowerment through learning: Mentally encourages a collaborative approach to therapy, where both you and your psychology student can learn and grow together. Take an active role in your mental health and empower yourself through knowledge.
- Start your journey: Your mental well-being deserves attention and care. Begin your journey towards a healthier mind with Mentally. Explore our website today and unlock the potential for personal growth and transformation.

Remember, with Mentally, you have a **semi-professional/prospering** psychology student by your side, ready to support you on your path to mental wellness.