

Michael Linden

STATUS AND DEVELOPMENT OF PSYCHOSOMATIC REHABILITATION IN GERMANY

Abstract

Inpatient rehabilitation has a long tradition in Germany. Although all types of health insurance are responsible for rehabilitation, it is primarily organized, funded, and supervised by the pension insurance. The rule is that patients should get an intensive trial of treatment before they get early retirement. This is cost effective for the pension insurance as the cost for six weeks of inpatient treatment is equalized, if the patient is at work for only four further months.

Rehabilitation units are subject to increasingly rigorous quality control which includes side visits, systematic patient feedback, and treatment guidelines with interinstitutional benchmarking.

Over recent years the rate of early retirements caused by mental disorders is constantly growing. Furthermore, health insurance introduced during the last three years on a nation wide scale "sick leave management". This means that cases of sick leave which last longer than about three weeks are reviewed by the health insurance and if applicable send in for inpatient rehabilitation treatment. This results in a constantly growing demand for treatment in rehabilitation centers. Therefore new facilities are opened.

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Curriculum vitae

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Research

Adjustment and reactive disorders, cognitive behaviour therapy, rehabilitation
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