

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 site 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.

Michael Linden

Department of Behavioral and Psychosomatic Medicine at the Rehabilitation Center Seehof of the German Federal Pension and Research Group Psychosomatic Rehabilitation at the Charité University Medicine Berlin.

michael.linden@charite.de

Curriculum vitae

Professor Dr.med. Dipl.-Psych. Michael Linden

Department of Behavioral and Psychosomatic Medicine at the Rehabilitation Center Seehof of the German Federal Pension and Research Group Psychosomatic Rehabilitation at the Charité University Medicine Berlin.

Affiliation:

Director of the Research Group Psychosomatic Rehabilitation at the Charité

University Medicine Berlin,
Director of the Department of Behavioral and Psychosomatic Medicine and
Head of the Rehabilitation Centre Seehof, Teltow/Berlin.
Lichterfelder Allee 55, D 14513 Teltow/Berlin, Germany
Tel.: +3328/345678, Fax: +3328/345555

Professional Certifications:

State Licence as Specialist in Neurology, Psychiatry, Psychosomatic Medicine
and Psychotherapy
Psychologist and State Licensed Psychological Psychotherapist
Professor of Psychiatry at the Charité University Medicine of Berlin

Research

Adjustment and reactive disorders, cognitive behaviour therapy, rehabilitation
for psychological disorders,
more than 300 publications and 12 books