



Dr. med. Ines Augele

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Patient Information and Accompaniment Agreement

Purpose and scope of medical accompaniment

My services are aimed at people with chronic illnesses and their partners or relatives. The goal is to provide medical support in coping with illness, in challenging life situations, and – if desired – in end-of-life care.

Approach

I view problems not in isolation but within a system of interdependencies.

In couple sessions, I assume that both partners contribute to difficulties as well as to solutions. I therefore do not assign roles of “perpetrator” or “victim.”

My position is one of **impartiality**: at times I take the perspective of one partner in order to understand better, at other times the perspective of the other. This requires turn-taking and openness.

I pay close attention to respectful, non-violent communication. Crises in relationships can be seen as opportunities for growth. My aim is to create the conditions for such development and to help stabilize the couple’s relationship.

Setting, duration and frequency

- Sessions may be held **with both partners together or individually**.
- A **couple session usually lasts 90 minutes**, an **individual session about 60 minutes**. The duration may vary depending on the needs.
- Please keep **15–30 minutes free afterwards** to reflect on the discussion.



- A rhythm of **every 2–6 weeks** has proven helpful; in acute situations, shorter intervals may be appropriate.
 - Appointments are **binding**. Cancellations are free of charge up to **48 hours in advance**; after that, the full fee will be charged.
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Tasks between sessions

Between sessions you will have the opportunity to apply what has been discussed. These steps are an essential part of the process and contribute significantly to success.

Feedback and contact

To adapt the process more closely to your needs, you are welcome to send me **feedback by e-mail in a timely manner**.

For couple sessions, transparency is essential: please always include your partner in **cc** when writing to me. If you wish to raise an issue individually, we can schedule a separate session with the aim of sharing the content in the next joint session.

Quality assurance

For preparation and follow-up I take handwritten notes. In addition, my work is subject to **regular professional supervision**, where anonymized cases are discussed with colleagues.

Confidentiality

All session content is subject to **medical confidentiality**. Information will only be shared with third parties if you provide prior written consent.

Fees and payment

- The fee is **€40 per started 10 minutes**, plus an **administration fee of €40 per appointment**.
- **Video sessions**: payment must be made by bank transfer **at least 2 days in advance**.
- **In-person sessions**: payment **in cash or by card at the practice**.

Accepted payment methods (via SumUp):

- **Visa, Mastercard, American Express, Diners Club, Discover**
- **Maestro, V-Pay**
- **Apple Pay, Google Pay**



Ending the accompaniment

The process may be ended at any time by either party. A closing session is recommended to reflect on the process and clarify any open questions.

Confirmation

I have read and understood the above information. I have clarified my questions with Dr. Augele. I agree to the terms and wish to begin the medical accompaniment.

Place, date: _____

Signature patient: _____

Signature partner (in case of couple sessions): _____