THERAPY 2.0

GET.ON - Gesundheitstraining.Online

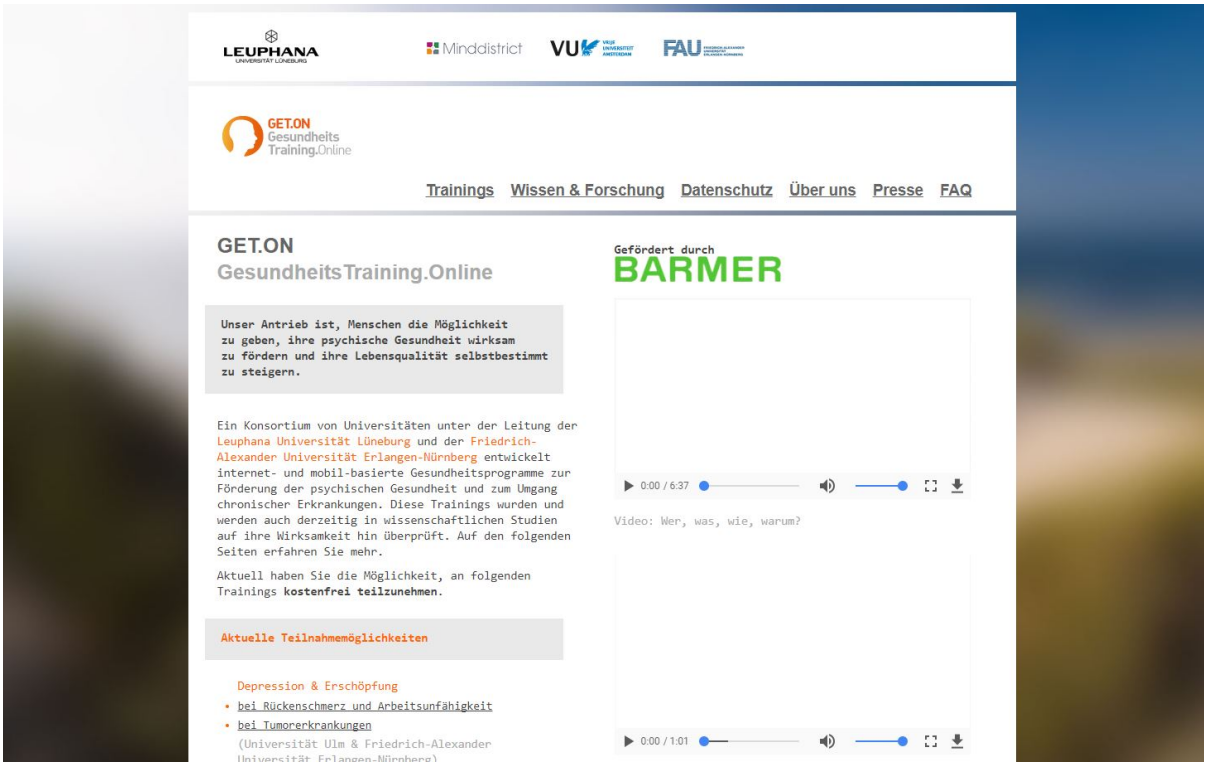
GET.ON is a consortium of universities which provides several internet- and/or app-based online programs in the fields of e.g. occupation and health as well as depression and exhaustion. All trainings are (currently) scientifically evaluated with regard to effectiveness; so that it can happen that some people who wish to attend a training need to wait for some time (waiting control group). If a training program already got enough participants, interested people can sign up for future studies in the interested field. There's also the possibility to take a self-test in order to find out which training is suitable for oneself. Additionally there are comprehensive information about e.g. stress, depression, alcohol and research

Additional topics: Recovery, Alcohol, Study, Sleeping, Panic

Target Groups	Topics	Type of Best Practice	Country
• Adults	• Depression • Anxiety • Addiction • Stress • Education • Sleeping issues • Chronic illness / pain	• Counselling • Coaching	• Germany

Description

GET.ON is a consortium of universities under the leadership of the Leuphana University Lüneburg and Friedrich-Alexander University Erlangen-Nürnberg which developed more than 14 internet- and/or app-based online programs for the facilitation of psychological health and handling chronic diseases. These online programs were evaluated in more than 30 scientific studies with regard to their effectiveness and cost-effectiveness. Current opportunities of participation are in the fields of depression and exhaustion, more precisely for back pain and inability to work, for coronary heart diseases as well as for anxieties and strengthening psychological well-being. Other accessible trainings are a recovery-couch which is an app for sustainable recovery after occupational strain, Paivina Care which is an online-training for women with pain and problems in sexual intercourse, Take Care of You for reducing alcohol consumption and StudiCare for students. Despite of that there are more training programs, however a participation isn't possible anymore because of enough participants. Interested people have the opportunity to register for future trainings in the fields of stress management, regeneration for better sleep, depression and exhaustion because of diabetes; panic and agoraphobia, self-critique, procrastination, chronic pain and gratitude. Furthermore there's the possibility to take a self-test in order to find out which training is appropriate. The website additionally provides comprehensive information about stress, regeneration, depression, alcohol, panic and procrastination as well as about internet-based health programs, research and effectiveness.



Original language

German

Country

Germany

Link

Link: http://geton-training.de/index.php

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https://www.ecounselling4youth.eu/project/