

# *Dutch situation self-help versus treatment*

**Alfred Lange**

**Personal website: [www.alfredlange.nl](http://www.alfredlange.nl)**

## *Some dimensions*

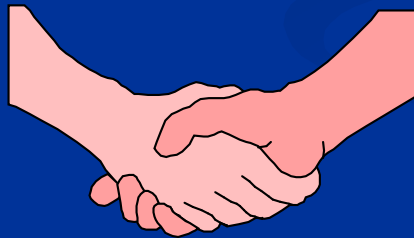
1. From chat > serious self-help / prevention > Protocolled therapy
2. Stepped care (coming up) vs unidimensional
3. Coordination by Trimbos, research institute
4. Two institutions providing therapy axis-1 disorders
  - Interapy HKZ (Certification of Quality in Care) & AWBZ (finance by basis package of health insurance)
5. Accreditation of treatment vs therapists
6. Assessment and Screening dimensional vs categorial
7. Payment insurance: e-mails vs virtual contact
8. Grants vs inclusion in health system

# *Positive attitude towards e-health*

1. In the beginning resistance: authorities taken to court
2. More and more grants for studies
3. Acceptation of the general quality criteria
4. Acceptation of specific criteria (accepting junior therapists)
5. Inclusion of special articles in general ethical code
6. What does it bring? benefits for patients, creation of data bases for fundamental and outcome research

# *Conclusion over one decade*

**much has been gained in the  
Netherlands and there is still  
more to gain**



[www.alfredlange.nl](http://www.alfredlange.nl)